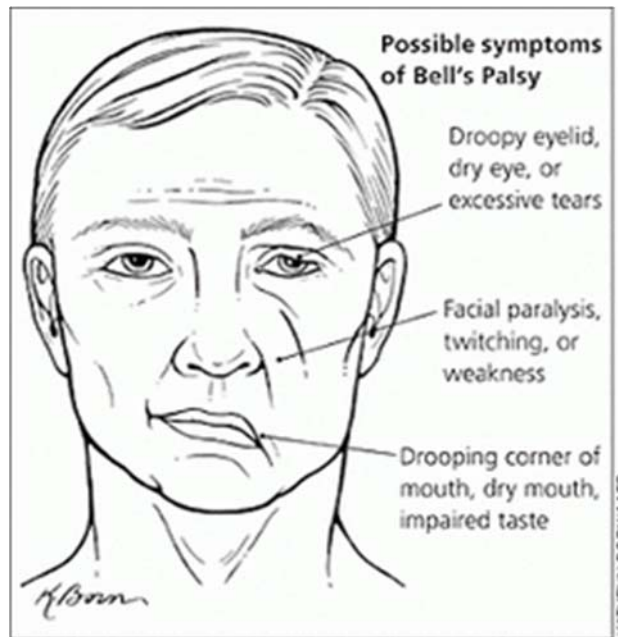


BELL'S PALSY

Sudden onset of facial asymmetry due to weakness of the facial muscles
Unable to smile and close the eye on the affected side properly
The first thought would be ...

“ ”
OMG!! A stroke!!



Important to stress to the patient that it is NOT a stroke attack or TIA

Most cases are thought to be caused by the herpes virus that causes cold sores.

The Facial nerve is damaged by inflammation

This is not permanent damage

Many health problems can cause weakness or paralysis of the face. If a specific reason cannot be found for the weakness, the condition is called Bell's palsy.

Most will recover completely, usually in 1-2 months

A small number can have permanent muscle weakness

What is the treatment?

Most recover completely without any treatment.

Treatment with corticosteroid medicines (such as reducing dose prednisone over three weeks) can make it more likely that you will regain all facial movement. It is best to start it early, within the early three days of onset of the symptoms.

Antiviral medicine may be added to the steroid treatment but the evidence for using it is weak.

Selfcare

Facial exercises.

Simple facial exercises, like tightening and relaxing the muscles can make the muscles stronger and recover faster.

Smile, purse your lips, frown, and blow your cheek.

Massage the cheek, lips, forehead with oil and facial cream may also help.

Eye care

Can't blink and can't close the eye lid properly are the main problems.

These can lead to eye dryness which can lead to serious vision problem.

It is important to protect the eyes and keep it moist.

Use your finger and close it manually.

Use artificial tears eye drops.

Wear eye patch during sleep.

Wear glasses / goggles.

Mouth care

Food might get stuck in between the gum and teeth due to loss of sensation and power and less salivation, leading to gum infection and dental decay.

Rinse, brush after meals.

Eat soft food.