

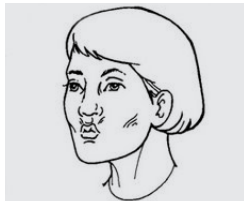
FACIAL EXERCISES



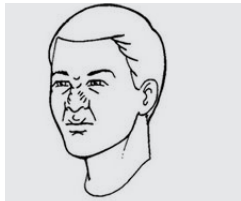
Turn the corners of the mouth up



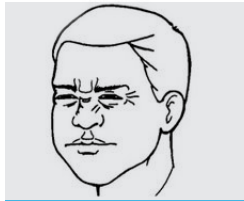
Push the upper lip forward



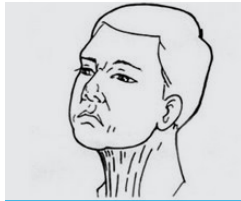
Suck the cheeks and push the lips forward



Wrinkle the nose



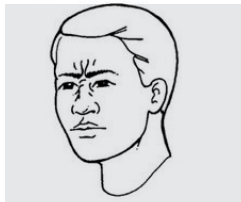
Screw up the eyes tightly



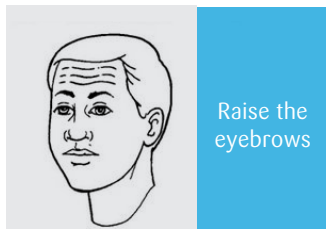
Turn the corners of the mouth down and tighten the muscles on the front neck



Push the lower lip forward



Bring the eyebrows together in a frown



Raise the eyebrows

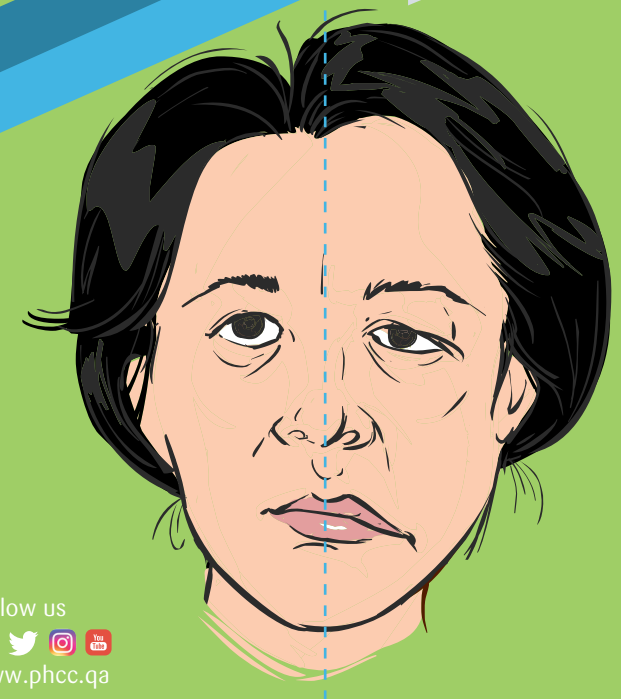
HOME ADVICE AND INSTRUCTION

- ✓ Take your medicines exactly as prescribed. Call your doctor or nurse call line if you think you are having a problem with your medicine. You will get more details on the specific medicines your doctor prescribes.
- ✓ Consider using an eye patch while you sleep if you cannot completely close your eye.
- ✓ Help yourself blink by using your finger to close and open your eyelid to help keep your eye moist.
- ✓ Wear glasses or goggles to keep dust and dirt out of your eye.
- ✓ As feeling comes back to your face, massage your forehead, cheeks and lips. Massage may make the muscles in your face stronger.
- ✓ Brush and floss your teeth often to help prevent tooth decay since Bell's palsy can dry up the spit on one side of your mouth that increases the risk of tooth decay.
- ✓ Some people have trouble talking because of the mouth drooping. Try using pen and paper, a blackboard, or computer pad to help you speak to others.
- ✓ Apply a warm compress to the affected side of the face for pain and swelling.



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PRIMARY HEALTH CARE CORPORATION

FACIAL PALSY (BELL'S PALSY)



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WHAT IS BELL'S PALSY?

Bell's palsy is a condition that causes a sudden weakness or paralysis in the muscles of the face. It usually affects only one side of the face and can result in a lop-sided appearance or droopy expression.

Damage to the facial nerve that controls muscles on one side of the face causes the face to droop.

WHAT IS FACIAL NERVE?

The facial nerve controls the muscles on the side of the face. It allows us to show expression, smile, cry and wink.

WHO GETS BELL'S PALSY?

It most commonly occurs between the ages of 10 and 40. It affects both men and woman equally. This condition comes on suddenly, often overnight. Most people will fully recover; although this can sometimes take many months. There is a slightly higher incidence in the winter.

The left and right side of the face are equally affected

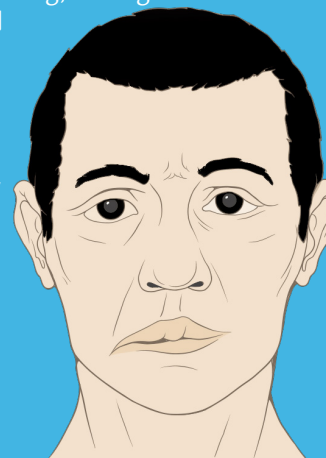
WHAT CAUSES BELL'S PALSY?

Though the exact causes of Bell's palsy are not known, the condition is thought to be as a result of inflammation, compression or swelling of the facial nerve. This in turn could be due to:

- Traumatic injury to the face or head
- Diabetes and blood pressure
- Stress and pregnancy
- Viral infections such as herpes, influenza, a cold or chronic middle ear infection.

WHAT ARE THE SYMPTOMS OF BELL'S PALSY?

- Bell's palsy usually comes on suddenly
- Paralysis or weakness usually affects only one side of the face that causes it to droop
- Difficulty in making facial expressions
- Numbness of the affected side of your face & inability to wrinkle your forehead, whistle or blow your cheek
- Headache
- One eye may not close properly and can feel irritated or dry
- People can have trouble smiling, raising their eyebrows or chewing food
- Loss of ability to taste & drooling of saliva
- Pain in or behind your ear & increased sensitivity to sound on the affected side.



PHYSIOTHERAPY MANAGEMENT

In Bell's palsy, the function of the nerve gradually returns to normal within two months with proper treatment. Physiotherapy treatment helps to progress the recovery.

It includes:

- Manual massage
- Bell's palsy facial exercises

MANUAL MASSAGE

- Using your fingers, massage and gently stretch the skin from the corner of your mouth towards the ear and then down to the jaw bone in a circular pattern
- Do the same circular pattern on your chin and forehead
- With your finger (or electric toothbrush / ice cube) brush forehead in an upward direction towards the hairline, 2 - 3 times. Do the same with the cheek area, or try gentle tapping on the skin with your fingertips

EXERCISES

Patients will be given physical therapy exercises to stimulate facial muscles and maintain muscle-tone of the affected muscles. These should be done 4-5 times a day in front of a mirror or as-per the advice of your Physiotherapist.