

NORTH COUNTY EAR, NOSE AND THROAT –
HEAD AND NECK SURGERY
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Sialoadenitis

What is sialoadenitis?

Sialoadenitis is an infection or inflammation of a saliva-producing gland. It can be acute (severe with quick onset) or chronic (less severe and occurring over several weeks to months to years). It can arise in a parotid gland (on either side of the face) or in a submandibular gland (underneath the jaw bone on either side). Acute sialoadenitis is usually associated with a bacterial infection. Chronic sialoadenitis usually is *not*.

Possible Symptoms

- pain (face or upper neck)
- swelling
- fever
- foul taste
- pain and/or swelling may get worse with eating or chewing

How is it treated?

- antibiotics - always prescribed for acute sialoadenitis
 - *not* always for chronic sialoadenitis
- drink plenty of fluids
- massaging the gland to “milk” the infection/saliva out of the gland
- suck on lemon drops, or other sour candy 4 times a day (“sialogogues”)
 - this is *very* important and should be treated like a prescription
 - it makes the gland produce saliva to flush out the infection
 - the gland may hurt when the sour taste causes it to squeeze out saliva
- warm compresses 2 to 3 times a day
 - this softens the gland and helps circulate infection-fighting substances into the gland
- some patients may take a strong anti-inflammatory, this depends on your other medications and medical problems

If your symptoms do not respond appropriately to these treatments, you should return to the office. (Please note that the swelling and pain from an acute infection should start to improve in 2 days and get gradually better. It may take 3 weeks for your face or neck to feel normal.)