

Ear, Nose, and Throat Associates Swimmold, Hearing Protection, & Earplug Options

Mack's Earplugs: Drug stores, about \$6 for 6 pairs

Material: Non-toxic hypoallergenic silicone putty.

How to use: Shape whole plug into a ball. Place over ear opening and flatten to form airtight seal. To loosen and remove, press up behind ear.

When to use: Bathing, surface (non-vigorous) swimming, noise reduction (up to 22 decibels).

What our patients say: Good for occasional use by adults. Difficult and messy to get into childrens' ears.



Doc's ProPlugs: Available in our offices for \$15 per pair

Material: Hypoallergenic Kraton with memory.

How to use: Qualified staff will recommend correct size from 8 options designed for infants, children, teens, and adults. Semi-custom ear plugs easily insert into the ear. Clean with mild soap and water, air dry.

When to use: Bathing, surface (non-vigorous) swimming, noise reduction (up to 25 decibels).

What our patients say: Great for occasional use by adults. Easy to insert and remove in young children. Cost effective option for fast-growing kids.

Ear Band-it: Available in our offices for \$20

Material: Soft neoprene.

How to use: Wear over water-safe earplugs such as Mack's or Doc's ProPlugs, fastening around the head, over the ears.

When to use: To safeguard children from choking on plugs that could be removed by the child or fall out during vigorous water play.

What our patients say: Cost effective option if used in conjunction with Doc's ProPlugs or Mack's plugs for growing kids.



Custom Swim Plugs: Available in our offices for \$100 per pair

Material: Medical grade silicone. Will not shrink or harden. They float!

How to use: Audiologist will take a custom impression of your ears. You select the color and the lab creates them just for you. Easily inserted into the ears. To loosen and remove, press up behind ear. Clean with mild soap and water, air dry.

When to use: Kids & adults for bathing, swimming, noise reduction (up to 26 decibels)

What our patients say: Custom ear plugs are the best for frequent swimming.

Extremely comfortable! Very easy to insert! Kids love the bright color options, swirls, and glitter! I ordered before my child's ear tube surgery and picked up at his post-op visit – very convenient!

Ask about custom iPod and MP3 player molds! Personal fit ensures consistent sound quality and volume while exercising, and helps teens keep the volume lower to reduce damaging noise exposure.

Offering quality custom hearing protection especially for pilots, musicians, construction/landscaping workers, and police officers.

Protect yourself from occupational and recreational noise exposure today!