

INFORMATION FOR PATIENTS WITH SALIVARY GLAND INFECTION/STONES

You are being treated for an infection of the submandibular or parotid gland. This condition is frequently caused by the complete or partial obstruction(blockage) of the duct that drains saliva from the gland into the mouth. These instructions will help to minimize complications and allow for the most optimal result of your treatment. Please follow them as closely as possible. Call the office if you have any questions or concerns.

- 1) Be sure to maintain both your fluid intake and nutrition. You should drink at least 6 - 8 glasses of water per day, unless told otherwise by the doctor. This will help maintain good flow of saliva to help clear the obstruction. A well-balanced diet is essential to fighting infection.
- 2) Take the antibiotics as prescribed. It is important that you follow the directions on the label and take the medication until it is completely gone. Do not stop the antibiotic treatment early just because you are feeling better. This can result in a return of the infection. An antibiotic oral rinse may also be prescribed. If you develop hives or a rash, discontinue all medication and contact the office immediately.
- 3) Moist heat is important to increase blood flow to the area. This improves the effectiveness of the antibiotics. Place a warm, moist compress over the affected gland at least 5 -6 times per day for 20 minutes each time. Also, rinse about 5-6 times per day with warm salt water (about 1/2 tsp table salt in 8 - 12 oz water).
- 4) In order to stimulate salivary flow, to flush out the stones or mucous plug, suck on a sugar-free lemon drop about 4 -5 times per day. If this causes severe discomfort or swelling, notify our office immediately.

If you have any questions about your care or concerns about your treatment, please contact me so I can answer your questions and help you. I want your healing period to go as smoothly and comfortably as possible.