

# Resource List

*The authors were asked to recommend their favorite medical professionals, treatment/services, and products used during their recovery process. This is not meant to offer medical advice or to vouch for the services/products, these are only opinions from the experiences of the authors. List in alphabetical order.*

## Medical Professionals/Treatment Providers

### [Alam, Dr. Danial S, Otolaryngology](#)

1380 Lusitana Street, Suite 615  
Honolulu, HI 96813  
Phone: (808) 691-7215

Dr. Alam placed a platinum chain weight in my affected eye to help it blink, and then later removed the weight while correcting the ptosis of the eye. He also gives me Botox treatments to help relieve the synkinesis and spasms on the affected side of my face. - Kayla Tano.

### [Altergott, Karen; Acupuncturist](#)

She helped me to regain the function of the paralyzed side of my face with the use of acupuncture, as well as, providing relief for symptoms of anxiety and depression. - Kayla Tano

### [Austin, Mark; Physiotherapist](#)

Physiobox  
2985 23 Ave NE Unit 125,  
Calgary, Canada  
Phone: 403-483-5838

I was referred to Mark by Josh Strate, and it was the best recommendation. Mark is provided me with a lot of guidance on facial exercises and stretches since my diagnosis. - Mary Freed

### [Burkman, Lisa; Physical Therapist](#)

Facial Nerve Center at Loyola Medicine  
Loyola Center for Rehabilitation  
1219 W. Roosevelt Rd.,  
Maywood, Illinois 60153  
Phone: 708-216-5300

Lisa helped me transform from having severe and noticeable synkinesis to having a well-functioning face where people didn't notice I had this disorder after the conclusion of treatment. - Elena Oleske



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### **[Butheau, Pierre-Yves: Butheau Physiotherapy](#)**

Instagram: [butheauphysio/](#)

9965 10th Ave SW

Seattle, WA 98106

Phone: (425) 281-4171

Physical Therapist Pierre-Yves Butheau does his best to give bell's palsy patients the best information on how to treat the condition as many doctors do not know enough about it. As a former bell's palsy sufferer himself, he has plenty of insight on what to do during the early stages of paralysis to encourage a full recovery and avoid problems later such as synkinesis. I also wish I had found his page earlier because some of the avenues I took to heal are out of his recommendations. However, I follow his account for his synkinesis stretches and advice on how to loosen the muscles. - Kristine Harp

### **[Castillo, David: Physical Therapist](#)**

[Instagram](#)

Panama City, Panama

info@yourphysiopty.com

Phone: +507 62180447

David brought mobility back to my face in only 4 weeks of intense treatment as soon as he took me under his care when I arrived in Panama. - Anayansi Arias Iriarte

### **[Diels, Jackie, OT, Facial Neuromuscular Retraining](#)**

The premier facial neuromuscular retraining expert in the United States and is based in Wisconsin. She is also the person who trains other physical therapists within this subspecialty. As a community, I feel that it is imperative that we recruit more PTs to acquire this specialized training as there are only a small handful of these experts that remain working in the USA and worldwide. -Elena Oleske

### **[Fabbiano, Dr. Frank, Chiropractor: Valrico Spine and Rehab Center](#)**

1103 Lithia Pinecrest Rd

Brandon, FL 33511

Phone: 813-868-1138

Dr. Frank is an amazing Chiropractor. He got me in to see him the day after the paralysis began and focused the treatment on relaxing my insanely tight jaw (I was unable to open my mouth more than an inch), and relaxing my neck and shoulders from the stabbing nerve pain. His services are professional and influential in the early days of paralysis to the present day. - Amy Sameck

### [Forster, Dr. Cam, Acupuncture/Chinese Medicine](#)

The Samadhi Tree  
Suite 3237, 150 Millrise Blvd SW,  
Calgary, Canada  
Phone: 403-474-4421

Dr. Cam has provided the best care I could have ever imagined. His knowledge of Chinese medicine and acupuncture has given me ongoing recovery. - Mary Freed

### [Fox, Terry; L.Ac, LMT](#)

Fox Haven Aesthetics  
510 1/2 Main St.  
Windsor, CO 80550  
Phone: 970-633-0199

[Instagram](#), [Twitter](#), [Facebook](#), [LinkedIn](#)

As an Acupuncturist, who specializes in Aesthetic and Facial Acupuncture, he has seen his patients have speedier recovery times from Bell's palsy with Acupuncture, E-Stim, and Chinese Herbal Medicine.

