

RONALD G. MORTON, MD, FAAO/HNS

DISEASES OF THE EAR, NOSE, AND THROAT
HEAD AND NECK SURGERY
DIPLOMATE - AMERICAN BOARD OF OTOLARYNGOLOGY

3209 North 4th Street
Longview, Texas 75605
(903) 212-4399

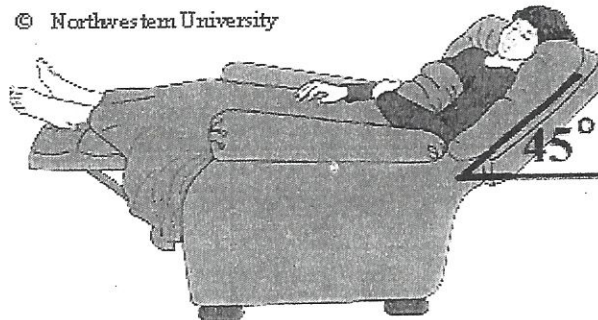
105 West 20th Street
Mt. Pleasant, Texas 75455
(903) 717-8765

POST-EPLEY MANEUVER INSTRUCTIONS

ORIGINAL

- 1) We will wait 10 minutes in the office before letting you go home to avoid quick spins while crystals are repositioning in the inner ear.
- 2) Sleep in a semi-recumbent position that is 30-45 degrees for the next 1-2 nights. This can be done in a recliner or using 2 pillows. Try to sleep on your back without rotation at night.

© Northwestern University



- 3) Do not go to the hairdresser or dentist where you will have to recline your head for at least 48 hours. Avoid neck extension, such as when men shave under their chin, or chin tucking, as with rinsing your mouth after brushing your teeth, for 48 hours.
- 4) Avoid any rapid head movements as best you can for a week, especially in the direction that caused the dizziness. While this is not needed in all patients, it is a precaution some which to follow.
- 5) Call for any recurrence of symptoms. We will have you check in with the office by phone within 48 hours of your treatment, but always call for any problems/questions you may have.