

Protecting Hearing Aids From Water and Sweat

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AccuNotes newsletter result:

Open rate	Click through rate
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As summer approaches, it's important to prepare for potential problems with your hearing aids caused by sweat or water.

Working up a sweat on a hot afternoon or running through the sprinkler with the kids to beat the heat are standard summer pastimes, but it's important to remember to adhere to efficient hearing device maintenance. Auditory equipment is expensive, and ineffectively treating your hearing aids may cause you to need a new pair. In the event your auditory devices are exposed to moisture, here are a few things to keep in mind:

Avoid water

This can pretty much go without being said, but there is no shame in repeating it: Taking out your hearing aids before jumping in the water is without a doubt the most effective means toward preventing damage. Always bring a waterproof container with you when heading to the pool or lake and be aware of your surroundings when your devices are in your ears.

Be prepared

It's easy to get distracted and forget to take your hearing aids out before stepping into the shower or hot tub. If your hearing aids have been exposed to water, take them out and immediately begin drying them off. Actively blot the device with a towel, and make sure to take out the battery and leave the hearing aids in a warm and dry area for at least 24 hours. There are hearing aid drying kits available that dehumidify the devices and remove excess moisture. Using these methods after a hot and sweaty day is also recommended, as too much perspiration can lead to your hearing aids enduring water damage without you even realizing it.

Schedule an appointment

After drying your devices out for a 24 hour period, set up an appointment with your [audiologist](#) or hearing health care professional to look for any damage that has resulted. Moisture that builds up in the battery compartment, tubes or molds can be difficult to detect, so it's better to have an expert look at it. If staying active and spending time in the water are top priorities for you this summer, make sure to confide with your audiologist or hearing aid dispenser about finding a hearing aid that best suits your auditory, as well as your comfort needs.