Services: Traditional Chinese Medicine - this includes all 5 Branches of TCM - Acupuncture, Herbal Medicine, Massage Therapy, Dietary Therapy, and Qi Gong Exercise. Acupuncture and Herbal Medicine can help increase local circulation and reduce facial nerve inflammation. Massage supports the musculature and connective tissues and helps ward off atrophy. Dietary Therapy helps provide the nutritional building blocks needed for optimal cellular regeneration. Qi Gong Exercises help calm the mind and reduce stress.

### [Frey, Prof. Dr. Manfred, Now retired - Plastic, Aesthetic, and Reconstructive Surgeon](#)

Feldgasse 23, 1080 Vienna  
Phone: +4314090909

I underwent surgery three times in Vienna (cross-facial nerve graft) and Dr. Frey informed me well about facial palsy and the things I can do to support my muscle. - Tamara Wiederman

### [Martinez, Dr. Johanna; JM Chiropractic & Acupuncture](#)

Carson, CA  
Phone: 310 872-3276

After my diagnosis of Bell's palsy, the doctor suggested seeing an acupuncturist as soon as possible. My mother referred me to Dr. Johanna to see what she could do for me. I'm thankful that Dr. Johanna was sweet and kind. She made me feel comfortable at each visit. She prescribed me a Chinese herb called symmetry. With six acupuncture treatments over the course of six weeks, I decided to stop the treatment mainly because it wasn't covered by insurance and it had made such an improvement. I knew I could always return for treatment. - Lorie Ezell



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**Maya, Alejandra; Neural therapy, Homeopathic and Molecular Medicine**

Phone: +507 60438309

Alejandra identified serious dietary restrictions in my system that were preventing my face and body from recovering the strength and mobility I needed to comply with the physical therapy instructed by David Castillo. The changes in mood, weight, and overall wellness were vital in the early stages of my recovery and today they have become an indispensable part of my lifestyle. - Anayansi Arias Iriarte

**McConnell, Jenn, APRN: Celebrate Primary Care**

919 NW 57th St, Suite 10,  
Gainesville, FL 32605  
Phone: 352-474-8686

Jenn McConnell was the saving grace, listening ear, and compassionate medical professional I needed in the early days of paralysis and all the days since. She offered me support as my primary doctor and helped me to get into see other medical professionals as needed. She is always looking for the best options and her "bedside manner" is beyond top-notch. Jenn is kind, compassionate, caring, and professional. - Amy Sameck

**O, Dr. Teresa, Selective Neurectomy for Synkinesis**

Vascular Birthmark Institute of New York at Manhattan Eye, Ear, and Throat Hospital  
210 East 64th Street, 3rd Floor,  
New York City, NY 10065  
Phone: (212) 434-4050

Dr. O performed the selective neurectomy surgery which has helped me tremendously and uses a nerve stimulator to cut the nerves causing synkinesis and leave the other nerves alone. The result is a much more natural-looking and better-functioning face. - Elena Oleske

**Pittman, Amy, MD, ENT/Otolaryngologist**

Loyola Medical Center  
2160 S. First Ave.,  
Maywood, Illinois 60153  
Phone: 888-584-7888

Dr. Pittman provided me with Botox for synkinesis as well as an eyelid weight, and her surgical technique was outstanding as my eyelid scar is barely detectable. - Elena Oleske

**Silent Touch Center**

Agadir, Morocco

I did acupuncture in the first months following Bell's palsy, and it helped me a lot to recover mentally more than physically; however, daily massage at home and at the physiotherapist helped me to notice differences in my face even if it took time it was worth it. - Maryam El Amiri



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### [Strate, Josh: Massage Therapist](#)

Strate Up Fitness and Health  
2985 23Ave NE Unit 125,  
Calgary, Canada  
Phone: 403-999-3976

Josh has been my massage therapist for a long time. He is very patient, kind, and knowledgeable. He has provided a lot of relief with massage therapy these last few months. - Mary Freed

### [Toman, Dr. Julia, ENT](#)

Tampa General Hospital  
2 Tampa General Circle, 2nd Floor,  
Tampa, FL 33606  
Phone: 813-974-4683

Dr. Toman administers Botox for synkinesis and will work with patients to achieve the best results for their individual personal needs. I travel from Orlando to Tampa to get my Botox injections from her every few months, and she is definitely worth the long trip. - Elena Oleske

\*\*Also highly recommended by Amy Sameck: Dr. Toman is the only medical professional I have found in the Tampa area that treats facial paralysis. I have visited her for Botox since Jan 2021 to help with synkinesis and muscle cramps.

### [University of Wisconsin Health Facial Nerve Clinic](#)

600 Highland Ave  
Madison, WI 53792  
Phone: (608)263-6190  
Team-oriented care led by Scott Chaiet, MD, and Jodi Janczewski, PT.

