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**Bernard J Durante, MD, FACS**

**Anit T Patel, MD, MBA, FACS**

Post Eply Instructions

\* We recommend you take it easy for the next 48 hours to allow the

crystals to settle back into place.

\* Be mindful of your head movements for 48 hours.

\*When turning, you should turn with your whole upper body. Your

head and shoulders should move together.

\*Bend from the knees not from the waist. (No bending forward with

your head or tipping your head backward).

\* If possible, sleep upright in a recliner chair or at a 45 degree angle for

two nights; tonight and tomorrow night.

\*Call the office after 5-7 days if you are still experiencing dizziness

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