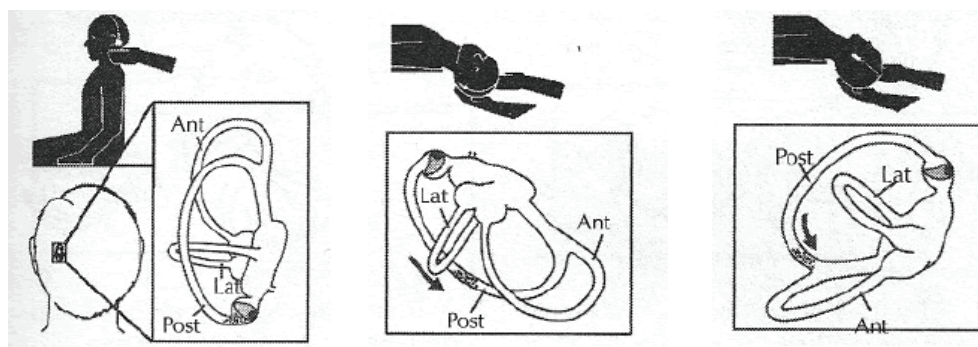


Epley Maneuver for Debris Movement

The procedure, as originally described by Epley in 1992 (Figure 8-2), consisted of the following:

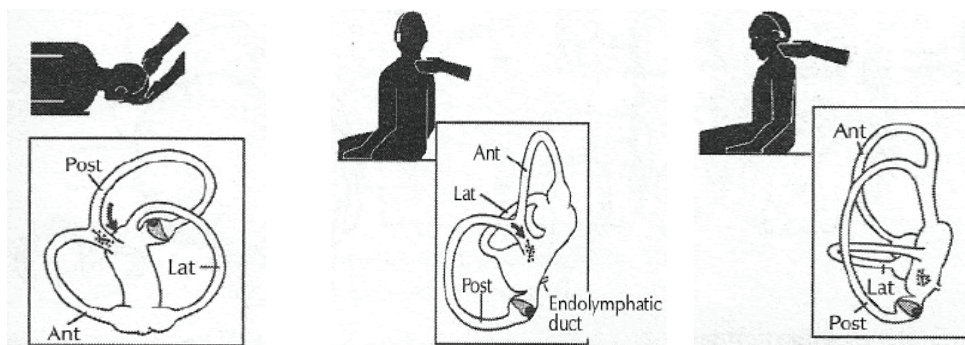
1. pre-medication with diazepam or Transderm-Scop given with its peak effect timed to help block nausea during the procedure.
2. a series of head position changes in which eye movements were closely watched.
3. use of a vibrator during head-position changes to help break up and move the debris.
4. instructions to the patient to keep his or her head upright for 48 hours after the procedure to keep the debris from re-entering the posterior canal.



1. Starting position. Debris can be seen to the left of the posterior semicircular canal cupula. The white headband is the vibrator.

2. The first position change begins to move the debris away from the cupula.

3. The second position change moves the debris further away from the cupula.



4. The third position change moves the debris almost out of the posterior semicircular canal.

5. The debris passes out of an area called the common crus and begins to enter the utricle in the vestibule.

6. The debris has moved completely out of the canal and into the utricle.

Figure 8-2: Treatment of the left ear. From Epley, J>M> "Canalith Repositioning Procedure," *Otolaryngology-Head and Neck Surgery*, 107(3):401. 1992. (Courtesy of the publisher.)

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