

Custom Swim Plugs

Summer is here

What you need to know?



For many families, splashing in the pool or heading to the nearest beach to cool off in the water is a major part of summer fun.

Swim ear Plugs are specialized earplugs crafted from waterproof silicone that create a tight seal, which block water from flowing past the outer ear. They are customized for your ears to ensure a tight, snug fit in the ear canal.

Swimmer's earmolds aren't just for a wide variety of water activities.

Custom swim plugs are used for activities such as:



- Boating
- Jet Skiing
- Canoeing and Kayaking
- Rafting
- Paddle Boarding
- Swimming
- Bathing & Showering
- Attending Waterparks
- Doing water Aerobics



Custom swim plugs offer protection from several major ear-related health problems, including outer ear infections and surfer's ear. Ear infections are a problem for patients of all ages, through they're particularly prevalent in children.

Otitis Externa, or an outer ear infection, is also known as swimmer's ear.

Outer ear infections can have several different causes, but water exposure is one of the most prominent.

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FAMILY THERAPY & HEARING CENTRE

Phone today to make appointment for those custom swimplugs!

Swimming and Ear Infections



Swimmer's ear(also known as otitis externa) is a bacteria infection typically caused by water that stayed in the outer ear canal for a long period of time, providing a moist environment for bacteria to grow.

Anyone can get swimmer's ear, but it is most often seen in children.

Swimmer's ear cannot be spread from one person to another.

Swimmer's ear is not the same as middle ear infection, which is common in children

Signs & Symptoms

- Pains when the outer ear is tugged or when pressure is put on the part of the outer ear that sticks out in front of the ear canal(tragus)
- Itchiness inside the ear
- Drainage form the ear
- Redness and swelling in the ear

Preventing swimmer's ear

- Keep ears as dry as possible
 - using a bathing cap, ear plugs or custom fitted swim molds when swimming
- Dry Ears thoroughly after swimming or showering.
 - » Use a towel to dry ear well
 - » Tilt head back and forth so that each ear faces down to allow water to escape the ear canal.
 - » Pull earlobe in different directions when ear faces down to help water drain out.
 - » if there is still water in the ear, consider using a hair dryer to move air within the ear canal.
 - Put the hair dryer on the lowest heat and speed/fan setting.
 - Hold the hair dryer several inches from ear.
- DON'T put objects in ear canal (including cotton-tip swabs, pencils, paperclips, or keys).
- DON'T try to remove ear wax. Ear wax helps protect the ear canal from infection.
 - » If you think the ear canal could be blocked by ear wax, check with your healthcare provider
- Check with your healthcare provider about using ear-drying drops after swimming.
 - » DON'T use these drops if you have ear tubes, punctured ear drums, swimmer's ear, or ear drainage



Treat swimmer's ear

- Check with your healthcare provider if you have ear pain or drainage from the ear
- Swimmer's ear can be treated with antibiotic ear drops.