

POST CANALITH REPOSITIONING MANEUVER INSTRUCTIONS

As you know, position change can aggravate your condition. So, please,

*** FOR THE NEXT 48 HOURS ***

1. Do NOT bend over severely. Moderation is the Key. No Sudden Motions.
2. Do NOT lie flat in bed. Sleep on two pillows or in a recliner.
3. Do NOT go to appointments requiring lying down or head tilting; for example, your hairdresser or the dentist.
4. Sit down and get up from chairs without bending way over.
5. When tying shoes, bring feet up to you.
6. Do NOT bend over to pick up anything from the floor.



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