



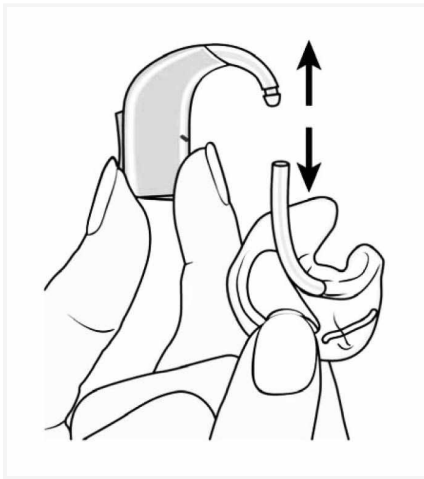
# Retubing your ear mould

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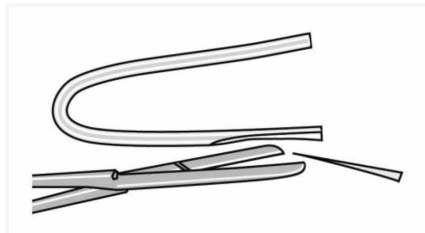
## Information for patients from the Audiology Department

The following instructions are for patients who are retubing their own ear mould. If you have any questions, please contact the Audiology Department.

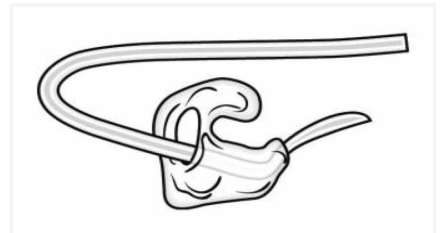
- Your ear mould comes with a tube in place. This tube connects the ear mould to your hearing aid.
- You need to replace this tube every 4 to 6 months, as:
  - the tube hardens and discolours over time, reducing the quality of the sound travelling through it; and
  - wax can also block the tube, and replacing the tube may be the only way to clear the wax completely.
- If you are able to retube your own ear mould, please ask the Audiology Department for some replacement tubing.
- To retube your ear mould you will need:
  - scissors
  - pliers, and
  - replacement tubing.
- To retube your ear mould, please follow the seven steps below.



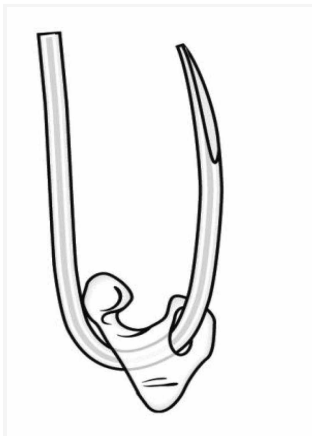
Step 1: Remove the old existing tubing with your hand or pliers. Keep the removed tubing to use for sizing later on.



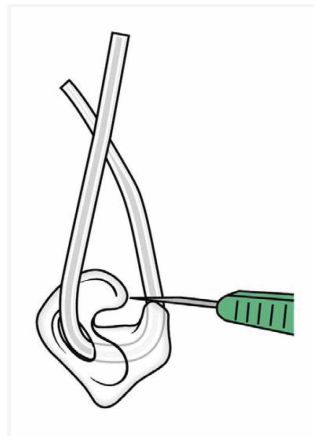
Step 2: Use the replacement tubing, and carefully taper the edge of one side using a pair of scissors. Do not cut too close to the bend.



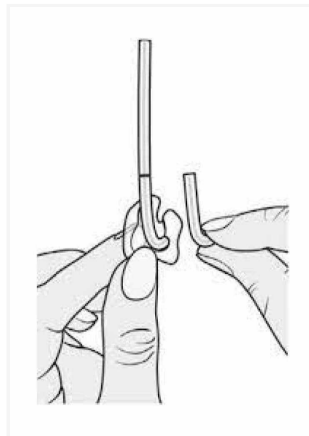
Step 3: Thread the tapered tube into your ear mould.



Step 4: Pull the tubing through your ear mould, so the remaining tubing is facing upwards.



Step 5: Use a sharp pair of scissors, and carefully cut the tapered tubing flush with the end.



Step 6: Use the removed tubing from step 1 as a guide to cut the new tubing to your exact and preferred length. Carefully cut it at the same length.



Step 7: Reattach your hearing aid.

If you have any problems or issues fitting your new ear mould, please contact the Audiology Department.

- **Audiology Department**

Telephone: 01227 864252

Lines are open 10am to 12 noon, and 2pm to 4pm

Email ([ekh-tr.audiology@nhs.net](mailto:ekh-tr.audiology@nhs.net))

**This leaflet has been produced with and for patients.**

**Please let us know:**

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

**You can let us know this by:**

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

**Any complaints, comments, concerns or compliments**, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email ([ekh-tr.pals@nhs.net](mailto:ekh-tr.pals@nhs.net)).

**Patients should not bring large sums of money or valuables into hospital.** Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property has been handed into Trust staff for safe-keeping.

**Further patient information leaflets** are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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