

ENT SURGICAL CONSULTANTS

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SALIVARY GLAND INFECTIONS (3/04)

- Massage the gland with a warm moist washcloth for 10-20 minutes at least 4-6 times per day.
- Drink 3-4 extra glasses of water daily. (1 glass each meal and at bedtime).
- Use a heating pad.
- Suck on lemon wedges, sugarless lemon drop candy, or other sour candy at least 6 times per day.
- The swelling usually is worse after eating: Massage the gland at that time as well.
- Brush and floss teeth 3 times per day.
- Take the antibiotics as directed.
- Notify your doctor if the problem worsens.