## How to clean an ear mould

Detach the ear mould from the hearing aid by gently pulling the soft tubing away from the harder plastic hooked end of your hearing aid.  Do not pull the tubing out of the ear mould.	
2. Keep hearing aid away from any water, and wash the ear mould in warm soapy water.	
3. Rinse the ear mould thoroughly.	
4. Shake the ear mould to clear any water left in the tubing. Look at the tubing to check that there is no water left in. Leave in a warm safe place to dry before attaching it (some people find it useful to do this at night time before going to bed).	
5. To reattach your hearing aid to the ear mould, squeeze the top of the tube and fit the ear mould and aid back together. Check that the hearing aids are put back on the correct ear using the coloured markers: red for the right ear and blue for the left ear.	