



Hidden Hearing

Your hearing is our expertise



Your
Guide to

Optimal Hearing Health:

Do's & Don'ts



Welcome to your essential guide to maintaining optimal hearing health. In a world filled with noise pollution, personal audio devices, and everyday challenges, protecting your hearing has never been more important. This brochure offers expert advice on preserving your hearing health, with practical tips and insights.

The Do's of Hearing Health

1. Protect Your Ears in Noisy Environments


Best Practice: Always wear ear protection in loud settings, such as concerts, factories, or when using power tools. Earplugs or earmuffs can significantly reduce your risk of noise-induced hearing loss.

2. Regular Hearing Check-Ups

Why It Matters: Early detection of hearing loss can drastically improve the effectiveness of treatment. Schedule annual hearing tests, especially if you're exposed to frequent loud noises or are over the age of 50.

3. Maintain Ear Hygiene

How To: Gently clean your ears with a damp towel and avoid inserting any objects directly into the ear canal. The use of cotton swabs can push wax deeper, causing issues such as impacted earwax, blockages, damage or even infections, which can further worsen symptoms such as hearing loss.

A portrait of Daniel O'Donnell, a middle-aged man with short brown hair, wearing a grey suit jacket, a light blue shirt, and a yellow patterned tie. He is smiling slightly and looking towards the camera. The background is a blurred office setting with large windows.

“I have no hesitation in recommending Hidden Hearing. They’ve really helped my family.”

Daniel O'Donnell

4. Healthy Lifestyle Choices

Impact on Hearing: A balanced diet, regular exercise, and avoiding smoking can all contribute to better hearing health by improving blood circulation and reducing the risk of hearing loss-related conditions.

The Don'ts of Hearing Health

1. Avoid Loud Music Through Headphones

Risks: Listening to music at high volumes, especially through earbuds that sit directly in the ear canal, can lead to permanent hearing damage. Follow the 60/60 rule: Listen at no more than 60% volume for no more than 60 minutes at a time.

2. Don't Ignore Ear Pain or Discomfort

What To Do: If you experience persistent ear pain, tinnitus (ringing in the ears), or sudden hearing loss, seek professional help immediately. These could be signs of underlying issues that need attention.

3. Avoid Inserting Foreign Objects Into Your Ears

The Hazard: Inserting objects like cotton buds, bobby pins, or fingers into your ears can cause infections, wax buildup, and even perforate your eardrum.

4. Limit Exposure to Loud Machinery

Precautions: If you work in an environment with loud machinery or are exposed to other sources of loud noise, ensure you're taking regular breaks and using the proper ear protection to prevent long-term damage.

Your Hearing Health Journey Starts Now

Taking the first steps towards protecting your hearing is easier than you think. By following the guidelines outlined in this brochure, you're not only safeguarding your auditory health but also enhancing your overall quality of life.

Don't wait until it's too late to start taking care of your hearing health. Protect your ears, protect your health, and unlock a world of clearer sound today.

Time for a Sound Check?

When was the last time you checked in on your hearing health?

If you're thinking back to your school days, it's time for an update. Don't let the subtle signs of hearing loss go unnoticed any longer. We've been at the forefront of hearing care for over 35 years, combining our deep expertise with the latest in diagnostic technology to provide you with comprehensive hearing assessments.

Take a moment now to book your complimentary hearing test with us. It's a small step that could make a world of difference to your quality of life.

Let's ensure every sound, every word, and every moment is heard clearly. Your journey to better hearing health starts here.

Book Your Free Hearing Test Today
with the experts in hearing health care
for over 35 years.



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