## How to fit a LEFT ear mould and a Behind the Ear Hearing Aid.



1. With your LEFT hand hold the edge of the ear mould between your index finger and thumb.



2. Feel for the jawbone joint next to your left ear with a finger on your RIGHT hand.



3. Lift the ear mould in your left hand to touch the finger on the jawbone joint.



4. Slide the ear mould backwards until the canal insert part of the ear mould is inside your ear.



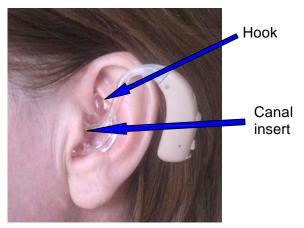
5. Gently twist the ear mould slightly backwards to fit the hook part at the top of the ear mould behind and under the fold near the top of your ear.



6. You may need to use your RIGHT hand to pull your ear lobe down so that you can push the mould deeper into your ear.



7. Take you thumb away and use your finger to press the ear mould into your ear.



9. Your ear mould should now be comfortably in place.



11. ...and sit it behind your ear.



8. Check that the hook part of the ear mould is under the fold near the top of you ear.



10. Next, lift the hearing aid over the top of your ear....



12. You have now successfully fitted your ear mould and hearing aid.

Each night when you remove your hearing aid always wipe the mould with a damp cloth or wet wipe to keep it clean. Ear mould tubing should be replaced every 4-6 months by your Audiology Department.