They are an amazing resource for anyone with facial palsy and have been life-changing for me. Botox, facial retraining, and surgery in a coordinated, team setting. - Renee Hacker



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## **Other Treatments or Suggestions Not Specific to Professionals**

*Some authors had more to share to help you on your journey. It is recommended you speak with your doctor before trying or using any of the following suggestions. This is not medical advice. List in alphabetical order.*

Arias Iriarte, Anayansi:

- Seek physical therapy right away, do not believe a facial paralysis will go away on its own
- Yoga Nidra, guided meditation, and breath work are chemical-free daily practices to help you with panic attacks and depression
- Find your tribes to help you when losing hope and faith!

Faulk, Angel:

- My right eye didn't close at all for quite a while- eye drops were necessary for the day and sealing lubricant for the night.
- Eye bubbles for moisture and protection were the most important and we could only find them at a medical supply store.

Harp, Kristiene:

- [Bell's Palsy & Facial Paralysis Support](#) (Group Page)  
This group really has helped me throughout my journey. It is a very supportive community that informs and welcomes both the newly diagnosed and long-term sufferers of facial paralysis. Questions relating to treatments and positive posts showing inspirational recoveries or affirmations are posted multiple times a day. I couldn't live without it.
- [Bell's palsy and Synkinesis- Long timers](#) (Group Page)  
This group is specifically for the long-time sufferers of Bell's palsy. Here, we discuss synkinesis and the treatments we have considered or tried to combat the discomfort it brings.
- [Moms Living with Bell's Palsy](#)  
An encouraging group of moms who were diagnosed with Bell's Palsy during or after their pregnancies. It really helped me as I was a new mom and saw that I was not alone.
- [Bell's Palsy Talk with Barbie](#)  
Barbie's account is full of positive vibes. It was through her account that I was informed of the collaboration. I enjoy Barbie's focus on self-love and self-acceptance. It really helps that she has a similar experience of facial paralysis which makes her even more relatable. She hosts other Bell's palsy sufferers where they discuss the difficulties and comedic features of the condition itself. She really inspires me not to take life so seriously. Also, there are many great facial stretches and exercises she shares to help with synkinesis.

Oleske, Elena:

- Some relevant links you may find of interest:
  - [Bell's palsy Information website](#)
  - [Facial Retraining with Jackie Diels](#)
  - [Neuromuscular Retraining Nonsurgical Therapy for Facial Paralysis](#)
  - [Jackie Diels: Neuromuscular Retraining for Facial Paralysis PDF](#)

Tano, Kayla:

- Facial cupping helped my facial paralysis - there's a special cupping machine that does not leave bruising that you can pay to have someone do for you. This helped with relieving the tightness of the muscles in my face. You can also buy facial cups online and do it yourself.

Wiederman, Tamara:

- Special face massage/exercise and electrical stimulation\*\* after the surgeries to mobilize the muscle.
- Lymphatic Drainage for relaxation/ease the swelling after the surgeries.
- Atlas correction for more head/face balance.
- Treatment by a natural health professional after surgeries to ease migraine and reduce stress levels.
- Castillo Morales massage (used as a child) to improve muscle mobility/ prevent the mouth from drooping.
- Eye patches to relax eyes.
- Ergotherapy to improve muscle mobility.
- Bow Tech to mobilize/activate the muscle.

\*\*Electrical stimulation is not usually recommended for people with facial paralysis as it can further damage the facial nerve. Tamara was born with facial paralysis and her recommendations come from that space. It is highly recommended you research and speak with qualified medical professionals related to your circumstances to determine what is the best course of treatment.



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## Products

*This is the author's opportunity to share products with you that helped them on the journey to recovery, caring for their face, and finding their smiles. Some products may have affiliate links that do not cost the consumer any extra but do give the author a small stipend for their recommendation. Thank you for considering supporting our authors by using their links below.*

Arias Iriarte, Anayansi: eyecare products

- [See Worthy Eye Patches](#)
- [Systane Eye Ointment](#)

Faulk, Angel: [Juice Plus products](#) to help reduce inflammation, improve energy, improve skin, hair growth, eye health, and more. Better than juicing with the nutrients from fruits, veggies, berries, omegas, fiber, and protein your body needs to thrive.

Fox, Terry: Check out his [website](#) for helpful recommendations.

Freed, Mary:

- Straws have become my new best friend - these are great ones from Amazon. Seven months later I still cannot drink from a glass properly. I slurp my coffee so I can enjoy it warm!
  - [Softy Straws Premium Reusable Silicone Drinking Straws](#)

Hacker, Renee: Systane Eye Ointment is my absolute, hands-down favorite product. I was using it around the clock when my Bell's palsy was new and still use it every night before bed. I now use Systane Gel Drops throughout the day, too.

