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POST CRP PRECAUTIONS

The success of your Canalith Repositioning Procedure (CRP) depends in part on the observation of several precautions. The following recommendations are designed to help allow the crystals (canaliths) to settle in the utricle where they originated and where they belong.

Please follow these precautions for 48 hours following CRP. Usually after the 48 – hour period, you should be able to return to your normal activities and sleeping habits.

Try to restrict your head movements. Avoid tilting your head far forward or back. Keeping the head in an upright position is the most ideal and therapeutic position. Obviously, it is not realistic to remain in an upright position for 48 hours. Therefore, the following guidelines should help you accommodate to the post CRP precautions.

- Try not to look up or down.
- Don't bend over forward or backward.
- When tying shoes, sit down and put your foot on a stool, do not bend over to tie them.
- Do not try reaching for something over your head, have someone get it for you.

Sleep at a 45-degree angle or more. Three or four pillows to prop you up is the general rule. If you have a reclining chair at home, try sleeping in it. This will help to keep you from reclining past the 45-degree mark.

Sleep with the treated side up. Again, facing forward is the most ideal position, but can be difficult, be sure to keep the treated side up. Try wedging several pillows on your side to keep from rolling over onto the treated side.

If you have any questions or problems regarding these precautions, call the office at (720)-842-1890 and speak to a medical assistant or audiologist.