

**Instructions to prevent recurrent infections of the salivary gland (sialoadenitis)**

1. Plenty of fluids.
2. Massage the gland three times a day or more, with firm pressure from front to back to move saliva out of the gland.
3. Sour candy (or sour sugarless candy if you are diabetic) 3-4 times a day, such as Lemon Drops or Skittles.
4. Warm compress the gland three times a day.
5. Anti-inflammatory medication such as ibuprofen (i.e., Motrin, Advil) or naproxen (i.e., Aleve) as needed for pain or discomfort. Alternatively, you may take these daily for 1-2 weeks to alleviate any inflammation within the gland. Don't take these if you have had problems with these in the past or if you have stomach ulcers or bleeding problems or are on blood thinners.

These measures often help to reduce or prevent the recurrences of sialoadenitis, and should be done daily, even when not having the pain or discomfort.