



General Advice Guidelines:

Ear wax removal and hearing evaluations depend on Down syndrome status, age, and hearing aid use:

- **No Down syndrome, no hearing aids:**
 - Ear wax removal: once yearly
 - Hearing evaluation: every 5 years

- **Down syndrome, no hearing aids:**
 - Ear wax removal: twice yearly
 - Hearing evaluation: every 3 years if ≤ 35 years old; yearly if > 35 years

- **With hearing aids (any athlete):**
 - Ear wax removal: twice yearly
 - Hearing evaluation: yearly