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**Benign Paroxysmal Positional Vertigo (BPPV)**

**What is BPPV?**

This is a condition that causes dizziness, most commonly a spinning sensation, when debris (otoconia) is displaced and collects in a certain part of the inner ear. This debris is made of small crystals of calcium carbonate. BPPV can be caused by head injury, infection, disorders of the inner ear, or may be due to degenerative effects of aging. In half of the cases, BPPV is idiopathic, meaning that it may occur for no known reason. Symptoms include dizziness or vertigo, lightheadedness, imbalance and nausea. Activities that bring on the symptoms may vary among persons, but symptoms are almost always precipitated by change in head or body position. A lot of patients with BPPV complain that they get dizzy when they roll over in bed or tip head back to look up.

**How is BPPV diagnosed?**

Your physician will make a diagnosis based on your history, findings on physical examination, and results of vestibular and auditory tests. The Dix Hallpike test is a portion of the Electronystagmography test (ENG) that will identify BPPV. During this test, the audiologist will turn the head 45 degrees to the side and 20 degrees backwards and bring the body from sitting position to supine or lying down. The audiologist will be monitoring the eyes to see if there is any "jumping of the eyes" (nystagmus) or "rotary" movements through Frenzel's goggles.

**How is BPPV treated?**

BPPV is treated in the physician's office by performing an Epley Maneuver. This is also Canalith repositioning procedure. This maneuver is designed to move the debris out of the sensitive portion of the inner ear (the posterior canal) to a less sensitive location. This maneuver involves rotating the head and body into four different positions for roughly 30 seconds-1 minute in each position. Once the maneuver is complete; patient must follow a series of instructions to ensure the procedure's success. This treatment is very effective in about 80% of the cases of BPPV.

## Instructions for Patients After the Epley Maneuver

1. Wait at least 10 minutes following the procedure before going home.
2. You will be placed in a cervical collar to help prevent head movements. So it is important that someone is available to drive you home following the procedure.
3. For 24 hours, it is necessary for you to remain upright. This means no tilting head back, no tilting head forward, no bending at the waist, and no lying on your back. It helps patient to imagine that there is a cup of water balanced on your head and the object is to prevent spilling water.
4. For 2 nights following the procedure, you need to sleep in upright position. You must NOT lay back more than 45 degrees. This is most easily done in a recliner or by using pillows to prop up.
5. For one week following the procedure, avoid head movements that provoke symptoms. It is suggested that you sleep with two pillows under the head and avoid sleeping on the "bad side".

Reference: [www.dizziness-and-balance.com](http://www.dizziness-and-balance.com)