

PATIENT INSTRUCTIONS
FOR THE 72 HOURS FOLLOWING PARTICLE REPOSITIONING

There are a few suggestions which may help you to feel more comfortable following the particle repositioning maneuver. If you have additional questions, please do not hesitate to contact the office at (713) 795-0111.

- You will not be able to lie flat on your side for the next three days. It will be necessary to lay on your back with the head elevated on several pillows or on a recliner. To make yourself comfortable, you may put pillows under your arms and legs.
- Avoid flexing your head forward or backward for the next 72 hours. You may turn your head from side to side only. Examples of activities to avoid would include flexing your head forward when washing your hair or tilting your head backwards when shaving.
- Do not move your head up and down to answer “yes.” Again, try to avoid movement that will require moving the head forwards and backwards
- Avoid bending over from the waist down. You may squat down to pick items up, but use your legs and keep your body erect. If you need to pick up a child or pet, let someone else help you.
- Avoid exercise that will require the head to be moved for the next three days.
- Avoid moving your head up and down when reading. Adjust your glasses or the computer monitor so that it is not necessary to move your head.
- Avoid going boating for three days following the procedure.
- If you are having an x-ray, MRI, CAT scan, or any other test which will require you to lie on your back, complete the test prior to or at least three days after your Particle Repositioning Maneuver.
- Do not bend over to tie your shoes. Try wearing shoes that may be slipped onto your feet.
- Use a straw when you drink to avoid tilting your head back
- You are able to drive but you must be careful. You may turn your head from side to side to use your mirrors.
- Your doctor may ask you to wear a soft surgical collar to avoid moving your head forwards or backwards.