

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING NUMBNESS OR TINGLING IN YOUR FACE



- Sensations of numbness, tingling, or “pins and needles” in one or more areas of the face.
- These sensations may come and go, be persistent, or occur alongside other symptoms.

WHAT IT MIGHT INDICATE

- Common conditions: Trigeminal neuralgia, Bell’s palsy, or a compressed nerve.
- It can also be a symptom of conditions affecting the nervous system, such as multiple sclerosis, migraines, or seizures.
- In rare cases, it could indicate more serious issues like a stroke or brain tumor.
- Please note: This document is not intended for self-diagnosis. Multiple benign and serious conditions can cause these symptoms, and a healthcare professional should evaluate persistent or severe symptoms.

IMMEDIATE ACTIONS

- Note the specific areas of your face affected by these sensations.
- Document any triggers that seem to cause or exacerbate the sensations and any activities that relieve them.
- If the symptoms are accompanied by weakness, paralysis, or difficulty speaking, seek immediate medical attention.

WHEN TO CONTACT US



- If your facial numbness or tingling is persistent, worsens, or is accompanied by other symptoms like pain, loss of motion, or changes in vision or speech, seek immediate medical attention.
- If you’re experiencing recurring episodes of facial numbness with no known cause, consider contacting us to arrange an online consultation with our specialists.
- If your symptoms are affecting your quality of life or daily activities, our service can provide guidance and specialist referrals.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your symptoms, medical history, and any medications you’re taking.
- You may be asked about the specific nature of your numbness or tingling – areas affected, when they started, and any patterns you’ve noticed.
- Further diagnostic tests (like neurological examinations or imaging) may be recommended, and referrals to neurologists or other specialists can be provided as needed.

PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the sensations you’ve been experiencing and any impact on your daily life.
- Compile a list of all medications and supplements you’re taking, including dosages.
- Ensure you’re in a well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions or concerns you may have regarding your condition.

CONTACT US

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-  [Book a Free Consultation](#)

