

# Patient information on Sialadenitis



**MEG**  
MELBOURNE ENT GROUP

## Who is this information for?

This information is for patients, families and carers for the management of sialadenitis.

## What is sialadenitis?

Sialadenitis is an infection (viral or bacterial) or inflammation of the salivary glands. Sialadenitis can occur in the parotid, submandibular or sublingual glands.

A person with sialadenitis may have the following symptoms:

- Pain & swelling around the cheek, jaw or mouth
- Fever or chills
- Pus in the mouth
- Trouble opening the mouth or swallowing
- Dry mouth
- Visible stones in the mouth or a gritty feeling

## How do I manage sialadenitis?

- Drink plenty of water.
- Encourage salivation - this can be assisted by eating sour hard candy or other sour food or drink.
- You may need to take an over the counter analgesic to treat the pain (e.g. *Paracetamol*, *Ibuprofen*)
- You may require oral antibiotics that will be prescribed by your doctor. Occasionally you may require antibiotics in your vein
- Gently massage the skin over the affected gland
- Warm moist towel or wash cloth compress onto the skin over the area for 10-15 mins, every few hours.



## Concerns or questions?

You can contact your ENT Specialist at the Melbourne ENT Group (MEG):

- Phone: 1300- 952-808
- Email: [admin@melbentgroup.com.au](mailto:admin@melbentgroup.com.au)
- Website: [www.melbentgroup.com.au](http://www.melbentgroup.com.au)



Your GP is also the best contact for ongoing care and concerns.

 1300 952 808       (03) 9429 3627

 [MELBENTGROUP.COM.AU](https://www.melbentgroup.com.au)

 G2/173 LENNOX STREET, RICHMOND VIC 3121

ABN 88 181 798 030