Tips for Seizure Recovery

Everyone's recovery from seizures is different. Some people can return to normal daily activities quickly. Others need more time to recover.

It is a good idea to speak to your doctor about how to best manage your recovery period. This might be particularly important if your seizures lead to falls and injuries.

While everyone is different, below are some common challenges and tips for managing the recovery period. If you experience:

- Lip or tongue biting, there are ointments and gels available from pharmacies that can speed up healing, clean the area, and reduce pain and inflammation. Rinsing your mouth out with salt water can also help with pain and healing. To make a saltwater solution, mix 1/2 teaspoon of salt in 1 cup of warm water. You can rinse with a saltwater solution every few hours while the wound is healing
- Anxiety and sadness after a seizure, remember this is not uncommon. However, if you would like to seek professional support, you can ask your doctor for a referral to see a psychologist or counsellor. Click here to read more about epilepsy and mental health
- Forgetfulness during the recovery period, set reminders for important tasks, especially taking your anti-epileptic drugs (AEDs)
- Difficulties getting back to work or study, give yourself time to recover. You can ask your doctor for a medical certificate for the recovery period if you need one
- Concerns about repeat seizures or are having a difficult recovery period, ask a family member or trusted friend to check in on you while you recover. This is particularly important if you live alone
- Exhaustion following a seizure or seizure cluster, it is a good idea to have a break before you resume more challenging or risky activities. For example, you may need to stay off the

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computer for a period of time, or refrain from doing tasks that require too much concentration or alertness.

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