Your physician has referred you to us to determine if the cause of your dizziness is from **Benign Paroxysmal Positional Vertigo** (BPPV). BPPV is one of the most common types of vertigo (the feeling that you and/or the world around you is spinning). It is a disorder of the inner ear. It is **Benign** (non life threatening), **Paroxysmal** (it occurs suddenly and lasts for a short period of time), and **Positional**  (the vertigo is triggered by certain head or body movements).

**BPPV** occurs when the balance crystals of the inner ear, called Otoconia, break loose from their normal position and float into the fluid-filled inner ear balance canals. The presence of the crystals within the inner ear canals is unnatural and causes the fluid to slosh around more than usual after you’ve stopped moving. This causes the sensation of vertigo. The vertigo is often brief but intense and may be accompanied by nausea.

**How we test for BPPV.**

The audiologist will ask you some questions about your dizziness to determine the best way to proceed with testing.

Testing is interactive and requires the audiologist to put her hands on your head, neck and upper torso.

You will be helped to lie down on a table with your head and body in various positions, most often with your head turned to the side and hanging off of the table. Your head will be supported and held in the proper position by the audiologist.

You will wear light-weight goggles designed to magnify and record eye movements. Monitoring your eye movements during testing is an integral part of the diagnosis of BPPV so it is very important that you keep your eyes open at all times.

During testing, you may experience vertigo very similar to what is occurring at home. We understand that this can be scary but trust that you are safely on the exam table even though it may feel like you are moving.

**How we treat the BPPV.**

If testing indicates that you have BPPV, the audiologist will proceed with treatment to eliminate it. The treatment is very similar to the testing in that you will be moved around on the table again. However, the movements will vary depending upon which type of BPPV is diagnosed. The audiologist will review this with you prior to the start of the treatment. Sometimes, more than one treatment is required. These may occur on the same day or in the weeks to follow.

**What to expect after treatment.**

Most people treated for BPPV experience a lightheaded or woozy sensation after treatment. You will need to sit in the waiting room for 10 minutes after the treatment before leaving the office. In addition, some report nausea and neck strain. In some cases, you may need to rest a bit before driving yourself home or need someone else to drive you home.

**How to prepare for testing.**

**Do not** eat or drink up to 2 hours before your appointment and make your last meal a small one.

**Wear** comfortable clothing. Be sure to have socks with you as you may be required to remove your shoes.



Today, you were diagnosed and treated for **Benign Paroxysmal Positional Vertigo (BPPV).** **BPPV** is one of the most common types of vertigo (the feeling that you and/or the world around you is spinning). It is a disorder of the inner ear. It is **Benign** (non life threatening), **Paroxysmal** (it occurs suddenly and lasts for a short period of time), and **Positional**  (the vertigo is triggered by certain head or body movements). **BPPV** occurs when the balance crystals of the inner ear, called Otoconia, break loose from their normal position and float into the fluid-filled inner ear balance canals. The presence of the crystals within the inner ear canals is unnatural and causes the fluid to slosh around more than usual after you’ve stopped moving. This causes the sensation of vertigo.

Today, you had treatment(s) to remove the free-floating crystals out of the affected inner balance canal(s) to stop the vertigo. Here are some important things to know and do for the next 7-10 days:

**Your diagnosis is: BPPV of the RIGHT/LEFT POSTERIOR inner ear canal(s)**

1. You may feel ‘off’ /’dizzy’ and possibly nauseous for a few days after you treatment. Hang in there….this is not unusual. We will call you in one week to check on your symptoms.
2. Refrain from activities that could provoke more dizziness until you speak with the audiologist during the one week check-in. **Limiting your activities includes refraining from rigorous exercise, doing yoga, going to the hairdresser and dentist, cleaning and other activities that require you to look up, bend over or move vigorously and strenuously**. Avoid tilting your head downward when brushing your teeth and tilting it backwards using eye/drops or shaving your chin/neck area.
3. Avoid sleeping flat on your back and sleeping on your ‘bad’ side for one week.
4. You may require additional treatment to completely clear the crystals. This is why limiting your activities and checking in with us one week after your treatment is important.
5. Failure to comply with recommendations after your treatment will adversely affect your recovery.
6. BPPV can return weeks, months and even years later. If your symptoms return after treatment, please do not hesitate to contact us. DO NOT TRY THESE MANEUVERS AT HOME. If the dizziness comes back, the crystals may be a different place, requiring a different treatment maneuver.

Should you have any questions or concerns, please call the Audiology department directly at: 617-383-6830

Tarah Pava, AuD, CCC-A Racheal Rush, AuD, CCC-A

Caitlin Simmons, AuD, CCC-A Ann Gentili-Stockwell, MA, CCC-A



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Today, you had treatment(s) to remove the free-floating crystals out of the affected inner balance canal(s) to stop the vertigo. Here are some important things to know and do for the next 7-10 days:

**Your diagnosis is: BPPV of the RIGHT/LEFT HORIZONTAL inner ear canal(s)**

1. You will likely feel significantly more dizziness and likely nauseated after your treatment. Hang in there….this is not unusual. We will call you in one week to check on your symptoms.
2. You MUST refrain from activities that could provoke more dizziness until you speak with the audiologist during the one week check-in**. Limiting your activities includes refraining from rigorous exercise, doing yoga, going to the hairdresser and dentist, cleaning and other activities that require you to move your head and/body from side to side and/or move vigorously and strenuously**. Avoid tilting your head downward when brushing your teeth and tilting it backwards using eye/drops or shaving your chin/neck area.
3. Avoid sleeping on either side for one week. You will generally be less dizzy sleeping on our back or stomach.
4. You may require additional treatment to completely clear the crystals. This is why limiting your activities and checking in with us one week after your treatment is important.
5. Failure to comply with recommendations after your treatment will adversely affect your recovery.
6. BPPV can return weeks, months and even years later. If your symptoms return after treatment, please do not hesitate to contact us. DO NOT TRY THESE MANEUVERS AT HOME. If the dizziness comes back, the crystals may be a different place, requiring a different treatment maneuver.

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