

**Eastern Carolina ENT Associates, PA
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SALIVARY GLAND PROTOCOL

1. Drink 6-8 glasses of water daily.
2. Suck on lemon or lime slices.
3. Suck on hard candies, i.e. sourballs.
4. Massage area in circular motion as often as possible, or as often as you remember.
5. Use warm wet compresses on the area.
6. Gargle with warm salt water.