

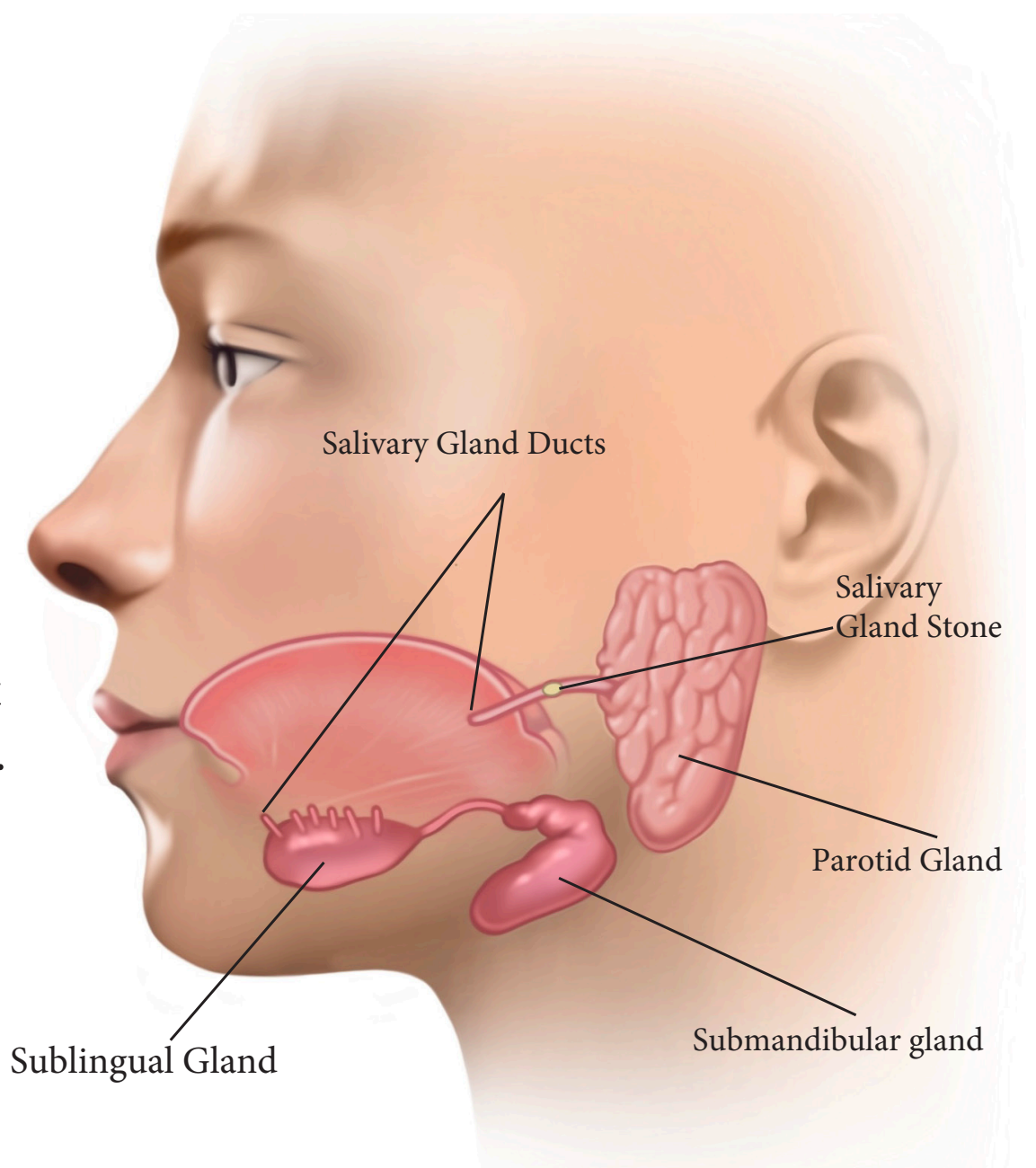
Sialolithiasis aka Salivary Gland Stones

Sialolithiasis is the formation of stones within the salivary glands., which is why it is commonly known as salivary gland stones.

These stones can block saliva flow causing dry mouth. Other symptoms can include facial pain, swelling, unusual taste, pr bumps under the tongue.

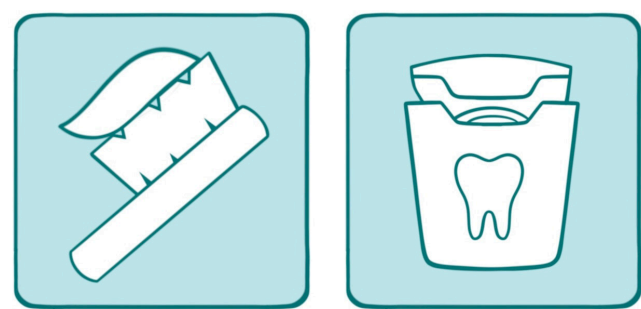
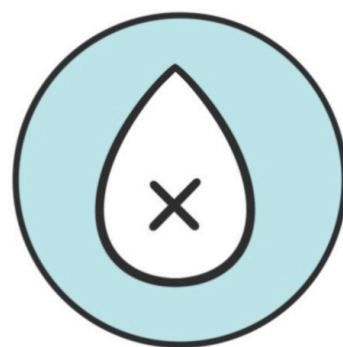
Salivary gland stones most frequently affect males ages 30-60, and rarely affect children. Salivary gland stones are rare, affecting 1 in 30,000 individuals.

Although preventing salivary gland stones is not totally possible, there are ways to help prevent and treat the condition.



What Can Cause Salivary Gland Stones?

- Dehydration (not drinking enough water)
- Smoking and drug use
- Trauma to your salivary glands
- Autoimmune diseases such as lupus and Sjogren's syndrome
- Medications such as diuretics



How Can You Prevent Salivary Gland Stones?

- Stay hydrated by drinking water regularly
- Avoid tobacco products and other drugs
- Practice good oral hygiene by brushing, flossing, and rinsing with non-alcoholic mouthwash regularly

How You Can Treat Salivary Gland Stones

- Consult a dentist or doctor to determine a treatment plan
- If cleared by your doctor, at home remedies such as a gland massage or NSAID's can be used
- If infection is causing the stones, antibiotics can be prescribed
- Surgery to remove the stones or the entire salivary gland is sometimes needed

