



## **Benign Positional Vertigo Evaluation and Treatment (first visit)**

Your vestibular specialist starts with a thorough evaluation, using information from your medical history and any diagnostic tests that your doctor has ordered, in addition to using specific tests and measures to assess your vestibular system function.

**Most people tolerate the tests well.  
However, some tests can result in temporary unsteadiness.**

It is recommended that you bring a caregiver who can drive you home.

If you become easily nauseated, it is recommended that you not eat prior to the treatment.

### **After the treatment (until the next morning):**

You will be encouraged to keep your head and neck relatively still.

You should rest at home for the remainder of the day.

Use a straw to drink from a can or cup.

You should not bend over to the floor or look up.

You should not go to the hairdresser or dentist.

### **For the first night only:**

You are to sleep on your back with 2-3 pillows (about a 45° angle)

Do not sleep on the affected ear for 5 days.

### **The following morning after treatment there are no further restrictions.**

You are encouraged to move into and out of all positions so that we can assess the response to the treatment.