

INSTRUCTIONS AFTER A CANALITH REPOSITIONING PROCEDURE

FIRST 48 HOURS:

Activity Limitations:

Keep Your Head in a Vertical Plane:

1. Do not tip your head up or down or bend at the waist. Pretend there is a book balanced on top of your head and avoid any movement that would make it fall. Use of the cervical collar will help prevent you from tipping your chin down. Side to side turns are ok.
2. Do not go to appointments that require you to lie down or tilt your head (hairstylist, dentist, chiropractor or barber).
3. When brushing your teeth, watch yourself in the mirror. Rinse your mouth with a cup to avoid bending over.
4. Avoid tipping your head up or down when shaving or washing your hair.
5. Sit down and get up from chairs while keeping your back straight, without bending forward and avoid tilting your head forward. Ask your spouse or friend if you need help!
6. Housework such as cooking or cleaning should be avoided for the next 48 hours.
7. Eye drops should be avoided unless they can be used without tilting your head.

Sleeping Position:

Do Not Lie Flat in Bed:

1. To keep your head vertical, sleep tilted back slightly in a recliner no further than 30-45 degrees.
2. Your head should face straight forward and pillows may be propped on each side to prevent rolling over.
3. If reclining in bed, prop yourself with plenty of pillows to keep your head as upright as possible and place something at the bottom of your feet to prevent slipping down during the night.

THE FOLLOWING WEEK:

Sleeping Position:

Do not sleep on the side that was treated:

Right Side

Left Side

After 1 week you can resume your daily activities without any restrictions. Move around as you wish.