

Instructions for use

Part 2

Oticon Cara
BTE T 105



Made for
iPhone | iPad | iPod

Works with
android

295914GB / 2025.12.12 / v1



oticon

Important notice

Please read both Instructions for use Part 1 and Part 2 carefully.

Intended use

Oticon Cara BTE T 105

Intended use	The hearing aid is intended to amplify and transmit sound to the ear.
Indications for use	Bilateral or unilateral impaired hearing of sensorineural, conductive or mixed type ranging from a slight (23 dB HL*) to profound (95 dB HL*) degree of hearing loss, with an individual frequency configuration.
Intended user	Person with hearing loss using a hearing aid and their caregivers. Hearing care professional responsible for adjusting the hearing aid.
Intended user group	Adults and children older than 36 months.
Use environment	Indoor and outdoor.
Contra-indications	Not suitable for infants below 36 months. Users of active implants must pay special attention when using the hearing aid. For more information read the Warnings section.
Clinical benefits	The hearing aid is designed to provide better speech understanding to help ease communication with the aim of improving quality of life.

* As specified by the American Speech-Language-Hearing Association, asha.org, using pure-tone average of 0.5, 1 and 2 kHz.

IMPORTANT NOTICE

The hearing aid amplification is uniquely adjusted and optimised to your personal hearing capabilities during the hearing aid fitting performed by your hearing care professional.

Tinnitus SoundSupport™ (optional)

Intended use of Tinnitus SoundSupport

Tinnitus SoundSupport is a tool intended to generate sounds to provide temporary relief for patients suffering from tinnitus as part of a tinnitus management program.

The target population is the adult population over 18 years of age.

Tinnitus SoundSupport is targeted to licenced hearing care professionals (audiologists, hearing aid specialists, or otolaryngologists) who are familiar with the evaluation and treatment of tinnitus and hearing loss. Fitting of Tinnitus SoundSupport must be done by a hearing care professional participating in a tinnitus management program.

Guidelines for Tinnitus SoundSupport users

Your hearing care professional will be able to offer the appropriate follow-up care. It is important to follow his/her advice and directions regarding such care.

Limitation on use time

Daily use

The volume levels of Tinnitus SoundSupport can be set to a level which could lead to permanent hearing damage when used for a prolonged period of time. Your hearing care professional will advise you of the maximum amount of time per day you should use Tinnitus SoundSupport. It should never be used at uncomfortable levels.

See the table **Tinnitus SoundSupport: Limitation on use**, in the **Your individual hearing aid settings** section to learn how many hours per day you can safely use the relief sound in your hearing aid.

Sound options and volume adjustments

Tinnitus SoundSupport is programmed by your hearing care professional to match your hearing loss and preferences for tinnitus relief.

Tinnitus SoundSupport programs

The sound generator can be activated in up to four different programs.

Mute

If you are in a program for which Tinnitus SoundSupport is activated, the mute functionality only mutes the environmental sounds, and not the sound from Tinnitus SoundSupport. For information on how to mute your hearing aids, see the section **Mute your hearing aids**.

Volume adjustments with Tinnitus SoundSupport

Your hearing care professional can set the volume control for a hearing aid program for which Tinnitus SoundSupport is activated.

For more information about volume adjustments with Tinnitus SoundSupport, see the table **Tinnitus SoundSupport settings overview for your hearing aid** in the **Your individual hearing aid settings** section.

⚠ Warnings related to tinnitus

If your hearing care professional has activated the sound generator Tinnitus SoundSupport, please pay attention to the following warnings. There are some potential concerns associated with the use of any sound generated by a tinnitus management device. Among them are the potential worsening of tinnitus, and/or a possible change in hearing thresholds. Should you experience or notice a change in hearing or tinnitus, or any dizziness, nausea, headaches, heart palpitations, or possible skin irritation at the point of contact with the device, you should immediately discontinue use of the device and consult a medical, audiology, or other hearing care professional. As with any device, misuse of the sound generator feature may cause potentially harmful effects. Care should be taken to prevent unauthorised use and to keep the device out of reach of children and pets.

Maximum wearing time

Always follow the maximum wearing time per day of the Tinnitus SoundSupport advised by your hearing care professional. Prolonged use may lead to worsening of your tinnitus or of your hearing loss.

