



HEARING PROFESSIONALS
DOCTORS OF AUDIOLOGY
PERSONALIZED HEARING CARE & BALANCE CENTER

Post Treatment Instructions

Instructions Following: Epley / Semont Liberatory / Gans Maneuvers

For the next 24 HOURS:

- ✗ Do not bend forward or lean your head forward
- ✗ Avoid turning to the right or left side quickly (Wearing a neck brace is recommended as a reminder)
- ✗ Sleep at a 45° angle for one night (Prop back up with 3-4 pillows or sleep in a reclining chair)

For the FOLLOWING 2 DAYS:

- ✓ Resume normal daily activity (Neck brace need not be worn)
- ✓ Sleep on your unaffected side (Use a bolster behind your back so you won't roll over at night)

If, after your three-day treatment plan, you are still experiencing the BPPV episodes of dizziness, please consult your Audiologist.