

Benign Paroxysmal Positional Vertigo (BPPV) is a common subtype of dizziness where patient experience room spinning, unsteadiness, nausea, falls on moving head in certain directions such as looking up, bending down, moving head from side to side, changing position and getting out of bed. BPPV is believed to be caused by abnormally displaced calcium crystals in the inner ear. In BPPV patients, these crystals are mostly present in the right ear, left ear can be involved. The patient usually can tell which side is involved. Almost 90% of cause lies in the posterior canal of inner ear. A well-known Epley maneuver helps to move the crystals back to their place of origin and is very effective for the treatment of posterior canal BPPV.

Common trigger factors include

1. long travel
2. lack of sleep
3. Infections (ear or elsewhere)
4. Fall (Injury)
5. Increased stress
6. Age more than 50
7. A recent operation under general anaesthesia.

Benign: means the underlying cause is not serious, such as cancers

Paroxysmal: means that the symptoms come and goes

Positional: means that Vertigo comes on during certain head positions such as looking up, bending down, rolling over in the bed, tying shoe laces, or any sudden movement

Vertigo: means illusion of movement, most commonly spinning sensation

What is Dizzyclear pillow?

It is a wedge-shaped pillow made from polyurethane foam. It has a firm consistency specially designed to perform home Epley maneuver for the treatment of posterior canal Benign Paroxysmal Positional Vertigo (BPPV). Formerly, we have tried various pillows made from memory foam, feather downs, and cotton with less favourable outcomes. Dizzyclear pillow, due to its specific shape and firmness, is able to provide the correct position of head and neck for performing home Epley maneuver effectively. It can be used at home or in the office, on a bed, or on the floor. This pillow has been tried successfully on various patients of different heights and weights. The maximum weight we have tried is 140kg.

What are the uses of the Dizzyclear® Pillow?

1. Benign Paroxysmal Positional Vertigo (BPPV). The Dizzyclear pillow will help with performing home Epley maneuver for the treatment of posterior canal BPPV, the commonest cause of vertigo.

2. Chronic dizziness. Dizzyclear pillow may help with the management of chronic dizziness through performing several home exercises such Brandt-Daroff's home exercises. Brandt-Daroff's home exercises are part of vestibular rehabilitation therapy (VRT). The real benefit is gained after doing REGULAR exercises.

3. Other uses of Dizzyclear pillow

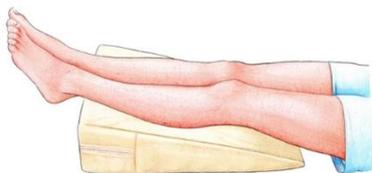
Heartburn.

Many people suffer from heartburn. Sleeping with a slightly raised pillow may help improve heartburn symptoms by reducing the acid from the stomach to the food pipe.



Ankle swelling.

There are several reasons for ankle and foot swelling. When the leg is elevated, the force of gravity will assist in moving the fluid to the body to help reduce swellings.



Back pain

Back pain is extremely common; up to 80% of people suffer from back pain at some point in their life. Placing a pillow between the legs or thighs helps to maintain the neutral alignment of the hips and pelvis, which puts less strain on back muscles and ligaments. Pillow on the back while sitting on the chair or sofa will help to maintain a neutral posture.

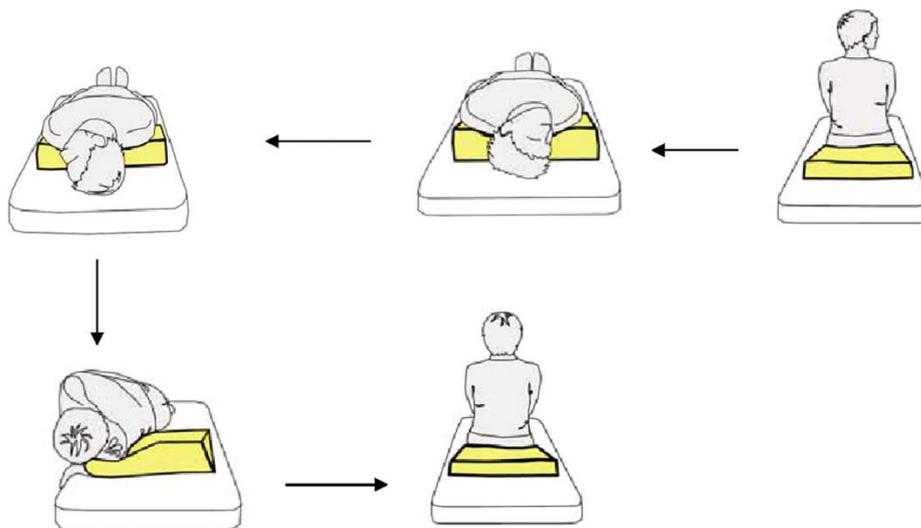


Below are the images for treating right sided posterior canal BPPV, if you suffer from left sided BPPV, please start the maneuver from the left side.

1. Start with turning the head 45 degrees to the right and lie back with head overhanging 20 to 30° Over the edge of pillow.

2. Staying in the same position, roll the head 90° to the left
3. Roll completely towards the left with facing down
4. Sit up and turn the head down “chin on the chest” position

You may get dizzy during the maneuver which likely suggest that crystals are moving out. It is normal to feel slightly lightheaded for a few days.



Home Epley maneuver for treating right sided BPPV.

Instructions after the exercise

After performing the home Epley maneuver using Dizzyclear pillow, please follow the below instructions to prevent the recurrence of BPPV (vertigo) symptoms. These precautions are usually required for about **1-2 weeks**.

1. Immediately after the maneuver, wait for a few minutes before doing various activities such as house chores or any type of physical exercise.
2. Try to keep your head vertical and avoid sudden movements or exercises that involve tilting the head backwards such as cleaning the top shelf at home.
3. Perform gentle neck movements from side to side for five minutes three times per day.
4. Have showers while standing and avoid bathing.
5. Avoid swimming.



6. Take extreme care while visiting the dentist, hair salon, or physiotherapist for the treatment of back problems.
7. If eye drops are required, avoid bending your head backwards.
8. Use Dizzyclear pillow under your normal pillow at night and avoid lying on the “bad side”.

Guarantee and Return Policy

The Dizzyclear pillow comes with a 7 days money back guarantee. If, for any reason, you are not satisfied with the product, we would be happy to arrange the replacement or refund, excluding any postal charges. Please return with the original packing and receipt.

Important Note

It is recommended that the Dizzyclear pillow exercises be performed in a safe environment, preferably supervised by a clinician or at least in the presence of a relative or a carer. Please contact your GP if you have any concerns about your condition or if symptoms are no better after 2 weeks of home treatment. For the best results we recommend that the Dizzyclear pillow should be changed every 2-3 year as like any other foam products they will lose firmness and may not provide the necessary angle required for various exercises.

Disclaimer

Dizzyclear pillow is not a replacement of an expert medical advice. It is important to consult a health care professional about any illness. Dizzyclear pillow provides help with home Epley maneuver for the treatment of the commonest cause of positional vertigo (BPPV).

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