



### **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  $\leq 35$  years old; yearly if  $> 35$  years
  
- **With hearing aids (any athlete):**
  - Ear wax removal: twice yearly
  - Hearing evaluation: yearly

