

Bell's Palsy

This material will help you understand Bell's palsy and how it is treated.

What is Bell's palsy?

Bell's palsy is weakness of one side of the face and forehead. The weakness may be minimal or severe, and it usually develops suddenly.

What causes Bell's palsy?

Bell's palsy is caused when the nerve that controls one side of the face and forehead stops working normally. This may be caused by a viral infection, but frequently no cause is found. You are more likely to get Bell's palsy if you have diabetes, are pregnant, or are sick with a cold or the flu.

How is Bell's palsy treated?

Your doctor may prescribe medicines to help you recover, especially if you were seen within the first few days. Most people begin to feel better within 2 weeks and recover after 2-3 months. The amount of recovery typically depends on the degree of weakness. Therefore, if the weakness is severe, you may not completely recover. About 10% of people have another attack of Bell's palsy.

What should I do to avoid complications?

Bell's palsy can make your eye irritated and dry. Your eye doctor may recommend that you use eye drops or artificial tears to help keep your eye moist. Be sure to follow your doctor's instructions so that you do not develop complications.

Sometimes, if the nerve is severely damaged, it does not heal properly. This can cause symptoms like tears in your eyes when you eat.

For more information, scan this code with your smartphone or visit the website listed.



<http://www.geteyesmart.org/eyesmart/diseases/bells-palsy-treatment.cfm>

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