EPILEPSY NEW ZEALAND
Kia titiro ki te tangata | See the person

Making the Decision to Have Surgery

Opting to have neurosurgery is a big decision, and likely to raise a wide range of emotions and questions for you and all those who care for you. This is completely normal. Some people are excited about the prospect of epilepsy surgery and the possibly of it improving their life, whereas others might feel very nervous and scared about it.

Remember that the decision to have surgery is yours, and you have the right to say no to the surgery if you don't want to or don't want your child to have the procedure.

Asking as many questions as possible of your doctor, and other members of the health care team, is important for you to have a full and realistic picture of what you can expect if you decided to have surgery. It can also be really valuable to have those people close to you involved in any surgical discussions, so that they too understand the risks and benefits associated with the type of surgery you have been offered.

You may also want to consider speaking to a counsellor to discuss any worries or feelings you might have about surgery. Sometimes, having an external specialist, such as a psychologist, can assist you during the time you are weighing up your options. Speak to your doctor about a referral for counselling if you think this would benefit you.

Some people also feel that they benefit from speaking to someone else who has undergone the operation and knows what you are going through. Peer support can be very helpful either pre- or post-surgery. Epilepsy New Zealand may be able to connect you with someone who has gone through the epilepsy surgery process and is happy to chat to others about it. If this is something that might interest you, then contact us on 0800 374537.

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