

HEARING AID ADJUSTMENT CHECKLIST

Week-by-week guide for new hearing aid users

Week 1

- Wear aids for 4 to 6 hours daily in quiet home environments
- Accept that your own voice will sound hollow at first (this is normal)
- Note which sounds feel startling or uncomfortable
- Do not judge the aids based on this week alone

Week 2

- Increase to most of the day (take breaks if fatigued)
- Try one-on-one conversations in a quiet room
- Attend your first follow-up appointment
- Report specific sounds or situations that are still difficult

Week 3

- Move to full-day wear
- Try a familiar social setting (small group dinner, etc.)
- Read aloud to yourself to adapt to the sound of your amplified voice
- Note background noise challenges for your audiologist

Week 4+

- Wear aids consistently every waking hour
- Report persistent feedback or distortion to audiologist
- Keep a listening journal of difficult situations
- Expect further fine-tuning at your follow-up

Call your audiologist sooner if:

- Persistent physical pain or skin irritation
- Feedback when device is correctly seated
- Dizziness or ear discharge
- Sudden change in sound quality

Hearvana Audiology | hearvana.ca | Vaughan & GTA