

Prognosis

Commonly, the recovery is good in most of the cases. Improvement is gradual and may take 2-3 months. In rare cases, it may recur. Complications are uncommon, but include permanent facial weakness, involuntary movements due to misdirected recovery (synkinesia) and eye damage/blindness; due to dryness/infection.

To remember:

- Bell's palsy is a temporary form of facial weakness.
- Most common cause is presumed to be viral infection.
- Facial asymmetry and incomplete closure of the eye are common.
- Recovery may take few weeks.
- Protect your eyes. Lubricate. Eye-patch at night.
- Stimulation of facial nerve and physical therapy is most important part of treatment.

DR. PARINDRA DESAI
MD, DM (NEURO)

DR. SHALIN D. SHAH
MD, DM (NEURO)

DR. SAGAR BETAI
MD, DM (NEURO)

DR. MAYANK PATEL
MD, DM (NEURO)

DR. PRANAV JOSHI
MD, DM (NEURO)

Neurology Consultation
Electrodiagnostic testing (EEG, EMG/NCS, RNS, VEP)
Neuro-psychology Neuro-physiotherapy Laboratory

- A Comprehensive neurology centre, with all neurology outpatient related services.
- A team with experience and enthusiasm.
- Fully "digitalized" patient data records.
- Disease specialty clinics.
- Psychology support for assessment, counseling and therapy.
- Fully equipped neuro-physiotherapy department.
- Four digital EEG machines with video recording facility.
- Two best in-class EMG machines for all types of neuromuscular testing.
- Laboratory support-from basics to genetics.



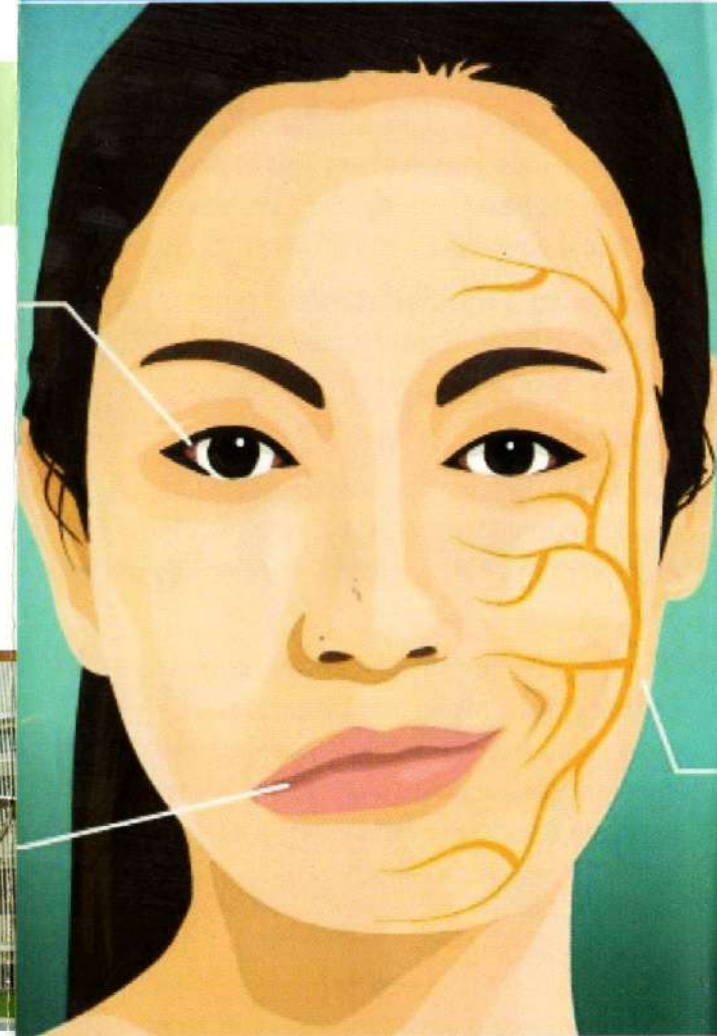
For Appointment:

079 40191930-31, 26854650-51 | 97262 33228

Block M, Mondeal Business Park, Near Gurudwara,
S.G. Highway, Thaltej, Ahmedabad - 380054

info@ansaclinic.com ansaclinic.com ansaclinic @ansaclinic

BELL'S PALSY



ANSAClinic
ADVANCE NEUROSCIENCE ASSOCIATES

BELL'S PALSY

Bell's palsy is a form of temporary facial paralysis resulting from swelling/damage or trauma to facial nerve.

When Bell's palsy occurs, sudden weakness of your facial muscles develops. This makes half of your face appear to droop. Your smile is one-sided, and your eye on that side resists closing.

The disorder is the most common cause of facial paralysis. It is not stroke. It may occur at any age and affects men and women equally.

Facial nerve

The facial (7th cranial) nerve travels through a small bony canal in the skull, just beneath the ear and reaches to supply muscles on one side of the face.

Each facial nerve control many movements, including eye blinking and closing, facial expressions (i.e., smiling, frowning). It also carries signal to tear (lacrimal) glands and salivary glands. The taste sensation of the anterior part of tongue is also carried by facial nerve.

Symptoms

Symptoms may vary from person to person and range in severity from mild weakness to total paralysis.

Signs and symptoms may include:

our smile is one-sided, and your eye on that side resists closing.

- Facial asymmetry
 - Difficulty in closing your eye or smiling
 - Drooling of saliva from one angle, leaking liquid or food
 - Pain around ear on the affected side
 - Decreased taste sensation
 - Occasionally, it may increase sensitivity to sound
- In rare cases, Bell's palsy can affect the nerves on both sides of your face.

Most often begin suddenly and reach their peak within 48 hours.

Causes

The most common cause of Bell's palsy is presumed to be a viral infection, causing swelling or inflammation of the nerve in the auditory canal.

A viral infection such as common cold sore virus or *herpes simplex* -may be responsible. It may be associated with chronic middle ear infection, diabetes, sarcoidosis, tumors, Lyme disease, and trauma occasionally.

Diagnosis

Diagnosis of Bell's palsy is simple and based on clinical examination. No specific laboratory or imaging test is available for the confirmation of this disease.

Rarely, to rule out brain related causes of facial weakness or in case of trauma, your doctor may ask you to do an imaging study (CT or MRI scan). EMG/NCV study is sometimes helpful for prognostication- to judge the severity and extent of the damage to facial nerve.

Treatment

Commonly used medications to treat Bell's palsy include:

- **Corticosteroids**

Prednisone are powerful anti-inflammatory agents. It helps by reducing the swelling and improving the nerve function. It should be started as early, as possible and a short course of 10-14 days should suffice.

· Antiviral drugs

Acyclovir or similar antiviral therapy benefits the patient ,when started within 48 hrs of symptom onset.

· Analgesics such as aspirin, acetaminophen, or ibuprofen are helpful to relieve pain.

· **Eye protection:** Facial nerve dysfunction leads to infrequent or absence of eye blinking, which may make your eye dry and vulnerable to infection. Keep your eye moist, protect it from any foreign material and injury. You may put an eyepatch , during the night to ensure eye-closure completely.

Eye drops, such as artificial tears are effective.

· **Physiotherapy:** It is the mainstay of the treatment. Facial nerve stimulation for initial 1-2 weeks by a trained physiotherapist hastens the recovery. You must also exercise weakened facial muscles regularly and vigorously.

Surgery

It is not routinely indicated and performed. Rarely, to reduce the pressure over the nerve , in cases of traumatic cause, surgery may be beneficial.

