

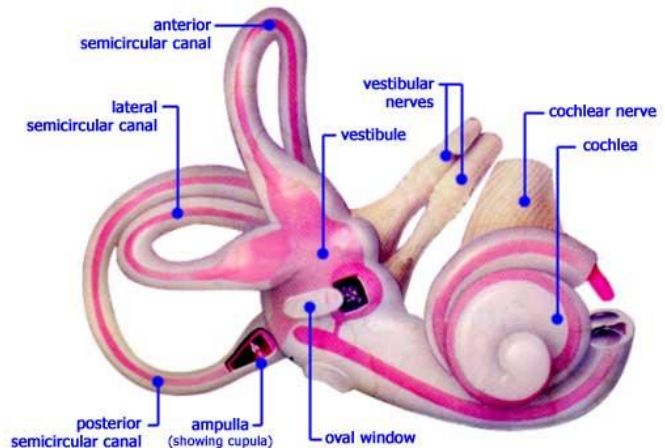


Home Instructions Following Epley Maneuver

You have just undergone a canalith-repositioning maneuver. This is a treatment for benign paroxysmal positional vertigo (BPPV). In BPPV dizziness is due to debris thought of as “ear rocks” or otoconia migrating into the inner ear canals where they do not belong. With certain movements, these displaced ear rocks can cause dizziness or vertigo, lightheadedness, imbalance and nausea.

It is very important that you strictly follow these instructions for 48 hours (until _____) so that these ear rocks will stay back in the utricle where they belong.

- Wait for 10 minutes after the maneuver is performed before going home. This is to avoid “quick spins” or brief bursts of vertigo as debris repositions itself immediately after the maneuver.
- Sleep semi-recumbent for the next 48 hours. This means sleep with your head elevated at least 30 degrees on pillows, or sleep in a recliner.
- Do not sleep on your “bad” side for 48 hours (your _____ side)
- Do not look up
- Do not bend over
- Do not pick up objects from the floor-ask for help
- Do not go to the hairdresser or dentist
- If eye drops are required, try to put them in without tilting your head back, same with shampooing your hair, or men with shaving.



You may need to return to therapy in about a week to have the maneuver repeated if you are still dizzy. It is normal to feel some dizziness after this procedure. Most patients are greatly improved after this treatment, but some require a second and occasionally a third procedure for better control of dizziness.

Please call your therapist if you have any concerns: _____
(name of therapist)