

## ENT SURGICAL CONSULTANTS

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### SALIVARY GLAND INFECTIONS (4/14)

- Massage the inflamed salivary gland with a warm moist washcloth for 10-20 minutes at least 4-6 times per day from backward to forward direction to empty it of all saliva.
- Drink 3-4 extra glasses of water daily to increase salivary production. (1 glass each meal and at bedtime).
- Use a heating pad over the affected salivary gland to increase blood supply to the area.
- Suck on lemon wedges, sugarless lemon drop candy, or other sour/tart candy at least 6 times per day to stimulate salivary flow.
- The swelling usually is worse after eating: Massage the gland at that time as well.
- Brush and floss teeth 3 times per day and/or clear all dental appliances or dentures.
- Take the antibiotics as directed if prescribed.
- Notify your doctor if the problem worsens despite the above measures.