



## REOCCURANCE OF BELL'S PALSY IN PREGNANCY : A CASE REPORT

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**ABSTRACT**

Bell's Palsy can strike pregnant women during the third trimester, or 26 to 40 weeks into pregnancy. It is estimated that pregnant women are 3.3 times more susceptible to developing Bell's Palsy compared to women who are not pregnant. Bell's Palsy compared to women who are not pregnant. Bell's Palsy has various risk factors, such as autoimmune conditions, diabetes and pregnancy.

**KEYWORDS :** Bell's Palsy, Pregnancy, EMS**INTRODUCTION –**

Facial paralysis is an entity that most neurologists and otolaryngologist are familiar with. It is the most common and frequent unilateral cranial nerve pathology. In 1830, Sir Charles Bells described the association between idiopathic facial palsy (Bell's Palsy) and pregnancy.<sup>3</sup>

The prevalence rate of Bell's Palsy in pregnancy is estimated at 45.1 cases per 100,000 women considerably higher than in the non-pregnant population.<sup>4</sup>

Furthermore, there was a significant higher rate of gestational hypertension and pre-eclampsia (22.2%, 95% CI 12.5-36.4) among these cases, more than four times that found in general obstetrical population.<sup>5</sup>

**Case Report –**

A 29 year old woman was presented in facial weakness, blurred vision, altered taste sensation and increased noise sensitivity for 1 month. All her previous deliveries were at nursing home. At present she had been diagnosed with hypertension when she was 2 months pregnant, she was on hypertensive drug from about last one month. After few days of stopping medication she was developed with facial weakness which was progressive day by day. There was no history of fever, rash, trauma or any dental and ear infection found. Earlier she was under dental and ear infection found. Earlier she was under treatment of private practitioner there she had been advised admission in view of intracranial growth restriction and oligohydramnios through her blood pressure recorded normal. After she was referred to KGMU.

**Examination –****Haematological examination –**

On haematological examination it was found that her haemoglobin was normal in range.

B.P and cardiovascular examination – Her B.P was 160/120 RR was 18/min and her cardiovascular examination was normal.

**USG-**

On USG it was found that uterus was 18 weeks size fetal heart rate was normal and ++ proteinuria was present.

**Nerve Conduction Study –**

It was found normal facial nerve but reduced amplitude on left side in comparison to right side.

**Physical Examination –**

On physical examination it was found that the patient has:

- Inability to furrow the brow on the affected side
- Slight widening of the palpebral fissure
- Drooping of the corner of the mouth.
- Difficulty closing the eye
- Sensitivity to light

- Lower eyelid droop
- Tears fail to coat cornea
- Brow droop
- Excessive tearing
- Lack of tears

**Diagnosis –**

All the results of examination confirmed the diagnosis of Bell's Palsy.

The patient was prescribed with multivitamins and advised for physiotherapy.

**Physiotherapy treatment –**

In physiotherapy we designed a treatment protocol in which we included EMS and some facial exercises were planned to restore the strength. Facial exercises help Bell's palsy patients increase muscle strength and coordination in the face. That way, Bell's palsy patients can improve their ability to perform the following facial movements:

- Jaw and mouth movements
- Lip closure
- Eye movements
- Smiling
- Frowning
- Facial expressions
- Forehead wrinkling

The exercises were advised in home care program so that the patient can do herself. The EMS sitting was regular given on the facial motor points for 3 months. After three months it was found that patient is recovering, the patient was advised to continue exercises and come for regular follow-up so that her recovery can be monitored.

**DISCUSSION-**

Bell's Palsy or idiopathic unilateral facial nerve paralysis is the most common cause of unilateral facial palsy. The reported prevalence in the general population is 10-30 cases per 100,000 persons.<sup>6,7</sup> Bell's palsy has an equal gender ratio, but some review suggests a slight female preponderance.<sup>7</sup> There have been increasing number of reports on the facial nerve biopsy in patients with Bell's Palsy. Recovery time usually differs, depending on the level of inflammation to the facial nerve, but it's estimated that it usually takes six months for pregnant women to recover from Bell's palsy. Prognosis of Bell's palsy in pregnant women is often good as well, and there's no evidence that the fetus is affected by the condition.<sup>8</sup>

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