



Guide to wearing and cleaning your new ear protection

This leaflet is for people using swim/full shell noise/music/canal noise/sleep plugs to protect their ears and hearing.

What to expect from your new ear protection

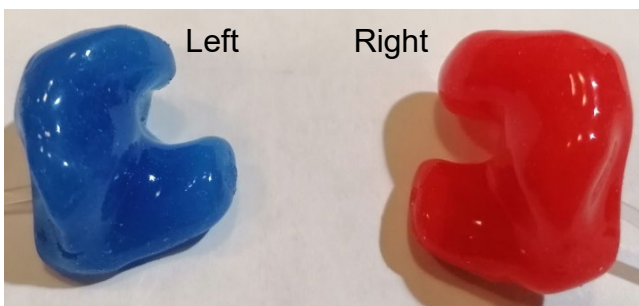
Ear protection is designed to reduce the volume of external sounds such as traffic noise, very loud music, snoring etc. This means that the plugs can improve quality of sleep and prevent noise induced damage. We also offer swim plugs to prevent water entering the ears.

By wearing the ear plugs, you may feel as though your ears are blocked and your own voice may seem louder to you. This is normal and with consistent use, most people find that they acclimatise to this.

Interestingly, we conduct some sound through our bones. Due to this, you may still be able to hear some sounds with the plugs in. However, the sounds will be much quieter.

How to insert your ear protection

Your ear protection needs to be inserted properly for it to be effective, secure, and comfortable. Each plug is custom made and so it is important that you put them in the correct ear! If the plug is clear, the right side is marked with **red** writing, the left side is **blue**. If not, the colours and markings will help you distinguish them



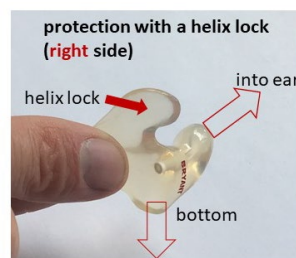
Before putting the plug in, make sure you are holding it in the correct orientation. Ideally, hold the right plug in the right hand and the left plug in the left hand. Hold the outer facing edge of the plug with the ear canal process pointed towards your nose.

Hold the plug level with the tip of your nose and draw it back towards your ear, this should guide you to the entrance of your ear canal. You may need to pull your pinna up and back in order to help get the plug firmly in place.

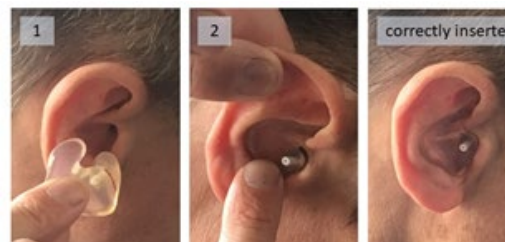
The following pictures demonstrate how to insert the various styles of ear protection. Please have a look at the relevant section for you.

Swimplug and full shell noise plugs

Orientation to hold the plug ready for insertion.



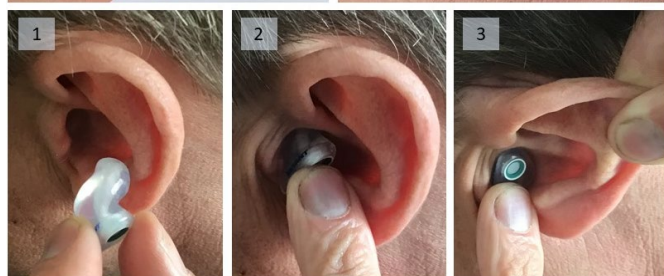
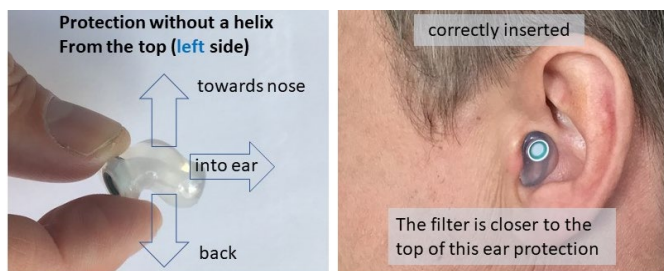
Steps of insertion and correct placement.



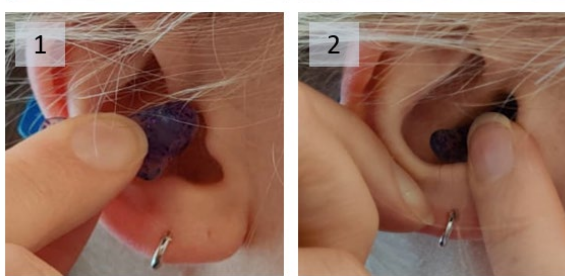
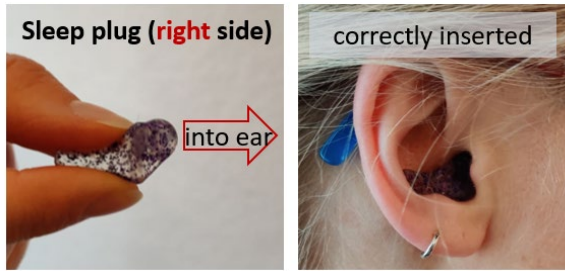
A common mistake is to not insert the helix lock correctly. Please ensure that this is fitted securely in the helix for your comfort and to ensure appropriate protection.



Music plug and canal noise plugs



Sleep plug



Cleaning your ear plugs

You should wipe your ear protection after each use with a soft damp cloth. Check your ear protection regularly for wax and use a soft brush or the supplied cleaning tool, to remove any debris. Disinfect with a non-alcohol based disinfectant wipe regularly. Never use solvents to clean, as this can degrade the material.

If you have a filter, these are easily removed and cleaned separately. The filter must not become wet as this will affect its performance. Allow any earwax on the filter to dry before brushing off.

Comments and queries

We are always grateful for useful comments, either good or bad as these help us to help us shape the service provided for you.

If you have any queries regarding the ear protection we provide, please see our 'Protect your ears' leaflet or feel free to contact us with any questions.

From point of manufacture, the plugs have a four-week warranty period and so if there are any issues, it is important that you contact us as soon as possible.

All plugs are custom made for each ear and so we are unable to offer a refund unless there is a fault found.

Contact us

For more information, please contact the Audiology Department:

- Telephone: 0118 322 7238
- Email: Audiology@royalberkshire.nhs.uk

Web: www.royalberkshire.nhs.uk/audiology

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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Next review due: October 2025.