

MIDWEST EAR, NOSE & THROAT SPECIALISTS, P.C.

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MIDWEST HEARING SPECIALISTS

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INSTRUCTIONS FOLLOWING CANALITH REPOSITIONING

ACTIVITY LIMITATIONS

KEEP YOUR HEAD IN A VERTICAL PLANE

In other words, do not tip your head up or down and do not bend over at the waist. Pretend there is a book balanced on the top of your head and avoid any tilting or tipping of your head, which would cause the book to fall off. Use of a cervical collar will prevent you from tipping your chin down. Keep the cervical collar on for the next 7 (seven) days.

Do not go to appointments requiring lying down or head tilting, 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 to avoid tilting or tipping your head.

Sit down and get up from chairs while keeping your back straight and without bending your waist or head forward. Ask your spouse or friend to help if needed!

Eye drops should be avoided unless they can be used without tilting your head.

*****Sleeping: DO NOT LIE FLAT IN BED (48 hours or 2 nights)**

To keep your head vertical, sleep tilted back slightly in a recliner no further than you could in a seat on an airplane (about 30-40 degrees). Your head should face straight forward 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 upright as possible and place something at the bottom of your feet to prevent slipping down during the night.

*****Sleeping: FOR THE NEXT 7 DAYS**

DO NOT SLEEP on your **RIGHT** _____ **LEFT** _____ side.

IF YOU HAVE ANY RECURRENCE OF YOUR VERTIGO PLEASE CALL AS SOON AS POSSIBLE.