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INSTRUCTIONS FOR PATIENTS HAVING THE EPLEY MANEUVERS (EM)

*****IMPORTANT*****

IF YOU HAVE HAD A HISTORY OF PROBLEMS WITH HIGH BLOOD PRESSURE OR A DETACHED RETINA PLEASE DISCUSS THIS WITH THE DOCTOR.

BEFORE THE EM

1. YOU MAY EAT A LIGHT MEAL 4 HOURS BEFORE THE PROCEDURE.
2. WEAR CASUAL, COMFORTABLE CLOTHING. WOMEN SHOULD WEAR SLACKS AND SHOULD NOT WEAR LOTION OR LIQUID MAKE-UP ON THE FACE.
3. IF YOU OR THE DOCTOR BELIEVES THAT YOU WILL EXPERIENCE DIZZINESS AND/OR NAUSEA DURING THE PROCEDURE, YOU MAY HAVE MEDICATION BEFORE HAND TO CONTROL THESE SYMPTOMS.

AFTER THE EM

1. PLAN TO HAVE SOMEONE DRIVE YOU HOME AFTER THE PROCEDURE. YOU MAY BE DIZZY TEMPORARILY, OR, IF YOU HAVE HAD MEDICATION TO CONTROL DIZZINESS, YOU MAY BE A LITTLE GROGGY.
2. DO NOT LIE FLAT FOR 48 HOURS AFTER THE PROCEDURE. USE 2 OR 3 PILLOWS TO ELEVATE YOUR HEAD WHEN SLEEPING OR RESTING.
3. DO NOT TIP YOUR HEAD FORWARD AS YOU WOULD TO BRUSH YOUR TEETH OR LEAN OVER AS YOU WOULD TO TIE YOUR SHOES FOR 48 HOURS AFTER THE PROCEDURE. (KEEPING YOUR HEAD IN AN UPRIGHT POSITION WILL ALLOW THE CANALITHS TO SETTLE IN THE AREA OF THE LABYRINTH WHERE THEY WON'T DISTURB YOUR BALANCE.)
4. OTHER THAN KEEPING YOUR HEAD UPRIGHT, YOU MAY FOLLOW NORMAL ACTIVITIES.
5. RETURN TO THE CLINIC AS REQUESTED.

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