

BPPV -What you should know:

Benign paroxysmal positional vertigo (BPPV) is one of the most common causes of vertigo -the sudden sensation that you're spinning or that the inside of your head is spinning. Benign paroxysmal positional vertigo is usually triggered by specific changes in the position of your head. This might occur when you tip your head up or down, when you lie down, or when you turn over or sit up in bed

Why should one get treated?

It increases the chance of falls,

Is effective treatment available?

You can receive effective treatment for benign paroxysmal positional vertigo during a doctor's office visit.

What are the usual symptoms?

- 1 Dizziness
- 2 A sense that you or your surroundings are spinning or moving (vertigo)
- 3 A loss of balance or unsteadiness
- 4 Nausea
- 5 Vomiting

These symptoms usually last for a minute or less.

What causes this problem?

Inside your ear is tiny organ called the vestibular labyrinth. It includes three loop-shaped structures (semicircular canals) that contain fluid and fine, hair-like sensors that monitor the rotation of your head.

Other structures (otolith organs) in your ear monitor movements of your head — up and down, right and left. back and forth — and your head's position related to gravity. These otolith organs contain crystals that make you sensitive to gravity.

For a variety of reasons, these crystals can become dislodged. When they

become dislodged, they can move into one of the semicircular canals — especially while you're lying down. This causes the semicircular canal to become sensitive to head position changes it would normally not respond to, which is what makes you feel dizzy.

Instructions for patients who have undergone PRM:

- 1 Please avoid violent movements of the head for the next 1 week.
- 2 Wear your neck collar for the next 3 days
3. The collar should be worn at all times except during bath, eating and Sleeping.
4. Absolute bed rest for the next 2 days is a must. Travelling should be avoided.
5. Sleeping in an easy chair is good after PRM. For those who do not have access to it, head should be kept in the propped up position by using 3 pillows or more.
6. Avoid lying down on the side in which the PRM has been done.
- 7 If you experience vertigo after the procedure you can take T. Stemetil MD half tablet to be placed beneath tongue for symptomatic relief. Sit down immediately when you feel dizzy. Use good lighting if you get up at night. Walk with a cane for stability if you're at risk of falling. However you must contact the doctor for further assistance.
8. Avoid bending down to pick up objects from the floor
9. During a bath, keeping a bucket at waist level is advised as one need not bend down to take water in a mug.
- 10 Please make a follow up visit to your doctor after 10 days so that we can assess if you are symptom free.
- 11 .Please let your doctor know beforehand If you are taking additional medicines as few will influence our treatment
- 1 2. An exercise chart will be provided to you. Please begin these exercises after 10 days These exercises have to be done twice a day for the next 2 weeks