



Lindsey Pennington, MD

F A C I A L P L A S T I C S

6030 Line Avenue #110

Shreveport, LA 71105

PH: 318-216-5366 | FAX: 318-216-5391

### **Starting 2 weeks before surgery:**

- **NO** Advil, Motrin, Aleve, or any other NSAIDS. The only thing you are cleared to take is Tylenol.
- If you get sick with a cold or virus, please LET OUR OFFICE KNOW AS SOON AS POSSIBLE this way we can direct you on medications safe to take before surgery
- Must stop **ALL** vitamins and supplements, this includes collagen, protein powders, pre-workouts, etc.
- Must have STOPPED any weight loss injections at least 2 weeks before surgery
- No hair extensions or eyelash extensions- these should have been removed before your pre-op appointment. If they have not been removed by then you will need to schedule a time to come back to office before surgery to have pre-op pictures taken.



Lindsey Pennington, MD  
F A C I A L P L A S T I C S

6030 Line Avenue, Suite 110  
Shreveport, LA 71105  
PH: 318-216-5366 | FAX: 318-216-5391

**KEY POINTS FOR AFTER SURGERY**

- You will not be able to shower until Dr. Pennington advises you to do so.
- You will not be able to blow dry your hair, wear makeup, skincare, or hair products for up to 3 weeks.
- You will not be able to do any cardio for 4 weeks. No weightlifting for 6 weeks.
- You will not be able to drive for 1 or sometimes 2 weeks after surgery.
- You must continue a no salt/low salt (under 2,000mg daily) diet until Dr. Pennington advises you may stop.
- If we did a structural neck lift and operated on your submandibular glands be sure to have a very bland diet, nothing sweet, sour, or salty.
- Do not wear clothing that you have to pull over your head, wear button ups or zip ups for the first 2 weeks.
- Sleeping in a recliner for up to 2 weeks after surgery with an airplane pillow
- You will be swollen, lumpy, bumpy, for up to 6 weeks after surgery. Be patient with the process, everyone's healing time varies but we will be with you every step of the way!