



 Please call 911 if you think you have a medical emergency.

## Epilepsy Treatment

### Self-Care at Home

Home care with epilepsy varies with the frequency and type of seizures. It is important to take anticonvulsant medication regularly to prevent seizures.

When a seizure occurs, an observer can use common sense to prevent injuries.

- Cushion the person's head.
- Loosen any tight neckwear.
- Turn the person on his or her side.
- Do not hold the person down or restrain the person.
- Do not place anything in the mouth or try to pry the teeth apart. The person is not in danger of swallowing his or her tongue.
- Observe seizure characteristics—length, type of movements, direction of head or eye turning. These characteristics may help the doctor diagnose the type of seizure.

### Medical Treatment

- Drug therapy with anticonvulsants is the mainstay.
- Choice of drug depends on several factors including the frequency and severity of the seizures as well as the person's age, overall health, and medical history.
- An accurate diagnosis of the type of epilepsy is critical for choosing the best treatment.

### more information from eMedicineHealth

- [When to Seek Medical Care](#)
- [Exams and Tests](#)
- [Next Steps](#)
- [Prevention](#)
- [Outlook](#)

For more information, read the complete article, Epilepsy  
(<http://www.emedicinehealth.com/script/main/art.asp?articlekey=59401>) on <http://www.emedicinehealth.com>.

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*This information is not intended to replace the advice of a doctor.*

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