Harp, Kristiene:

- [Fix My Face: Expert Advice for Maximizing Recovery from Bell's Palsy, Ramsay Hunt Syndrome, and Other Causes of Facial Nerve Paralysis](#)

This book is a resource of good information on facial paralysis. In fact, I wish I had discovered it earlier in my recovery. There are many things that I would have avoided and practices/ treatments that I would have considered.
- [Jade Roller/Gua sha Facial Massage Tool](#)

These tools helped me to knead the knots or high-tension areas on my face and alleviate some of the tightness I experience from synkinesis
- [Hot/Cold compress face mask](#)

Helps alleviate inflammation and puffiness on my affected side that I usually experience when I wake up. I use both hot and cold depending on whether I am feeling a lot of tension( hot) or swelling (cold)



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Oleske, Elena:

- [The Eyeseals Hydrating Mask:](#)

I discovered the eye seal hydrating masks from a doctor who is a dry eye specialist. She recommended this to me, and the mask has been truly a lifesaver. It lasts for a long time, and once it needs replacement, I buy a new one all over again. Cleaning tip: I take the mask off in the morning and clean it with a little bit of mild soapy water – such as baby shampoo – and place it on some paper towels to allow the mask to air dry on the counter. It is imperative to clean the mask every day to avoid breakouts.

- [Refresh PM](#)

I HAVE to use this every night before I use my eye mask. My eye never fully regained all of the natural moisture it once had, and I do have cornea damage. Refresh PM is preservative-free which is important because I don't want irritants in my eye when I am trying to heal.

- [Oasis Tears:](#)

Keeping your eye moist is important. Of all of the products I tried, and I tried quite a few, I found Oasis Tears to be by far the best of them all.

- [Eye Tape – 3M Transpore](#)

If you are at the point where you are taping your eye shut, I personally found this tape to be the best to use.

Pate, Heather: Since I'm twenty-two years in with facial paralysis, my main issue is synkinesis, processing stress, and anxiety. I use a Jade Roller to help relax the fatigued muscles in my face and reduce any inflammation. I also use [Young Living's Tranquil Roll-On](#) before I do yoga/meditation, as a perfume, and before bed to help calm myself down. To help balance my hormones and also help prevent oxidative stress and inflammation, I take [NingXia Red](#). Since caffeine can worsen symptoms of anxiety, I take NingXia Nitro as a pre-workout since it only has around 40mg of naturally occurring caffeine (compared to 200mg of synthetic caffeine in most pre-workouts). Dr. Nicole LePera's book, *How to Do the Work*, and her podcasts have been my go-to for self-healing.

Sameck, Amy

- Book- *Fix My Face* by Jodi Barth and the Foundation for Facial Recovery- <https://amzn.to/3UUjHdx>
- Breathe Right Nasal Strips - <https://amzn.to/3KR8lx3>
- Reliable-1 Eye Ointment - <https://amzn.to/3AfPMTH>
- Refresh Plus Lubricant Eye Drops, Preservative-Free, Single-Use - <https://amzn.to/3N5Qsmt>

Tayo, Kayla:

- [Refresh Plus and Refresh Relieva PF eyedrops:](#)

I used these to help with my eye while it was unable to blink. This was my go-to and lifesaver for the first nine months. You can find them on Amazon or most drug stores.

- [Artificial tears ointment:](#) These were necessary for the first six months to apply while sleeping and also during the day when I couldn't get relief from the drops. This was prescribed to me but you can find similar ointments over the counter.

Wiederman, Tamara was born with facial paralysis; therefore, her recommendations come from a different place. She shares she stays inspired by reading quotes on Instagram. She also highly recommends the following book if you suffer from migraines (German)

- [Ich hab' Migräne – Und was ist deine Superkraft?: Dein Begleiter durch gute & schlechte Tage](#)

She used some products after surgery to decrease scarring:

- [Kelo-cote silicone gel for treating scars 15g](#)
- [Sheet masks](#)
- [Rose Quartz Roller](#) to massage and cool my face

Tamara Wiederman also suggests the following treatments to help with facial palsy care:

- Special face massage/exercise and electrical stimulation after the surgeries to mobilize the muscle.
- Lymphatic Drainage for relaxation/ease the swelling after the surgeries.
- Atlas correction for more head/face balance.
- Treatment by a natural health professional after surgeries to ease migraine and reduce stress levels.
- Castillo Morales massage to improve muscle mobility/ prevent the mouth from drooping.
- Eye patches to relax eyes.
- Ergotherapy to improve muscle mobility.

