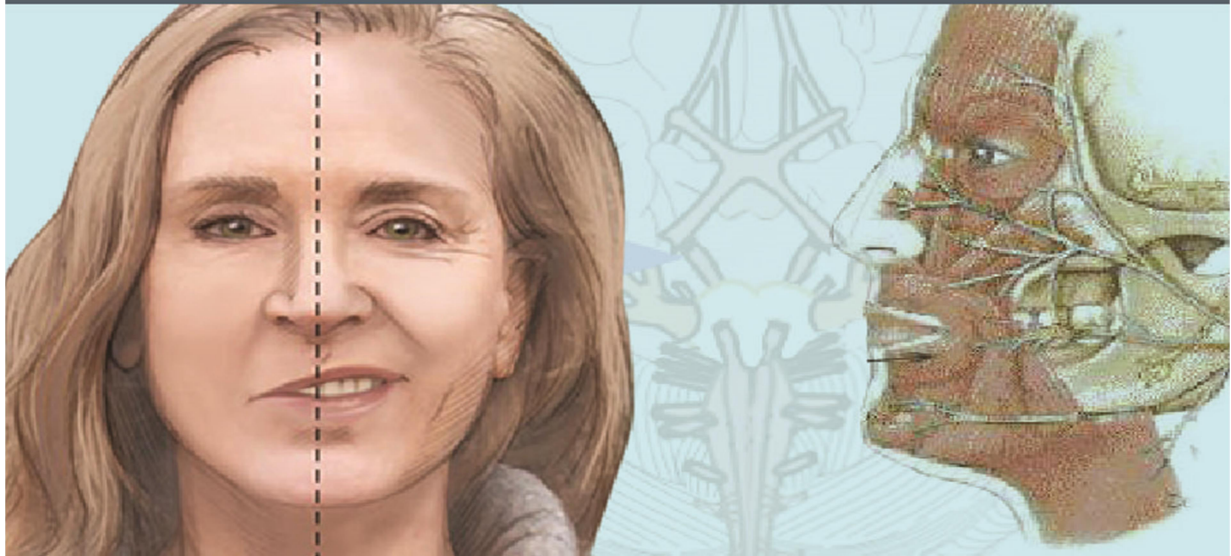


## 2. Bell's Palsy

### Facial Palsy, Bell's Palsy



### **Meaning Tb Of Brain**

1. Bell's Palsy Is A Condition That Causes A Temporary Weakness Or Paralysis Of The Muscles In The Face. It May Occur Due To A Viral Or Bacterial Infection.
2. It Can Occur When The Nerve That Controls Your Facial Muscles Becomes Inflamed, Swollen, Or Compressed.
3. The Condition Causes One Side Of Your Face To Droop Or Become Stiff. You May Have Difficulty Smiling Or Closing Your Eye On The Affected Side.
4. In Most Cases, Bell's Palsy Is Temporary, And Symptoms Usually Go Away Within A Few Weeks Or Months.

## **What Causes Bell's Palsy?**

1. Bell's Palsy Occurs When The Seventh Cranial Nerve Becomes Swollen Or Compressed, Resulting In Facial Weakness Or Paralysis.
2. The Exact Cause Of This Nerve Damage Is Unknown, But Many Medical Researchers Trusted Source Believe It's Most Likely Triggered By A Viral Infection.
3. The Viruses And Bacteria That Have Been Linked To The Development Of Bell's Palsy Include
  - I. Herpes Simplex, Which Causes Cold Sores And Genital Herpes
  - II. Hiv, Which Damages The Immune System
  - III. Sarcoidosis, Which Causes Organ Inflammation
  - IV. Herpes Zoster Virus, Which Causes Chickenpox And Shingles
  - V. Epstein-Barr Virus, Which Causes Mononucleosis
  - VI. Lyme Disease, Which Is A Bacterial Infection Caused By Infected Ticks

## **What Are The Symptoms Of Bell's Palsy?**

1. The Symptoms Of Bell's Palsy Can Vary In Severity, From Mild Weakness To Total Paralysis.
2. The More Inflammation And Compression The Facial Nerve Is Exposed To, The More Severe The Paralysis Tends To Be, And The Longer It Takes For The Nerve To Heal And Regain Function.
3. The Symptoms Of Bell's Palsy Can Develop 1 To 2 Weeks After You Have A:
  - I. Cold
  - II. Ear Infection
  - III. Eye Infection

The Symptoms Usually Appear Abruptly, And You May Notice Them When You Wake Up In The Morning Or When You Try To Eat Or Drink.

Bell's Palsy Is Marked By A Droopy Appearance On One Side Of The Face And The Inability To Open Or Close Your Eye On The Affected Side. In Rare Cases, Bell's Palsy May Affect Both Sides Of Your Face.

4. Other Signs And Symptoms Of Bell's Palsy Include:
  - I. Facial Weakness
  - II. A Droopy Mouth
  - III. An Inability To Make Facial Expressions, Such As Smiling Or Frowning
  - IV. Difficulty Pronouncing Certain Words
  - V. Dry Eye And Mouth
  - VI. Altered Taste
  - VII. Drooling
  - VIII. Sensitivity To Sound
  - IX. Difficulty Eating And Drinking
  - X. Muscle Twitches In The Face
  - XI. Irritation Of The Eye On The Involved Side
  - XII. Headache

## **How Is Bell's Palsy Treated?**

1. In Most Cases, Bell's Palsy Symptoms Improve Without Treatment. However, It Can Take Several Weeks Or Months For The Muscles In Your Face To Regain Their Normal Strength.
2. The Following Treatments May Help In Your Recovery.

### **Medication :**

#### **Your Doctor May Recommend Medications Such As:**

- I. Corticosteroid Drugs, Which Reduce Inflammation
- II. Antiviral Or Antibacterial Medication, Which May Be Prescribed If A Virus Or Bacteria Causes Your Bell's Palsy
- III. Over-The-Counter Pain Medications, Such As Ibuprofen Or Acetaminophen, Which Can Help Relieve Mild Pain
- IV. Eye Drops To Keep Your Affected Eye Well Lubricated

### **Home Treatment :**

- I. An Eye Patch (For Your Dry Eye)
- II. A Warm, Moist Towel Over Your Face To Relieve Pain
- III. Facial Massage
- IV. Physical Therapy Exercises To Stimulate Your Facial Muscles