



Instruction 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.