⚠ General Warnings

For your personal safety and to ensure correct usage, you should familiarise yourself fully with the following general warnings before using your hearing aids. Consult your hearing care professional if your hearing aids exhibit unexpected behaviour or you encounter serious incidents with your hearing aids. Your hearing care professional will support you with issue handling and, if relevant, reporting to the manufacturer and/or the national authorities. Note that hearing aids do not restore normal hearing and do not prevent or improve hearing impairment resulting from natural processes such as aging or sickness. Hearing aids are only a part of hearing habilitation and may need to be supplemented by auditory training and instruction in lipreading. To achieve the full benefit from your hearing aids, you should use them frequently.

Usage of hearing aids

Hearing aids should only be used as directed by your hearing care professional. Misuse can result in sudden and permanent hearing loss. Never allow others to wear your hearing aids. Unauthorised use could cause permanent damage to their hearing.

Choking hazards of swallowing small parts

Keep all small parts (for example, hearing aids, earpieces, batteries, etc.) out of reach and sight of children and others who might swallow these items. Most hearing aids can be supplied with a tamper-resistant battery drawer upon request. This is strongly recommended for infants, small children, and persons with cognitive impairment. Batteries have occasionally been mistaken for pills. Therefore, check your medicine carefully before swallowing any pills. Seek emergency medical treatment immediately if someone is choking on small parts or batteries are swallowed.

Risk of placing batteries in ear or nose

Never place batteries in the ear or the nose. This can lead to

permanent damage due to burns. Contact a doctor immediately if a battery is placed in the ear or nose.

Use of replaceable batteries

Only use batteries recommended by your hearing care professional. Batteries of low quality may leak and cause bodily harm. Never attempt to recharge your replaceable batteries. Never dispose of batteries by burning them. There is a risk that the batteries will explode. Follow local guidelines for proper and safe disposal of batteries.

Beware of sudden dysfunction

Your hearing aids may stop working without notice. For example, if they run out of battery or if the tubing is blocked. Keep this in mind especially in situations where you depend on warning sounds (for example when in traffic).

Use with active medical implants

Your hearing aids have been thoroughly tested and developed for human health according to international standards for human exposure (Specific Absorption Ratio - SAR), induced electromagnetic power and voltages into the human body. The exposure values are well below international accepted safety limits for SAR, induced electromagnetic power and voltages into the human body defined in the standards for human health and coexistence with active medical implants, such as pacemakers and heart defibrillators. If you have an active brain implant, contact the manufacturer of your implanted device for information about the use with a hearing aid. Accessories with built-in magnets (for example the Autophone magnet or a tool) should be kept at least 30 centimetres (12 inches) away from any implanted medical device. Follow the guidelines from the manufacturer of your implanted medical device regarding their use with magnets.

Use with cochlear implants

If you are using a cochlear implant (CI) on one ear and a hearing aid on the other ear, make sure to always keep your CI at least a 1 centimetre (0.4 inches) away from your hearing aid. The magnetic field from the CI may permanently damage the speaker unit in your hearing aid. Never place the devices close together on a table (for example, when cleaning or changing batteries). Do not carry the CI and the hearing aid together in the same box.

Detached earpiece in ear canal

Ensure that the earpiece is still connected to the tube when removing the hearing aid from your ear. If the earpiece is not on the tube, the earpiece may still be in the ear canal. Consult your hearing care professional.

Potential side effects

You may produce more earwax when using hearing aids. In rare cases, the non-allergenic materials in the product may cause skin irritation or other side effects. If you experience any such side effects, consult your doctor.

Remove hearing aids before certain medical procedures

Remove your hearing aids before medical procedures such as X-ray examinations, CT/MR/PET scans, electrotherapy, surgery, etc. Your hearing aids may be damaged if exposed to strong magnetic or electromagnetic fields.

Keep away from extreme heat

Never expose your hearing aids to extreme heat. For example, do not leave your hearing aids inside a parked car in the sun.

Never use an external heating device to dry your hearing aids. For example, do not dry your hearing aids using a hair dryer or in an oven such as a microwave.

Keep away from chemicals

Remove your hearing aids before applying products that contain certain chemicals that can damage your hearing aids. For example, cosmetics, hairspray, perfume, aftershave lotion, suntan lotion and insect repellent. Allow the products time to dry before putting on your hearing aids.

Connection to external equipment

The safety of the hearing aid, when connected to external equipment with an auxiliary input cable and/or with USB cable and/or directly, is determined by the external signal source. When the hearing aid is connected to external equipment which is plugged into a power socket, this equipment must comply with IEC 62368-1 or equivalent safety standards.

