



Precautions for patients with unilateral hearing

If you have only one hearing ear, please read the following recommendations carefully to minimize risk of hearing in the good ear.

1. We recommend against scuba diving because of the associated risk of ear injury to your good ear. These include:
 - Rupture of the tympanic membrane, which has been reported in about 6% of experienced scuba divers.
 - Permanent hearing loss and balance problems, which has been reported in 2% of experienced scuba divers.

2. We recommend noise protection when indicated. Acoustic trauma can result from exposure to loud music or from power tools/yard equipment. You should consider wearing earplugs or earmuffs designed for noise protection when around loud sounds.

3. If you experience any symptoms in your good ear, you should seek immediate ENT evaluation within 24 hours of symptom onset.