If a sharp and stabbing pain occurs in one of your salivary glands right before or while eating or drinking, the cause might be an obstruction (a stone or mucous plug). In rare cases, associated gland swelling can accompany the discomfort. Here are some tips for massaging or “milking” the gland that might help:

**Additional Tips:**
- Stay well hydrated to encourage the flow of saliva through the gland.
- Temporarily avoid foods and beverages that cause the pain and possible swelling.
- Apply warm compresses to the area to increase comfort.
- Ibuprofen may be taken temporarily to decrease pain and inflammation.
- Talk to your doctor about use of a mucolytic agent for 5-10 days to thin the saliva and allow it to easily pass through the salivary ducts.

*In all cases of salivary gland swelling and associated pain a medical professional should be consulted as soon as possible to determine the cause.*