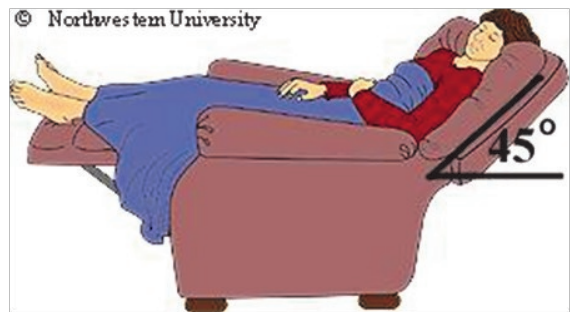


## INSTRUCTIONS FOR PATIENTS AFTER OFFICE TREATMENT of BENIGN POSITIONAL VERTIGO

1. **Wait for 10 minutes after the maneuver is performed before going home.** Soon after the procedure is done you may feel dizzy intermittently as the debris is continuously settling in your inner ear. Don't drive yourself home! Plan to have someone drive you home after the procedure

2. **Do not lie flat for 48 hours after the procedure.** Sleep with your head half-way between being flat and upright (a 45 degree angle). This is most easily done by using a recliner chair or by using 2-3 pillows to elevate your head. **During the day, try to keep your head vertical (upright).** Do not tip your head forward as you would to brush your teeth, or lean over as you would to tie your shoes for 48 hours after the procedure. You must not go to the hairdresser or dentist. No exercise which requires head movement. When men shave under their chins, they should bend their bodies forward in order to keep their head vertical. If eye drops are required, try to put them in without tilting the head back. Shampoo only under the shower.



3. For at least one week, **avoid provoking head positions** that might bring BPPV on again.

Use two pillows when you sleep.

Avoid sleeping on the "bad" side.

Don't turn your head far up or far down.

Be careful to avoid head-extended position, in which you are lying on your back, especially with your head turned towards the affected side. This means be cautious at the beauty parlor, dentist's office, and while undergoing minor surgery. Try to stay as upright as possible. Exercises for low- back pain should be stopped for a week. No "sit- ups" should be done for at least one week and no "crawl" swimming (Breast stroke is OK.) Also avoid far head-forward positions such as might occur in certain exercises (i.e. touching the toes).

4. Return to clinic as needed or recommended.

