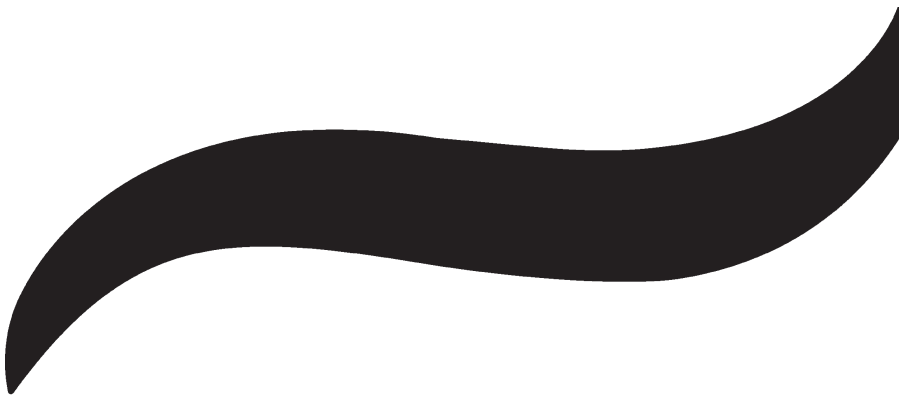




Post Epley Manoeuvre Instructions

Information for patients
Physiotherapy



WHAT DOES THE EPLEY MANOEUVRE DO?

This is what we would call a repositioning manoeuvre, a series of head movements to shift the calcium particles in your inner ear back to where they belong. This treatment may be successful immediately but may also need to be repeated, or combined with other exercises to stimulate your inner ear.

We recommend that you do not drive after this treatment. Please make arrangements for someone to accompany you home.

WHAT SHOULD I DO AFTER TREATMENT?

You may feel nauseous, dizzy or unbalanced; these sensations should settle within a few hours, but can take as long as a day in some cases. For 24 hours after the treatment please ensure you follow the following precautions:

- ❖ Avoid rushing, strenuous activity or quick movements
- ❖ Avoid any prolonged head movements such as looking up to the sky, when shaving, or looking down to the floor
- ❖ No hairdresser or dentist appointments
- ❖ Sleep with an extra pillow or ensure you are not flat when sleeping

After 24 hours try to return to moving as normally and naturally as possible as this will help your system return to normal.

HOW DO I KNOW IF IT HAS WORKED?

A couple of days after your treatment the movements that were making you dizzy should be easier. If you are still getting dizzy, or symptoms return after a few weeks, it just means we need to repeat the manoeuvre or add other treatment. Your physiotherapist will review this if symptoms have not settled.

CAN THE DIZZINESS COME BACK?

Symptoms return in approximately 30% of people within three years. If this happens, follow the instructions given by your therapist and if this does not improve your symptoms ask your doctor to refer you back to the ENT Vestibular service. It may be the crystals are in a slightly different place or we need to try a different approach.

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