

INSTRUCTIONS FOLLOWING CANALITH REPOSITIONING MANEUVER

FOR THE NEXT 24 HOURS KEEP YOUR HEAD IN A VERTICAL PLANE

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 of your head which would cause it to fall off. Use of a cervical collar will prevent you from tipping your chin down. Side to side head turns are okay.

DO NOT go to appointments requiring lying down or head tilting, for example the hairdresser, or dentist.

When brushing your teeth, rinse your mouth using a cup to avoid bending over. Care should be taken when shaving, washing hair, or tying shoes as to avoid tilting head.

Sit down and get up from chairs while keeping your back straight without bending at the waist and avoid tilting your head forward.

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

SLEEPING: TONIGHT ONLY DO NOT LIE FLAT IN BED

To keep your head vertical, sleep tilted back slightly in a recliner no further than you could in a seat on an airplane. 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 at least three pillows to keep your head as upright as possible (at least 45 degrees).

SLEEPING: FOR THE NEXT 3 TO 4 DAYS DO NOT SLEEP ON YOUR RIGHT/LEFT SIDE

Your activities and movements are otherwise not restricted. Move around as you wish.