



Island ENT

Wellness and Audiology

Medical and Surgical Expertise with a Holist Approach

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SIALOGOGUES

Did you know?

The normal human salivary glands or “spit glands” produce over 1.5 liters of saliva every day.

Saliva production requires water, so hydration is important! When salivary glands don’t have enough water, saliva can become very thick, sometimes producing sludge and stones that can clog the ducts leading to inflammation and infection.

Dry mouth may be a sign of an underlying condition called Sjogren’s Disease, which is an autoimmune process that destroys saliva glands. This often requires a team effort between an ENT doctor and a rheumatologist to diagnose and treat this condition.

Recommended Treatment:

- Drink lots of water! Carry a small water bottle or refillable contained with you when you are away from home.
 - Eat lemon drops, lemons, lemon juice, or tart citrus. Anything that causes you to “pucker,” stimulates salivary production and flow.
 - Apply a heating pad or warm compress to the inflamed salivary gland. The heat will help open clogged ducts and improve blood supply, resulting in faster healing.
 - Gently massage the inflamed gland as often as possible. This will help break up sludge and promote health salivary flow.
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