

Instructions For Patients After Office Treatment (Epley or Semont Maneuvers)

1. 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. Don't drive yourself home until you are certain you feel "normal".

2. Sleep semi-recumbent for the next two nights. This means sleep with your head halfway between being flat and upright (a 45-degree angle). This is most easily done by using a recliner chair or by using pillows arranged on a couch or bed (see Figure below). You can also try to slip tennis balls into each side of your pajama bottoms to avoid rolling over at night. During the day, try to keep your head vertical. You must not go to the hairdresser or dentist, or engage in exercise that 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. Be careful to avoid head movement while picking things up off the ground or off of a high shelf.



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 that you should 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 all right.) Also avoid far head-forward positions such as might occur in certain exercises (for example, touching the toes).

4. Call our office and speak with the nurse should your symptoms continue after two weeks. This procedure is effective in roughly 85% of the patients that suffer from BPPV. Be sure to follow the instructions precisely so you can increase your chances of being in that 85%!