

Blink reflex examination

Purpose of the Examination

The purpose of the blink reflex examination is to diagnose functional and structural deficiencies of facial sensory and motor nerves.

Preparing for the Examination

- Try to sleep regularly during the night before the examination. If your work includes shifts, it is recommended to avoid an evening or a night shift on the day before the examination.
- Avoid taking any sleeping pills or other sedatives, as well as alcohol, 24 hours before the examination. You can take any regular medication normally, unless your attending physician has instructed otherwise. Please bring along information about any medication you are taking. You can also eat normally before the examination.
- Wash your face before coming to the examination. Do not use any make-up or skin lotions.

Examination Process

At the beginning of the examination, the skin on your face is cleaned and measurement labels are attached to the corners of your eyes and at the base of your nose. The stimuli are small electric impulses, which are induced at alternating frequencies. The impulses are induced either above your eye brow, under your eye, on the edge of your lower lip, or in your tongue, depending on the goals of the examination.

The impulses can cause a brief pinching sensation, which is harmless. The examination lasts for one to two hours, depending on how many nerve tracts are examined. You will lay on your back during the examination.

After the Examination

The clinical neurophysiology physician will write a report about the examination. The report is directed to the ward or clinic that commissioned the examination. They will inform you of the examination results and any possible follow-ups.