

INSTRUCTIONS FOR PATIENTS AFTER OFFICE TREATMENT EPLLEY 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.

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 (see figure). During the day, try to keep your head vertical. 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 positions, in which you are lying on your back, especially with your head turned towards the affected side. This means to be cautious at the beauty salon, 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, one that may occur in certain exercises (i.e. touching the toes). Do not start doing the Brandt-Daroff exercises immediately or 2 days after the Epley or Semont maneuver, unless specifically instructed otherwise by your health care provider.

4. At one week after treatment, put yourself in the position that usually makes you dizzy.

Position yourself cautiously and under conditions in which you cannot fall or hurt yourself. If you have dizziness, please call Dr. Dent’s office as the Epley procedure may need to be repeated. In most cases this will cure the dizziness after performing the Epley procedure a total of 3 times.