



# Facial Paralysis and Bell's Palsy

(Bell's Palsy is a common cause of Facial Paralysis)

Bell's palsy is a form of temporary facial paralysis resulting from damage or trauma to one of the two facial nerves. It is the most common cause of facial paralysis. Generally, Bell's palsy affects only one of the paired facial nerves and one side of the face, however, in rare cases, it can affect both sides. Symptoms of Bell's palsy usually begin suddenly and reach their peak within 48 hours. Symptoms range in severity from mild weakness to total paralysis and may include twitching, weakness, or paralysis, drooping eyelid or corner of the mouth, drooling, dry eye or mouth, impairment of taste, and excessive tearing in the eye. Bell's palsy often causes significant facial distortion. Most scientists believe that a viral infection such as viral meningitis or the common cold sore virus -- *herpes simplex*-- causes the disorder when the facial nerve swells and becomes inflamed in reaction to the infection.

Source: National Institutes of Health

<https://www.ninds.nih.gov/health-information/disorders/bells-palsy>

## Resources

### **American Academy of Otolaryngology: Clinical Practice Guideline: Bell's Palsy?**

<https://www.entnet.org/quality-practice/quality-products/clinical-practice-guidelines/bells-palsy/>

A clinical practice guideline on Bell's Palsy for health care practitioners.

### **Bell's Palsy Help and Information**

<https://bellspalsy.org.uk/>

This page provides general information on Bell's Palsy as well as information on treatment, recovery and support with many links to other resources.

### **Facial Paralysis and Bell's Palsy Foundation**

<http://www.facialparalysisfoundation.org/>

9401 Wilshire Blvd, Suite 650

Beverly Hills, CA 90212

Phone: 310-657-2203

Email: [facialparalysisfound@gmail.com](mailto:facialparalysisfound@gmail.com)

Provides information, support groups and research funding in the area of facial paralysis and Bell's palsy.

**HealthCentral.com: Facial Paralysis**

<https://www.healthcentral.com/encyclopedia/bells-palsy>

This page defines and describes Bell's palsy and its common causes and treatments.

**Mayo Clinic.com: Bell's Palsy**

<http://www.mayoclinic.com/health/bells-palsy/DS00168>

This page has general information on symptoms and treatment, but also has information on when to seek medical advice, on self-care, and on possible complications.

**Medline Plus: Bell's Palsy**

<https://medlineplus.gov/bellspalsy.html>

This page has a description of Bell's palsy along with additional links for more information.

**Medline Plus: Facial Paralysis**

<https://medlineplus.gov/ency/article/003028.htm>

This page has information on Bell's palsy and other causes of facial paralysis.

**Medscape: Bell Palsy**

<http://www.emedicine.com/emerg/topic56.htm>

This page has clinical information on Bell Palsy, including symptoms, diagnosis, treatment and prognosis.

**Medscape: Congenital Facial Paralysis**

<http://www.emedicine.com/ent/topic156.htm>

This page has clinical information on facial paralysis in newborns, including symptoms, diagnosis and treatment.

**Medscape: Facial Nerve Paralysis**

<http://www.emedicine.com/plastic/topic522.htm>

This page has clinical information on facial nerve paralysis, including symptoms, diagnosis, treatment and prognosis.

**Michigan Ear Institute: Facial Nerve Disorders**

<http://www.michiganear.com/ear-services-facial-nerve-problems.html>

This page discusses facial nerve function and tests and treatments for facial nerve disorders. It includes a brochure which can be downloaded.

**Nemours KidsHealth: Bell's Palsy**

<https://kidshealth.org/en/parents/bells-palsy.html?ref=search>

Information on causes, symptoms, diagnosis and treatment of Bell's palsy written for children.

## **University of Rochester Medical Center: Bell's Palsy**

<https://www.urmc.rochester.edu/neurosurgery/services/conditions/bells-palsy.aspx>

This page has information on Bell's palsy, including symptoms, complications and treatment.

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