

Dizziness Post Surgical Procedure

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1. Introduction

Dizziness or Vertigo is one of the most common and complex condition seen in patients. It can be characterised as rotatory/spinning, feeling of swaying or imbalance. There is no gender predisposition and can affect from early childhood to late adulthood. The aims of this study were to determine the prevalence rate of patient reporting with dizziness and balance problems after any surgical procedure.

2. Material and methods

Two hundred patients with complaints of Vertigo and balance disorders visiting the OPD were studied over the period of 1 year. Detailed history along with the past history of recent surgery with detailed clinical and neurotological examination was performed. Positional tests for all the 3 pairs of Semi-circular canals were carried out.

3. Results

Sixty percent cases experienced dizziness post-surgical procedure within 2 weeks to 6 months period. Surgical procedures such as Cataract surgery, Total Knee Replacement Surgery and Dental procedures were the fore-runners to give rise to Vertigo and Balance problems. The Commonest condition of Vertigo diagnosed in these conditions was BPPV. Posterior Semi-circular canal BPPV was more commonly involved than the Horizontal canals. No cases of Anterior canal BPPV. Patients got completely cured with the Canalith repositioning Maneuver (CRM) and the recurrence rate were rare.

4. Conclusions

Dizziness or balance problems after surgery is quite common. These problems may affect quality of life and create lack of confidence post-surgery as it is a debilitating condition. Patients may suffer chronically if the condition remains underdiagnosed. Management and awareness of impending vertigo and balance disorders is must in these cases.

Keywords: Dizziness; Post surgery; BPPV; Canalith repositioning Maneuver