

What is it?

Bell's Palsy is a condition where there is involvement of the facial nerves, causing a droop on one side of the face. A picture of the facial nerve is on the front of this pamphlet for reference.

This can present similarly to a stroke, but is not caused by a stroke. Full recovery can take an upwards of 6 months.



Stroke Prevention Clinic

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Regina:

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For More Information

www.heartandstroke.ca

Mayo Clinic. (2022, May 4). *Bell's Palsy*. <https://www.mayoclinic.org/diseases-conditions/bells-palsy/symptoms-causes/syc-20370028>

Cleveland Clinic. (2023, August 14). *Bell's Palsy*. <https://my.clevelandclinic.org/health/diseases/5457-bells-palsy>



CS-PIER-0105



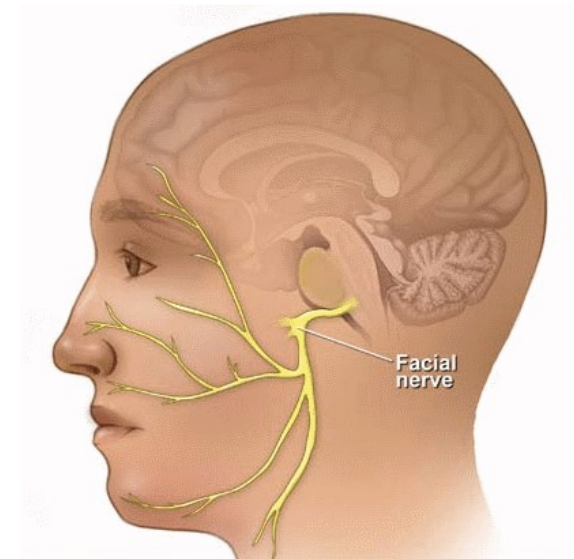
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Healthy People, Healthy Saskatchewan



Bell's Palsy

Stroke Prevention Clinic



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CS-PIER-0105

April 2024

Symptoms

Symptoms of Bell's Palsy include:

- facial weakness on one side of the face
- facial droop
- drooling
- loss of sense of taste
- jaw or ear pain
- inability to close eyelid on affected side

Causes

Bell's Palsy most often has an unknown cause. It is believed to be due to the inflammation and swelling of the nerve that controls that side of the face. It can also occur after a viral infection, such as a cold sore

Diagnosis

Based on your symptoms and neurological exam, your neurologist can determine whether you have Bell's palsy. Sometimes, imaging may be ordered to rule out other causes that can mimic these symptoms. Bloodwork may also be done to determine if you have any current viral infections.

FACIAL NERVE PALSY

Inability to wrinkle brow

Drooping eyelid;
inability to close eye

Inability to puff cheek;
asymmetrical smile

Drooping corner of mouth;
dry mouth

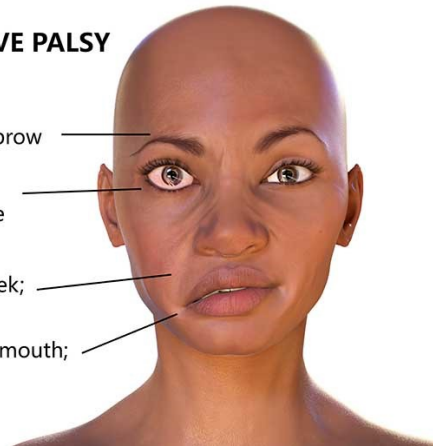


Image provided from SHA Creative Services. Facial nerve paralysis, Bell's palsy, illustration showing female with one sided facial nerve paralysis. AdobeStock; 2021 [cited 2024 APR 04]. Available from: <https://stock.adobe.com/ca/images/facial-nerve-paralysis-bell-s-palsy-illustration-showing-female-with-one-sided-facial-nerve-paralysis/424121568>

Treatment

Treatment for Bell's palsy includes:

Medications:

- **Corticosteroids** – an anti-inflammatory medication like prednisone can help reduce swelling
- **Antiviral drugs** – if the cause is viral (cold sores)
- **Eye drops and eye ointment** will also be used due to the inability to keep the eyelid closed. In some cases, an eye patch may be used to protect the affected eye.

A physiotherapist can show you how to massage and exercise the facial muscles in severe cases.

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

If at any time you are concerned about your symptoms, or they are unusual for you, please seek medical attention.