

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Getting Used to Your Hearing Aid

A patient's guide



Hearing aids, like anything new, can take some time to adjust to. Everyone is different and the period of time to getting used to the new sound can be a few weeks or as long as a few months. The most important thing is to persist! The more you wear the hearing aid, the easier and more comfortable it will become.

Below are some tips and tricks for getting used to hearing aids for the first time, or to a new type of hearing aid.

- Start slowly→ some people find that wearing the hearing aid a few hours a day in a quiet environment is very helpful initially. If you feel you need to, have a break and come back to it the next day. Eventually try to work your way up to using the hearing aid most of the day.
- Get used to familiar sounds first→ small sounds such as cutlery in the kitchen, rustling of paper and running water can be quite loud at first. This is because your brain is not used to hearing these sounds in this way. With time and practice, your brain will learn to tune out these sounds and they will become more normal.
- There can be changes to the way you perceive your voice→ you may think you are initially speaking louder. This is normal and will level out over time.
- Things may sound metallic or tinny at first→ this is a good thing! This could mean that you are getting more high pitched sounds, which you could not hear before. High pitches carry a lot of the clarity in speech and so, having some extra 'tinnyness' will help give you access to more speech sounds.

- We are here to help→ if you find that you are still not hearing well in some situations, the sound is not quite right or the hearing aid is uncomfortable, please make an appointment to have the hearing aid adjusted
 - by calling 0208 702 3000 or
 - by emailing Whh-tr.StAnns-Audiology@nhs.net

Remember- hearing aids are exactly as they are described.... an aid to hearing. No hearing aid is perfect and a hearing aid will not restore normal hearing. Depending on your hearing loss it is likely that you may still struggle to hear everything in certain scenarios such as in background noise. Don't worry! Everyone has difficulty in these scenarios and using a hearing aid will give you access to more sounds. With persistence and patience hearing aids will improve your communication over time.

For further information, please contact:

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