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## Bell's Palsy

Bell's palsy is the most common cause of facial paralysis. It usually affects just one side of the face. Symptoms appear suddenly and are at their worst about 48 hours after they start. They can range from mild to severe and include:

- Twitching
- Weakness
- Paralysis
- Drooping eyelid or corner of mouth
- Drooling
- Dry eye or mouth
- Excessive tearing in the eye
- Impaired ability to taste

Scientists think that a viral infection makes the facial nerve swell or become inflamed. You are most likely to get Bell's palsy if you are pregnant, diabetic or sick with a cold or flu.

Three out of four patients improve without treatment. With or without treatment, most people begin to get better within 2 weeks and recover completely within 3 to 6 months.

*NIH: National Institute of Neurological Disorders and Stroke*

### Start Here

- Bell's Palsy [<https://www.mayoclinic.org/diseases-conditions/bells-palsy/symptoms-causes/syc-20370028?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/bells-palsy/symptoms-causes/syc-20370028?p=1>]
- Bell's Palsy [<https://www.ninds.nih.gov/health-information/disorders/bells-palsy>]  (National Institute of Neurological Disorders and Stroke)
- What Is Bell's Palsy? [<https://www.aao.org/eye-health/diseases/bells-palsy>] (American Academy of Ophthalmology)  
Also in Spanish [<https://www.aao.org/salud-ocular/enfermedades/paralisis-de-bell>]

### Treatments and Therapies

- Bell's Palsy: Treatment with Steroids and Antiviral Drugs [<https://www.aan.com/Guidelines/Home/GetGuidelineContent/575>] (American Academy of Neurology) - **PDF**

### Clinical Trials

- ClinicalTrials.gov: Bell Palsy [<https://clinicaltrials.gov/search?cond=%22Bell+Palsy%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

### Journal Articles

## References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Recovery and Recurrence in Bell's Palsy: A Propensity Score-Matched Comparative Study... [https://www.ncbi.nlm.nih.gov/pubmed/40731868]
- Article: Long-term clinical outcomes after Lyme neuroborreliosis in children. [https://www.ncbi.nlm.nih.gov/pubmed/40604646]
- Article: Serum vitamin D levels in patients with Bell's palsy: a systematic... [https://www.ncbi.nlm.nih.gov/pubmed/40596965]
- Bell's Palsy -- see more articles [https://pubmed.ncbi.nlm.nih.gov/?term=%22Bell+Palsy%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comm+ent%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+]

## Find an Expert

- National Institute of Neurological Disorders and Stroke [https://www.ninds.nih.gov/] 

## Patient Handouts

- Bell palsy [https://medlineplus.gov/ency/article/000773.htm] (Medical Encyclopedia)  
Also in Spanish [https://medlineplus.gov/spanish/ency/article/000773.htm]



## MEDICAL ENCYCLOPEDIA

Bell palsy [https://medlineplus.gov/ency/article/000773.htm]

## National Institutes of Health

The primary NIH organization for research on *Bell's Palsy* is the National Institute of Neurological Disorders and Stroke [http://www.ninds.nih.gov/]

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Last updated July 13, 2016