Use of third-party accessories

Only use accessories, cables or transducers (for example, microphones) supplied by the manufacturer. Non-original accessories may result in reduced electromagnetic compatibility (EMC) of your hearing aids.

Do not modify hearing aids

Do not make any modifications to your hearing aids not expressly approved by the manufacturer. This will void the warranty.

📶 Use in fields with electromagnetic interference

Your hearing aids have been thoroughly tested for interference according to the most stringent international standards, including EN/IEC 60601-1-2 and its amendments. Electromagnetic interference may occur in the vicinity of equipment that can affect the performance of your hearing aids such as mobile phones, Wi-Fi routers or other equipment with the displayed symbol. If your hearing aids are affected by interference, move away from the source.

Power hearing aid

Special care should be taken when selecting, fitting and using power hearing aids, as the maximum sound pressure capability may exceed 132 dB. There may be a risk of impairing the remaining hearing of the hearing aid user. For information on whether your instrument is a power hearing aid, see the model overview section in this booklet.

Water and dust resistant (IP68)

Your hearing aid is dust tight and protected against ingress of water, which means it is designed to be worn in all daily life situations. Therefore, you do not have to worry about humidity or getting wet in the rain.

Should your hearing aid come into contact with water and stop working, follow these guidelines:

- Gently wipe off any water
- Open the battery drawer, remove the battery, and gently wipe off any water in the battery drawer
- Let the hearing aid dry with the battery drawer left open for approximately 30 minutes
- Insert a new battery

IMPORTANT NOTICE

Do not wear your hearing aid while showering or participating in water activities. Do not immerse your hearing aid in water or other liquids.

Conditions of use

Operating conditions	Temperature: +1°C to +40°C (34°F to 104°F) Humidity: 5 to 93% relative humidity, non-condensing Atmospheric pressure: 700 hPa to 1060 hPa
Transportation and storage conditions	Temperature and humidity shall not exceed the below limits during transportation and storage: Transportation: Temperature: -25°C to +60°C (-13°F to 140°F) Humidity: 5 to 93% relative humidity, non-condensing Atmospheric pressure: 700 hPa to 1060 hPa Storage: Temperature: -25°C to +60°C (-13°F to 140°F) Humidity: 5 to 93% relative humidity, non-condensing Atmospheric pressure: 700 hPa to 1060 hPa

Technical information

The hearing aid contains the following two radio technologies:

The hearing aid contains a radio transceiver using short range magnetic induction technology operating at 3.84 MHz. The magnetic field strength of the transmitter is very weak and always below 15 nW (typically below -15 dBμA/m at a distance of 10 metres (-4.6 dBμA/ft at a distance of 33 feet)).

The hearing aid also contains a radio transceiver using Bluetooth Low Energy technology and a proprietary short-range radio technology, both operating at ISM band 2.4 GHz.

The radio transmitter is low-power and always below 2 mW in radiated power.

Only use your hearing aids in areas where wireless transmission is permitted.

The hearing aid complies with international standards concerning radio transmitters, electromagnetic compatibility, and human exposure.

The hearing instrument is designed to operate in public and residential environments. It has passed the following applicable emissions and immunity tests:

Radiated emissions requirements for a CISPR 11 Group 1 Class B device as stated in table 2 of IEC 60601-1-2.

Radiated emission for communication devices operating in the ISM 2.4 GHz band as stated in 47 CFR Part 15, subpart C, RSS-247 and EN 300 328 (only for products with Bluetooth).

Radiated emission for near field magnetic induction communication operating at 3.84 MHz as stated in 47 CFR Part 15,

subpart C, RSS-210 and EN 300 330 (only for products with NFMI).
 RF radiated immunity at a field level of 10 V/m between 80 MHz and 2.7 GHz as stated in table 4 of IEC 60601-1-2 and, 3 V/m between 2.7 and 6.0 GHz as stated in CISPR 32.
 RF radiated immunity at a field level of up to 28 V/m for selected RF wireless communication bands between 380 MHz and 5.8 GHz as stated in table 9 of IEC 60601-1-2.
 RF radiated immunity at a field level of up to 65 A/m for selected proximity magnetic fields at 30 kHz, 134.2 kHz and 13.56 MHz as stated in table 11 of IEC 60601-1-2 AM1.
 RF radiated immunity field levels at selected bands stated in IEC 60118-13 between 25 V/m and 60 V/m and, for proximity-fields from communication devices held to the ear, stated in ANSI C63.19.
 Immunity to power frequency magnetic fields at a field level of 30 A/m as stated in table 4 of IEC 60601-1-2 (only for products with telecoil).
 Immunity to ESD levels of +/- 2, 4 and 8 kV conducted discharge and +/- 2, 4, 8 and 15 kV air discharge as stated in table 4 of IEC 60601-1-2.
 Due to the limited space available on the hearing aid, relevant approval markings can be found in this booklet.
 Additional information can be found in the Technical data document on www.oticon.uk

