

ENT Specialists

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POST CANALITH REPOSITIONING INSTRUCTIONS

You have been treated today for Benign Paroxysmal Positional Vertigo (BPPV). Please follow the instructions below for the best outcome.

- Try and keep your head level for the remainder of the day. Side- to- side head movement is fine, but refrain from tilting the head forward or backward.
- Sleep at a 45 degree incline tonight. Please do not lay flat.
- Return to normal activities tomorrow. You may noticed slight dizziness, but this should subside within the next couple of days.
- If symptoms continue after 4 days following treatment, contact our office for repeat repositioning.

If you have any questions about the procedure or the instructions listed above, please call 801-303-3912.