

Recognizing Juvenile Recurrent Parotitis Early in Childhood: A Case Report Highlighting Conservative Care and Antibiotic Stewardship

Alanoud Zaid Aljarbou*

ABSTRACT

To highlight early recognition and successful conservative management of juvenile recurrent parotitis (JRP) in a preschool-aged child, emphasizing diagnostic accuracy and antibiotic stewardship and its direct implications for pediatric clinical decision-making and antimicrobial prescribing practices. This case emphasizes the importance of early recognition of JRP to prevent unnecessary antibiotic exposure in pediatric patients. Single-patient case report with literature review of recent pediatric studies. Pediatric infectious diseases clinic in Saudi Arabia. A 4-year-old boy presented with recurrent unilateral parotid swelling. Comprehensive laboratory testing excluded infectious and immunologic causes. High-resolution ultrasonography and MRI confirmed punctate sialectasis without obstruction or abscess. Conservative management included analgesia, hydration, and gland massage, with no antibiotic therapy. Relevant literature from 2015–2025 was reviewed to contextualize diagnostic approaches, management strategies, and outcomes. The patient experienced resolution of the index episode within five days and remained asymptomatic at six months follow-up. Literature review indicates that while sialendoscopy achieves 35–50% complete resolution in severe or refractory cases, the majority of pediatric patients respond well to non-invasive, supportive care. Ultrasonography reliably confirmed the diagnosis, and conservative management was effective without antibiotics. Early recognition of JRP based on clinical and imaging findings allows safe, effective management without antimicrobial therapy, minimizing unnecessary antibiotic exposure. This case demonstrates the feasibility of a structured conservative approach in preschool-aged children, provides a reproducible diagnostic framework, and underscores the importance of clinician awareness and family-centered education in optimizing care and supporting pediatric antimicrobial stewardship with potential relevance for shaping future pediatric practice recommendations.

Keywords: Juvenile recurrent parotitis; pediatric salivary gland; conservative management; antibiotic stewardship; sialectasis

Bahrain Med Bull 2026; 48 (3): 3629 - 3634

* Department of Pediatrics, College of Medicine
Imam Mohammad Ibn Saud Islamic University
Riyadh, Saudi Arabia.
Email: dr.alanoudaljarbou@gmail.com