

Patient information factsheet

Customised swim moulds

We have written this factsheet to give you more information about using customised swim moulds. It explains what swim moulds are and how to use them. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our team.

What are customised swim moulds?

Swim moulds are ear plugs that prevent water from entering the ear canal. They also offer waterproof protection to those who:

- are prone to getting ear infections after swimming
- have a perforated ear drum or other ear problems

Customised swim moulds are specifically made for each individual ear shape. This makes them more secure in the ear, so you do not need to use a head band to keep the moulds in place. They are designed to float if they come out of your ear in the water, so you can easily retrieve them. They are also available in a wide range of colours.

How are swim moulds made?

We will usually take ear impressions (casts of the shape of your ears) at your planned audiology appointment or we may arrange a separate short appointment for you to have these taken. To take an impression, we will block your ear canal with a small sponge and then fill your ear with a putty. When the putty dries, it becomes hard, creating an impression of your ear. We will then send the impressions to a manufacturer who will make them into swim moulds.

How do I use swim moulds?

1. Hold the swim mould with your thumb and index finger.
2. Insert the top tip of the swim mould under the flap of skin at the top of your concha (the large hollow part of your ear).
3. Gently pull your ear outwards with one hand while pressing the swim mould into your ear using your other hand until it is securely fitted. If the swim mould is fitted correctly, it shouldn't stick out over your concha.

A variety of videos showing how to insert swim moulds can also be found online on Youtube. You will need to search for 'inserting custom ear plugs'.

How much do swim moulds cost?

Our swim moulds cost £24 each (inclusive of VAT).

You will need to pay for your swim moulds through our cashiers (over the phone) before we take impressions. Your swim moulds will then usually arrive one to two weeks after you have placed your order.

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Contact us

If you are unhappy with the fit of your swim moulds, please contact us within two weeks of receiving them and we will be happy to arrange a replacement free of charge. Please be aware that we are unable to provide a replacement after this time.

If you have any other questions or concerns, please contact us.

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