

Patient information

How to insert your ear mould

If you would like any information regarding access to the West Suffolk Hospital, and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk>



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Audiology

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Putting you **first**

Inserting an ear mould is something that a lot of people can find difficult to start with. The steps below are designed to help you.

Step 1

Take hold of your mould by the handle (the part that looks like the handle of a tea cup), using the hand on the same side as the hearing aid: left hand for left ear, right hand for right ear.



Try and keep your hand in the position shown as this will help with the insertion of the mould.

Step 2

Take your hand up to your ear.

You are aiming to align the points – the lower part into the ear canal, and the upper part under the flap of skin at the top.



Clinical research

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

Step 9

Finally have a feel of the hearing aid to make sure it feels secure.

Once in position the hearing aid should look like the image shown (right).



Inserting the ear mould correctly will take some practice.

Do not be disheartened if it takes you a few attempts.

Remember, if you have the mould to your ear for more than two minutes without inserting the mould, **stop**, take the mould out, check your alignment and **retry**.

For further information

Please contact the audiology department on 01284 713507.

Step 3

It is important to ensure that the top part is tucked under as this will keep the mould in place and make sure that all points are sitting correctly.

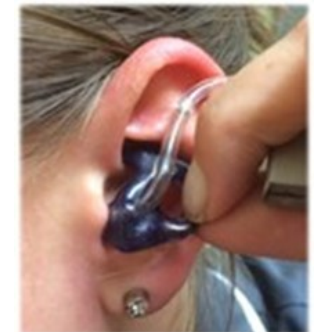
Take your hand slowly to the ear and you will start to feel the mould against your skin.

Try not to turn your hand or wrist as this will change the alignment.

If these points are not aligned correctly, this can make the ear very sore.

Step 4

When you feel the tip of the mould in your ear canal, you can tilt your hand inwards slightly and this will help the top piece move under the flap of skin.



Step 5

Begin to guide the mould further into the ear.

The handle piece will start to slip into the back of the ear.

You may need to start to move your thumb out of the way to allow this to happen.



Step 6

Depending on the shape of your ear, you may need to pull your ear lobe down/back to open the bowl of the ear. This will help the mould slip over the outer ridge of your ear and into position.



Step 7

Once your thumb is out from behind the handle, push on it with your fore-finger to push the handle into the bowl securely.

You are pushing slightly backwards and inwards.



Your mould is then secure, you can let go of the mould and it will stay in position.

The hearing aid will hang next to your ear.

Step 8

To put the hearing aid behind the ear, you need to take hold of the aid and lift it up and forward.

This will then slide in the crease of the ear next to the head.

Try not to turn or twist the hearing aid as this can cause problems with the tube and the position.

