

# Introduction to hearing aids

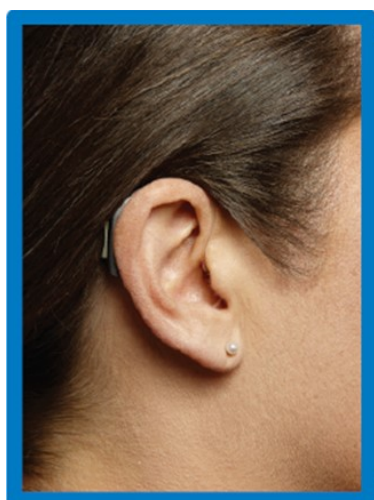
Hearing Services Department

Information for Patients

Last reviewed: February 2026

Next review: February 2029

Leaflet number: 360 Version: 4



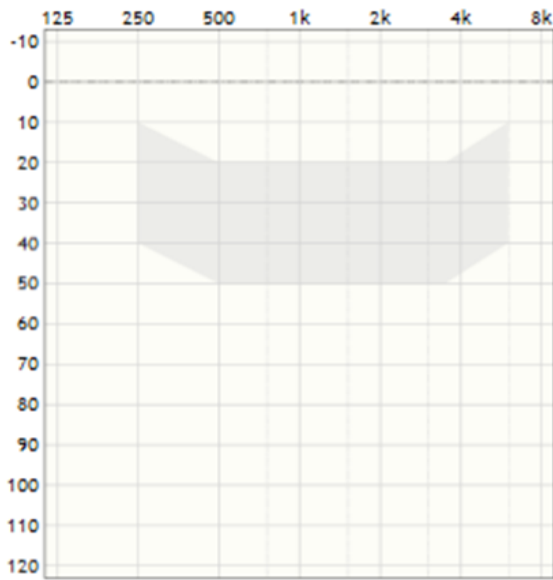
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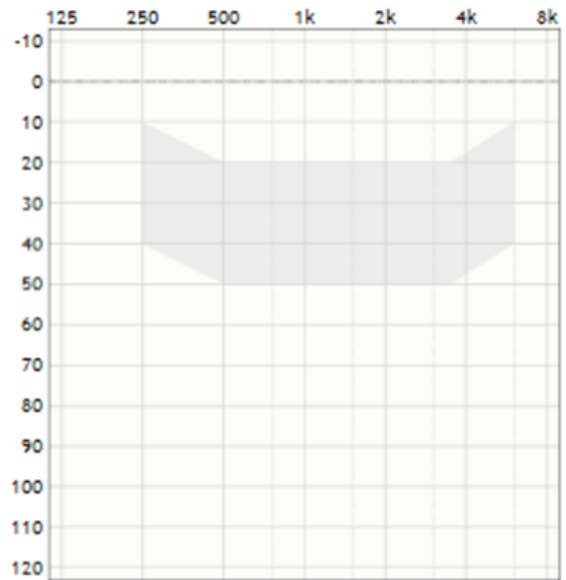
## Your Individual Management Plan (IMP)

This is a copy of your recent hearing test. The shaded grey area in the graphs below represent the hearing levels needed to hear normal conversational speech. Your audiologist can explain this test result in more detail.

The closer your test results are to the top of the chart, the better your hearing is.



**Right ear**



**Left ear**

### Discussed needs:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

### Agreed actions:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

### Agreed plan:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

## Hearing loss

You have recently been confirmed as having a hearing loss. You have been recommended for a hearing aid(s). The following information will help you to understand your hearing loss and your hearing aid.

A hearing aid increases the sounds you already can hear. How helpful hearing aids are is different from person to person. It might depend on:

- how severe your hearing loss is.
- whether your hearing loss is in 1 or both ears.
- what type of hearing loss you have. Conductive hearing loss involves the moving part of the ear. Sensorineural hearing loss affects the sensing part or the nerves.
- the cause of your hearing loss.
- your age.
- how good your brain is at processing and sorting sounds.
- your lifestyle and the kinds of listening situations you are in.
- finally and most importantly, your attitude towards the hearing aid(s).

## Getting used to a hearing aid(s)

To get the most benefit from your digital hearing aid(s), you will need to wear it every day. It will take 6 to 12 weeks for you to get used to it and begin to fully benefit from it.

It is important to slowly increase the amount of time that you wear your hearing aid(s) in the first few weeks. Some people choose to wear their hearing aid(s) all day from the very beginning. You can do what works best for you. However you choose to do it, your aim is to be wearing your hearing aid(s) most of the time.

Those who choose to wear their hearing aid(s) only when they think they need it, are less likely to get used to them. They may find listening when there is background noise even more difficult.

## Will I hear background noise?

At first you will hear lots of background sounds around you. For example the kettle boiling or a central heating boiler starting up. Sometimes these can seem a little too much. If you keep using your hearing aid(s) you will soon learn to ignore these sounds.

You may also notice a change in the sound of your own voice. This can take some time to get used to. Your voice will continue to sound the same to everyone else.

## What will it look like?

All NHS hearing aids are designed to fit behind your ear. The type of hearing aid you get will depend on hearing loss and your ability to handle small objects. Your audiologist will help you to choose between:

### Hearing aid with an earmould:

You will need this type of hearing aid for moderate to severe types of hearing loss. Or if you have difficulty handling small objects.

We have made an impression of your ear(s) today to make a plastic mould(s). The mould(s) will be made in the next few weeks.



### Hearing aid with a slimtube:

You will need this type of hearing aid for mild to moderate hearing losses.

We will select a tube for you from a range of sizes for best fit. We do not need an impression of your ear for this type of hearing aid.



## How long will it take to get my new hearing aid?

If you have not been offered another appointment today, you will have been placed onto a pending list. You will get an appointment letter in the post after being on the pending list.

## What will happen at my next appointment?

- At your next appointment the audiologist will fit the hearing aid(s) to a mould or a slimtube.
- We often fit a beige coloured hearing aid. Other colours are available. Please contact the Hearing Services Department as soon as possible if you wish to choose a different colour.
- They will show you how to look after the hearing aid and how to fit it. This appointment will often last up to 1 hour.
- You are welcome to bring a friend or relative to your fitting appointment.
- Please bring your reading glasses if you wear them. You will need them to see the controls on your hearing aid.
- Please bring a bag to carry your batteries, leaflets and hearing aid boxes home with you.

