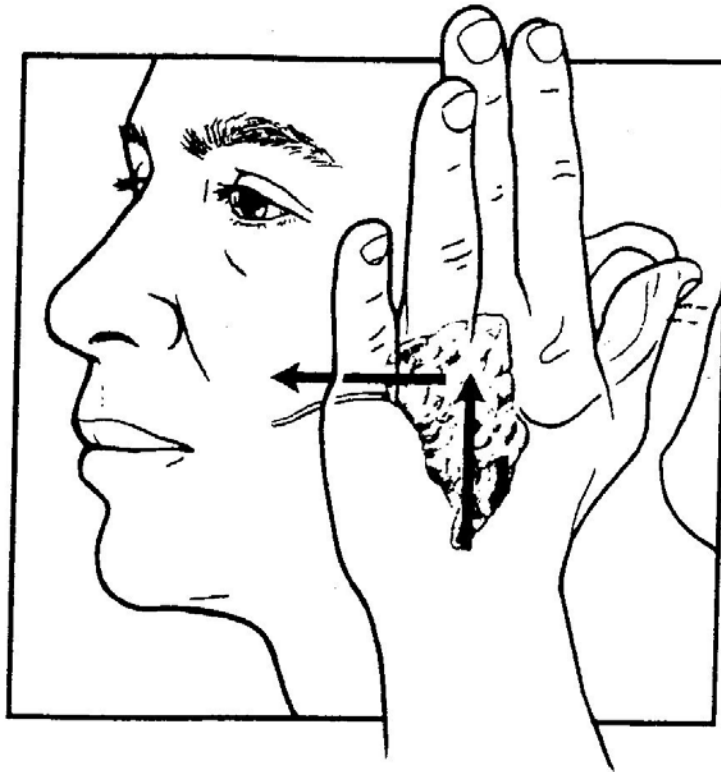


## SALIVARY GLAND INSTRUCTIONS



### **PLEASE FOLLOW THESE RECOMMENDATIONS:**

1. Increase water intake.
2. Frequently dissolve sugar-free, sour (i.e., lemon) candies throughout the day.
3. Gently massage glands with moist heat twice per day (see image above).
4. Please call the office if you experience increasing pain, new swelling and/or fever.