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Benign Paroxysmal Positional Vertigo (BPPV) – EPLEY Handout

BPPV is a common form of dizziness caused by a problem in your inner ear. Your semicircular canals are found inside your inner ear balance organ. They detect motion and send this information to your brain. The utricle is a nearby part of the ear. It contains calcium crystals (canaliths) that help it detect movement. Sometimes these crystals detach from the utricle and end up inside the semicircular canals. When these crystals move inside the canals, they may send incorrect signals to your brain about your position. This can make you feel like the world is spinning. This is called Vertigo.

You will have had the Epley performed in clinic today, or scheduled to have it performed with the provider at another time. This maneuver will dislodge the crystals from the semicircular canals and move them back to the utricle. The maneuver only takes 3-5 minutes to perform however you may feel dizzy during the procedure.

If you are concerned regarding this maneuver making you nauseated please inform your provider prior to having it performed/scheduled.

You will follow up with the original provider that you saw 2-3 weeks post Epley being performed in clinic to ensure that symptoms have resolved and further treatment/testing is not required.

Post-treatment restrictions have been proven to be unnecessary however for 48 hours post the Epley being performed try to avoid sudden head movement.