

FAQs

How are the custom ear plugs made?

Your Audiologist will take a precise mould of your ear using a soft, medical- grade impression material gently placed into the ear canal. The material sets in under five minutes, allowing us to create an accurate 3D model of your ear anatomy. This is scanned digitally and sent to the manufacturer, where your custom earplugs are crafted using high-quality medical-grade silicone. The typical turnaround time is approximately two weeks.

Can I permanently lose my hearing from exposure to loud noise?

Yes, it's possible. Permanent hearing loss can result from prolonged exposure to loud noise over 85 decibels (dB) or at times a loud 'once-off' impulse sound like an explosion. This type of hearing loss is called 'sensorineural' hearing loss when the cells of the inner ear are damaged. Currently there is no medicine or surgery that will reverse this damage.

What is that ringing sound in my ears?

The ringing is called tinnitus and can occur after periods of loud noise exposure. Tinnitus intensity can fluctuate and may affect your quality of life. Speak to your audiologist to discuss tinnitus management strategies.

How do I know if the noise is too loud and dangerous?

As a general rule, noise may damage your hearing if;

- « You must shout over background noise to make yourself heard.
- « The noise makes your ears ring.
- « You have decreased or muffled hearing for several hours after exposure.
- « The noise is painful to your ears.
- « Your smart device is giving a warning that the environmental sound is too loud.

How can I protect my hearing?

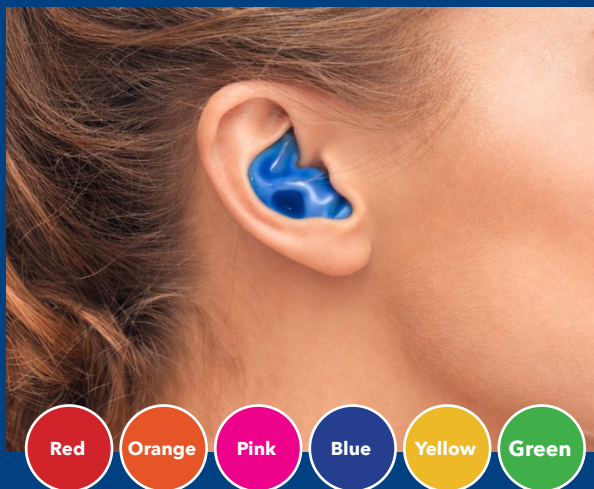
- « Wear ear protection such as earplugs or earmuffs when you are attending a loud concert, using firearms, power tools, or lawn mowing equipment.
- « Turn down the volume while listening to music where possible.
- « Move away from the noise & give yourself listening breaks.
- « Have regular hearing checks when working in noisy environments.

What if I suspect I have a hearing loss?

Make an appointment to see an audiologist, who will perform a hearing test to determine the type and severity of hearing loss you may have.

Colour Options

Custom ear plugs are available in a wide range of colours, so you can choose a look that suits your personality or lifestyle. Speak to your audiologist to find the right option for you.



Colour choice might be limited, depending on custom plug material type.



Trusted, friendly Audiologists are only a phone call away

 **9558 8842**
victorianhearing.com.au



Our ears are incredible.

They allow us to connect with the world, communicate with loved ones, and experience the richness of sound. As delicate, lifelong structures, they deserve our conscious care and protection. Whether you are swimming, in noisy environments, enjoying music, motorsports or sleeping, we have custom ear solutions to suit your lifestyle and safeguard your ears and hearing.

Noise can cause cumulative damage to your hearing

 40dB	Quiet room
 60dB	Conversation, dishwasher
 70dB	Busy traffic, vacuum cleaner
 85dB	Threshold for risk of hearing damage
 90dB	Lawn mower, truck traffic Risk of hearing damage in 8 hours
 95dB	Motorcycle, power saw Risk of hearing damage in 4 hours
 100dB	Chain saw, stereo headphones Risk of hearing damage in 2 hours
 105dB	Jackhammer, helicopter Risk of hearing damage in 1 hour
 110dB	Car horn, snow mobile (driver's seat) Risk of hearing damage in 30 minutes
 115dB	Baby's cry, jetski Risk of hearing damage in 15 minutes
 120dB	Rock concert, sandblasting Risk of hearing damage in 7 minutes
 125dB	Air raid siren, firecracker Pain threshold, immediate risk of hearing damage
 140dB	Gunshot, jet engine at takeoff Immediate risk of hearing damage

Note: All sound levels in this chart are measured in dB SPL (Sound Pressure Level)

In today's fast-paced and noisy world, preventing noise-induced hearing loss and maintaining overall hearing health is a high priority. When we are exposed to harmful noise that is too loud, the sensitive structures in our inner ear can be damaged, causing noise-induced hearing loss.

Noise Plugs

These custom-made, small but mighty hearing protection have a lifespan of 2-5 years depending on use and ear changes. They are environmentally friendly in comparison to disposable once off over-the-counter foam plugs.

Shooting / Max Protection Plugs

A single gunshot can be as loud as 140 decibels which is significant enough to cause permanent hearing loss. There are high decibel noise plugs specifically designed for these transient sudden 'impulse noises'. Some incorporate advanced filter technology that preserves spatial awareness and directionality, making it ideal for occupational, hunting, and workplace combat scenarios.

Musician Plugs

Depending on the type of instrument or sound, there are different levels of filters used to address the highs and lows, bass and treble associated with making music enjoyable whilst protecting your hearing. You can also choose to have additional exchangeable filters in your custom musician plug solution to enjoy a range of genres. From rock concerts and orchestral to heavy metal, you can protect your ears without losing sound quality. These are plugs commonly adopted by music lovers, musicians, sound engineers and art industry professionals.

Swim Plugs

Our ears can be sensitive to water. Swim protection provides a tight and custom fit so it can protect sensitive ears from irritation or infection caused by water in the ears. It is perfect for ears of any age, from young children who have grommets, or adults who need ear protection during activities such as surfing, swimming, boating or snorkelling. Finding ways to protect our hearing from 'Swimmer's Ear' is very important.

Did you know prolonged exposure to cold water or wind can lead to abnormal bony growths? Common in surfers, it causes trapped water, ear infections and if left untreated, hearing loss. The use of swim plugs can prevent this condition known as Exostoses or Surfer's Ear.

Sleep Plugs

Sleep plugs help reduce common environmental disturbances such as traffic noise, snoring, neighbours, or shift-work disruptions, without creating pressure or discomfort. They are designed to support a more restful night's sleep yet still allow emergency alarms to be heard.



Did you know:

In Australia approximately 1 in 6 people are affected by hearing loss and by 2050 this is expected to be 1 in 4.