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International warranty

Your device is covered by an international warranty issued by the manufacturer. This international warranty covers manufacturing and material defects in the device itself, but not in accessories such as batteries, tubing, speakers, earpieces and filters, etc. Problems arising from improper/incorrect handling or care, excessive use, accidents, repairs made by an unauthorised party, exposure to corrosive conditions, physical changes in your ear, damage due to foreign objects entering the device, or incorrect adjustments are NOT covered by the international warranty and may void it. The above international warranty does not affect any legal rights that you might have under applicable national legislation governing the sale of consumer goods in the country where you have bought your device. Your hearing care professional may also have issued a warranty that goes beyond the clauses of this international warranty. Please consult him/her for further information.

If you need service

Take your device to your hearing care professional, who may be able to sort out minor problems and adjustments immediately. Your hearing care professional may charge a fee for their services.

The manufacturer declares that this hearing aid is in compliance with the essential requirements and other relevant provisions of Directive 2014/53/EU.

This medical device complies with Medical Device Regulation (EU) 2017/745. Declaration of Conformity is available from headquarters.



SBO Hearing A/S
 Kongebakken 9
 DK-2765 Smørum
 Denmark
www.sbohearing.com/declarations-of-conformity

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Description of symbols and abbreviations used in this booklet	
	Warnings Text marked with a warning symbol must be read before using the device.
	Manufacturer The device is produced by the manufacturer whose name and address are stated next to the symbol. Indicates the medical device manufacturer, as defined in EU Regulation 2017/745.
	CE mark The device complies with all required EU regulations and directives. The four digit number indicates the identification of the notified body.
	Electronic waste (WEEE) Recycle hearing aids, accessories or batteries according to local regulations. Hearing aid users can also return electronic waste to their hearing care professional for disposal. Electronic equipment covered by Directive 2012/19/EU on waste and electrical equipment (WEEE).

CE 0123


 Waste from electronic equipment must be handled according to local regulations.



IP68

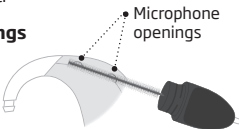
	Regulatory Compliance Mark (RCM) The device complies with electrical safety, EMC and radio spectrum requirements for devices supplied to the Australian or New Zealand markets.
	IP code Indicates the class of protection against harmful ingress of water and particulate matter according to EN 60529. IP6X indicates total dust protection. IPX8 indicates the protection against the effects of continuous immersion in water.
	Bluetooth logo Registered trademark of Bluetooth SIG, Inc. where any use of such requires a license.
	Auracast Registered trademark of Bluetooth SIG, Inc. where any use of such requires a license.
	Made for iPhone/iPad badge Indicates that the device is compatible with iPhone and iPad.
	Mac badge Indicates that the device is compatible with Mac.
	Apple AirPlay badge The AirPlay button can be used to disconnect and connect hearing aids from a Mac.
	Android badge Indicates that the device is compatible with Android.
	Hearing loop This logo incorporates the universal symbol for hearing assistance. The "T" signifies that a hearing loop is installed.
	Radio Frequency (RF) transmitter Your hearing aid contains an RF transmitter.
	Global Trade Item Number A globally unique 14-digit number used to identify medical device products including medical device software. GTIN in this booklet is related to medical device firmware (FW). GTIN on regulatory packaging label is related to medical device hardware.
	FW Firmware version used in the device.
	Keep dry Indicates a medical device that needs to be protected from moisture.
	Catalogue number Indicates the manufacturer's catalogue number so that the medical device can be identified.
	Serial number Indicates the manufacturer's serial number so that a specific medical device can be identified.
	Medical Device The device is a medical device.
	Unique device identifier Indicates a carrier that contains unique device identifier information

Clean the hearing aid

When handling the hearing aid, hold it over a soft surface to avoid damage in case you drop it.

