



EAR, NOSE, THROAT, AND SINUS CLINIC

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## **Activity Limitations for the next 48 hours:**

### **KEEP YOUR HEAD IN A HORIZONTAL PLANE**

In other words, do not tip your head up or down and don't bend over at the waist. Pretend a book is balanced on the top of your head and avoid any tilting or tipping of your head, which would cause it to fall off. Side to side head turns are okay.

Do not go to appointments that require you to lie down or tilt your head, for example: the hairdresser, dentist, or barber. When brushing your teeth, rinse your mouth using a cup to avoid bending over. Care should be taken when shaving or washing your hair so as to avoid tilting or tipping your head. Eye drops should be avoided unless they can be used without tilting your head.

Sit down and get up from chairs while keeping your back straight, without bending at the waist, and avoid tilting your head forward. Ask a loved one for help if needed.

## **Sleeping tonight only:**

### **DO NOT LIE FLAT IN BED**

To keep your head horizontal, sleep tilted back in a recliner no further than you could in a seat in an airplane (about 30 to 45 degrees). Your head should face straightforward and pillows may be propped on each side to prevent rolling over. If reclining in bed, prop yourself up with plenty of pillows to keep your head as upright as possible and place something at the bottom of your feet to prevent slipping down during the night.

## **Sleeping for the next THREE nights:**

Do **NOT** sleep on your:

RIGHT SIDE  LEFT SIDE

## **BENIGN PAROXYSMAL POSITIONAL VERTIGO (BPPV)**

- BPPV is the number one cause of vertigo. It occurs with change in head or body position, lasting only seconds.
- This condition occurs because of changes in the balance portion of the inner ear. Calcium carbonate crystals, which the ear uses as a gravity sensor, move from the utricle into one or more of the balance canals.
- Although it *may* occur at any age, by age 70, 50% of all individuals will experience BPPV.
- The most common ear conditions that cause BPPV are vestibular neuritis or labyrinthitis. There is no pain, such as with earache, but you may have initially experienced sudden vertigo and nausea lasting hours.
- Common medical conditions such as cardiovascular disease, diabetes, migraine, and TIAs (small vessel ischemia in the brain) may also cause BPPV. Mild head trauma may also cause BPPV.
- The most popular treatment for BPPV is a simple & painless repositioning maneuver. The treatment returns the otolith debris to its originating larger space within the inner ear (utricle). Now, the body can absorb the calcium carbonate crystals within a few days.
- The repositioning procedure is not a permanent cure, but a treatment. The condition may recur, and often times it does. It may recur anytime from a few months to years, or perhaps, never. Other medical conditions or prescription medications may promote the recurrence, if they affect the body's processing of calcium.
- Research has found that 80% of patients will need one treatment, 17% will need two, and only 3% will need three or more.
- There are several different repositioning treatment protocols. We will select one that will be best for your specific condition, and any physical limitations. If you have a history of acute nausea, or motion sickness your physician may recommend medication during treatment for your comfort.

**(Information provided by The American Institute of Balance)**