



HOW TO TAKE CARE OF HEARING AIDS IN THE SUMMER

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Picture a perfect summer day: you're packing snacks for the beach, firing up the grill, or

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heading out for a morning walk. But while you're soaking up the sunshine, your hearing aids might be exposed to excessive heat and moisture. If you're wondering how to take care of hearing aids in the summer, the most important rule is to keep them cool, dry, clean, and free of chemical buildup.

With a few simple habits, like storing them in the shade, wiping them down daily, and using a dehumidifier, you can protect your hearing aids and enjoy the sunny weather safely.

Why is summer hearing aid care so important?

Excessive moisture and high temperatures pose major threats to your hearing aids. Proper maintenance [extends the life of your hearing aids](#) and ensures they function correctly.

When exposed to excessive heat, like leaving your hearing

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aids on a sunny windowsill or inside a hot car, the plastic casing can warp and internal batteries can rapidly drain or leak. Moisture from sweat and humidity can also short-circuit the internal wiring, leading to distorted sound.

What can I do to protect against excessive heat exposure?

When planning a day outdoors, the safest approach is to avoid leaving your hearing aids in direct sunlight or in hot environments.

- **Never leave them in the car:** A parked car's dashboard or glove compartment can reach high temperatures in minutes.
- **Store them safely outdoors:** If you take your hearing aids out at the beach or pool, place them inside their charging case and [protective Travel Case](#) in the shade and

ensure they're in a waterproof bag/container.

- **Avoid sunny windowsills:**
At home, store your devices in a cool, dry room rather than on a sunny counter or near a window with direct sunlight coming in.

How can I protect my hearing aids from sweat and moisture?

Between the high humidity and extra perspiration, moisture is a constant battle during the warmer months. To keep your devices working optimally:

- **Use a cleaning kit:** [Our Care Kit](#) includes everything you need to maintain your hearing aids for up to 6 months, so they perform optimally. This includes cleaning brushes and drying capsules to protect your hearing aids from everyday moisture.

- **Use a dehumidifier:** At night, store your hearing aids in [a dehumidifier](#) to keep them moisture-free. This is helpful if you're active or spending lots of time outdoors with family and friends.
- **Remove before water activities:** Always take your hearing aids out before swimming, showering, or participating in water sports.



Can sunscreen and lotions damage my hearing aids?

Yes, lotions, sunscreens, and bug sprays contain chemicals and oils that can clog your hearing aid's microphone ports and leave residue on

your devices. Over time, this repeated exposure can build up and cause damage to the device's outer surface or protective coatings as well as affect sound quality. Apply your products first before inserting your hearing aids and thoroughly wash and dry your hands after to avoid transferring oily residue.

Try avoiding using spray-on sunscreen or bug spray while wearing your hearing aids, as the airborne particles can easily settle into the tiny microphone ports.

How do I care for my hearing aids while traveling?

Knowing how to properly care for your hearing aids this summer will save you from stressful, unexpected damages or replacements while away from home.

- **Bring cleaning tools:** Pack a small cleaning brush and a microfiber cloth to maintain your daily care

routine on the go.

- **Keep them in your carry-on:** When flying, always keep your hearing aids and accessories in your carry-on bag rather than checked luggage to avoid the temperature shifts in the airplane's cargo hold.
- **Maintain and clean:** After working out or time spent outdoors, wipe them down.
- **Store them correctly:** Remember to take your hearing aids out before swimming or taking a shower. Store them in a cool, dry place when not in use.

Why is hearing aid protection important?

Much like a smartphone, your hearing aids rely on delicate internal circuitry that is highly sensitive to extreme heat, high humidity, and chemicals.

Taking a few proactive steps to keep your hearing aids cool and clean protects your

investment and ensures you stay effortlessly connected to the people, playlists, and conversations that matter most.

Ready to check your hearing health? Take our [free online hearing test*](#) today to ensure your hearing is exactly where it needs to be this season.

**This hearing test is not a substitute for a professional hearing test from a qualified healthcare provider.*

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