Clean the microphone openings

Use the brush of a tool to carefully brush debris away from the openings and the surface around the openings.



Ensure that you do not forcefully squeeze parts of the tool into the microphone openings. This may damage the hearing aid.

IMPORTANT NOTICE

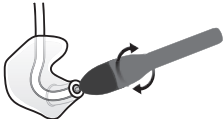
To clean the hearing aids, use a soft, dry cloth. The hearing aids must never be washed or immersed in water or other liquids.

Caring for tube and mould

Read the following pages if your hearing aid has a sound hook and mould.

Clean the mould

The mould should be cleaned regularly. Use a soft cloth to clean its surface. Use a wire loop tool to clean the opening.



Replace the tube

The tubing between the mould and the hearing aid should be replaced if it becomes yellow or stiff. Consult your hearing care professional about this.

Wash the mould

Step 1
 Make sure you are able to identify which mould is for which hearing aid before disconnecting them from the hearing aid.



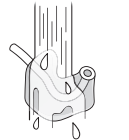
Step 2

Disconnect the tube and mould from the hook. Hold the hook firmly when pulling it off the tube. Otherwise the hearing aid may be damaged.



Step 3

Wash the mould and tube using mild soap. Rinse and dry completely before reconnecting to the hearing aid.



Caring for thin tube and earpiece

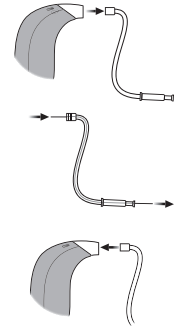
Read the following pages if your hearing aid has a thin tube.

Clean the thin tube

The thin tube should be cleaned regularly to keep it clear of moisture and earwax. If not cleaned, it may become blocked with earwax, which stops sound from coming out.

Step 1

Pull the thin tube out of the hearing aid and remove the earpiece.



Step 2

Push the cleaning tool all the way through the thin tube. Contact your hearing care professional to get appropriate thin tube cleaners.

Step 3

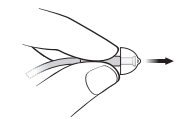
Reconnect the thin tube to the hearing aid.

Replace standard earpieces

The standard earpiece (dome or Grip Tip) should not be cleaned. If the earpiece is filled with wax, replace it with a new one. Grip Tips should be replaced at least once a month.

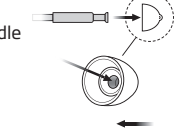
Step 1

Hold on to the end of the thin tube and then pull off the earpiece.



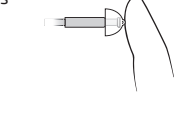
Step 2

Insert the thin tube exactly into the middle of the earpiece to get a secure fit.



Step 3

Push firmly to ensure that the earpiece is securely fastened.



IMPORTANT NOTICE

If the earpiece is not on the tube when removed from the ear, the earpiece may still be in the ear canal. For further instructions, consult your hearing care professional.

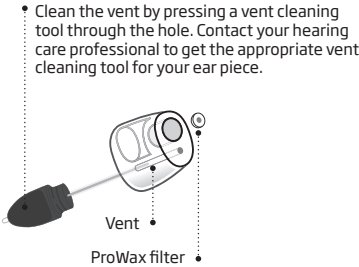
Clean customised earpiece

The earpiece should be cleaned regularly.

The earpiece has a white wax filter* that keeps earwax and debris from clogging the thin tube.

Ensure you replace the filter when clogged, or if the hearing aid does not sound normal.**

Alternatively, contact your hearing care professional.

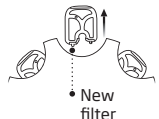


* Not all moulds have a wax filter. Filter composition can vary by mould. For more information contact your hearing care professional
 ** For more information, see the section **Replace ProWax filter**.

Replace ProWax filter

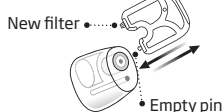
1. Tool

Remove the tool from the shell. The tool has two pins: One empty for removal and one with the new wax filter.



2. Remove

Insert the empty pin into the wax filter in the earpiece and pull it out.



3. Insert

Insert the new wax filter using the other pin. Remove the tool, and throw it out.



IMPORTANT NOTICE

Ensure you always use the same type of wax filter as originally supplied with the hearing aid. If you are in doubt about the use or replacement of wax filters, contact your hearing care professional.