

Low Level Laser Therapy associated with Bell's palsy

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Bell's palsy is defined as an idiopathic peripheral facial nerve paralysis of sudden onset and is considered the most common cause of facial paralysis. Treatment is aimed at improving recovery of facial function and the prevention of neural degeneration and its associated complications. Physiotherapy, corticosteroid and antiviral therapy have become the most widely accepted treatments for Bell's palsy. The low level laser therapy (LLLT) can induce the metabolism of injured tissue nervous to produce proteins associated with your growth. The biomodulatory effects of LLLT improve the nerve regeneration capacity. Even thus, the increases in the action potential amplitude of injured nerves have significant clinical relevance for Bell's palsy treatment (nerve function stimulated). The aim of this work is reports a clinical case in which the LLLT, associated with corticoid therapy was effective to recover the facial movement in a patient with Bell's palsy after 4 sessions of laser therapy. The Helium-Neon laser (660nm, 50mW) was applied in 10 points following facial muscular insertions. The total energy density was 20 J/cm². The same laser was utilized in sweep mode (1 J/cm²) following the 5 main facial nerve fibers course on the hemiface with paralysis. The laser therapy protocol was concluded with use of Arsenide-Gallium-Aluminum laser (830nm, 50mW) in 5 points correspondent to facial branches. The total energy density was 10 J/cm². **The LLLT is an effective tool for facial movement recovery in patients with Bell's palsy.**