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BPPV PATIENT INSTRUCTIONS

1. For your procedure to be effective, you need to **keep your head upright for the next 24 hours**. You **CANNOT** lie down, **DO NOT** bend over, optional) you have been given a soft collar to remind you to **NOT** tilt your head up or down. Act as if you have a book on your head.
 - To sleep, you can sit in a recliner, reclining just far enough to support your head. Please wear your collar.
 - Be careful with even the slightest forward bends, such as getting into and out of your car.
 - Don't look up at the ceiling, cupboards, overhead signs, or reaching up to high locations.
 - Bend your knees and keep your head/back straight when picking objects off the floor or when washing your hair in the shower (be very careful during this. It is recommended that you don't shower if it is not necessary).
 - Be very careful undressing and dressing.
 - Put your shoes on by bringing your foot up toward your chest **NOT** bending forward or use slip ons or have someone else put them on for you.
2. For the next 4 nights (from _____ to _____) do not lie on your _____ side. You don't need to wear the soft collar and you may bend over. You may also look up and down with your head, but continue to monitor large or extreme motions such as, going to exercise or aerobics class.
3. You may experience some dizziness after the treatment which may occur even with small head movement or if you are resting quietly. The dizziness may resolve in a short period of time or may last for a day or two, but should gradually decrease.
4. You may develop some neck discomfort because fo the collar and trying to keep your head relatively stationary. If you are uncomfortable wearing the collar, you may take it off but be extra careful. You can use a heating pad or an ice pack to relieve this discomfort. If you have any questions or problems don't hesitate to call.

See reverse side