

## **Vestibular Rehabilitation Assessment**

### **WHAT TO EXPECT WHEN COMING TO YOUR APPOINTMENT**

- **Please bring someone to drive you if possible**
- **During the evaluation you may become dizzy which is necessary to evaluate your symptoms appropriately.**
- **Please stop taking Meclizine or Antivert a few days prior to your appointment, this medication can inhibit the responses we are looking for on your evaluation.**

**Depending on what treatment is prescribed for you, you may have the following limitations following treatment.**

1. **You must not lie flat for 2 days.**
  2. You will have to sleep in a **semi-reclined position** (half way between being flat and upright) for **2 nights**; this is easily done by using a recliner chair or extra pillows on the couch.
  3. You will not be able to roll, turn, or sleep on your affected side.
  4. **During the 2 days following your treatment you will need to keep your head vertical**, you will not be able to bend over, look up or down, or tilt head from side to side.
- **Women are careful not to schedule hair appointments for up to 1 week following your treatment.**
  - **Men lean your body forward when shaving under your chin to keep your head vertical.**
  - **Use eye drops without bending your head up.**
  - **Shampoo only under the shower, do not bend over in the sink or shower.**

Please call with any problems or concerns: 798-1415, ask to speak to a certified vestibular specialist:

Sue Buschor, PT, DPT

Phil Fess, DPT, CSCS