

# Maintenance checklist

Use this checklist to help you maintain your cochlear implant.

Task	Notes
<b>Daily</b>	
<input type="checkbox"/> Wear your cochlear implant as much as possible during waking hours.	<hr/> <hr/>
<input type="checkbox"/> Check your microphone, processor, and transmitter or headpiece for damage, dirt, and/or moisture.	<hr/> <hr/>
<input type="checkbox"/> Frequently clean the external parts of your cochlear implant. Clean your hands and then clean the parts with a dry, non-abrasive cloth.	<hr/> <hr/>
<input type="checkbox"/> Store your cochlear implant in a desiccation system to remove moisture, including humidity and sweat.	<hr/> <hr/>
<b>Monthly</b>	
<input type="checkbox"/> Replace microphone protectors or covers at least once every three months.	<hr/> <hr/>
<b>As needed</b>	
<input type="checkbox"/> Always keep back-ups of your cochlear implant parts.	<hr/> <hr/>
<input type="checkbox"/> Avoid water damage by removing your cochlear implant before entering a pool or shower.	<hr/> <hr/>
<input type="checkbox"/> Replace batteries in your processor when needed.	Manufacturer recommendations: <hr/>



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## Travel-size handout

Use this travel-size checklist in your wallet or on your refrigerator.



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