Your First 30 Days

A simple hearing aid adjustment checklist

Print this out, tick off each item as you go, and bring it to your follow-up appointment. There's no need to rush — everyone adjusts at their own pace.

WEEK 1 · GETTING STARTED

- [ ] Wear your hearing aid for at least 6–8 hours today, and try to increase this a little each day
- [ ] Start in quiet, familiar environments before tackling noisy ones
- [ ] Expect your own voice to sound different at first — this usually fades within 2–3 weeks
- [ ] Keep a short daily note of anything that sounds off (a voice, a hum, a specific room)
- [ ] Resist the urge to remove it at the first sign of discomfort — a brief adjustment is normal
- [ ] Wipe the device down nightly with a dry, soft cloth and store it safely

WEEK 2 · BUILDING TOLERANCE

- [ ] Increase wear time to 8–10 hours a day, even if it feels like more than you need
- [ ] Try one new environment this week — a café, supermarket, or family gathering
- [ ] Ask family and close friends to face you and speak at a normal pace while you adjust
- [ ] Practise with a podcast or audiobook in a quiet room to retrain speech recognition
- [ ] Book your first follow-up appointment if you haven't already

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WEEK 3–4 · REAL-WORLD PRACTICE

- [ ] Aim to wear the device through all your waking hours
- [ ] Test it in a genuinely noisy setting — a restaurant or a group conversation
- [ ] Bring your daily notes to your follow-up appointment and be specific about what still feels off
- [ ] Notice whether speech is getting easier to follow and background noise feels less overwhelming

ONGOING · DAILY CARE HABITS

- [ ] Wipe the device down daily and keep it away from moisture
- [ ] Store it in its case overnight, battery door open if it uses disposable batteries
- [ ] Check and replace batteries regularly with the correct size for your model
- [ ] Book routine servicing rather than waiting for a fault to appear

CALL YOUR AUDIOLOGIST IF YOU NOTICE:

- ! Pain, not just pressure, in or around the ear
- ! A whistling or feedback sound that won't stop
- ! Sound that stays distorted or muffled beyond 2 weeks
- ! Persistent itching, discharge, or skin irritation
- ! No noticeable improvement after 4–6 weeks of consistent wear

Need a follow-up, or have a question along the way?

Call 0794 106 1023 or book online at 2020hearing.co.uk/contact-us

BOOK NOW