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Instructions for EPLEY's Manoeuvre

Important: If you have any of these problems, please discuss them with the doctor.

High blood pressure, A history of detached retina, Neck and/or back problems

Before the Epley Maneuver

1. *You may eat a light meal 4 hours before the procedure.*
2. *Wear casual, comfortable clothing.*
3. *If you or the doctor believe that you will experience dizziness and/or nausea during the procedure, you may have medication before hand to help control these symptoms.*

After the Epley Maneuver

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 night. 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 3). 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 eyedrops 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. *At one week after treatment, put yourself in the position that usually makes you dizzy. Position yourself cautiously and under conditions in which you can't fall or hurt yourself. Let your doctor know how you did.*