



**ACI Hearing & Balance Center, Inc.**

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## Swim Molds: Use and Care Instructions

Your INSTA-MOLD Swim molds were made especially for you, for optimum ear protection. Follow these easy use and care instructions and you will help reduce the risk of ear infection caused by water entering the ear.

When you first get home, take the swim molds out and place them on the counter top for 3 hours. After that, you will be able to use them.

### **CLEANING:**

The first thing to do to wash the swim molds with mild soap and warm water before and after each use. Dry **THOROUGHLY** before using.

### **HOW TO INSERT:**

The swim mold for the left ear is blue and the swim mold for the right ear is red. Grasp the swim mold and place the stem (the part that fits into the ear canal) at the opening of the canal. Tilt the top of the mold itself forward, then in the position, insert the stem into the canal. Turn the mold back to an upright position with a pushing motion, inward toward the ear canal. Now, seat the top of the mold under the top fold of the ear. The swim mold should be flush with the ear, and not protruding from the ear.

**\*\* If the swim molds are loose, report this to the Audiologist\*\***

### **WHEN TO USE:**

Use the swim molds for swimming, bathing, showering, washing the hair or face, or any other activity that involves water.

### **REMOVAL PROCEDURE:**

First, check for any water remaining on or around the ear before removing the molds. Towel dry the hair so that excess water on the head or face cannot enter the ear canal during or after removal. To remove, start at the back of the ear and begin to peel the mold out of the ear; then pull straight out.

**NOTE: The manufacturer does NOT recommend swim molds for use in underwater diving, underwater swimming, or diving into the water. It is recommended not to go further than 2 feet underwater.**

*Always store the swim molds in the case provided.  
Keep the swim molds away from excessive heat or sunlight.*