



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

Submandibular Gland Removal Aftercare

Regardless of the type of facelift or neck lift Dr. Pennington performs on you, you will want to limit the intake of foods that require a lot of chewing or mouth opening. Your chewing muscles will be sore in the face and neck and feel tight, this is very normal but can make eating certain foods difficult. Sticking with soft foods that are easy to chew in general is the best option for the first few weeks.

If Dr. Pennington removed a portion of your submandibular glands (deep structural neck lift) you will need to eat BLAND foods only. Do NOT eat sweet, sour, salty foods or candies that will increase saliva production. No gum chewing. If it makes your mouth water, avoid it. This is important while the glands are healing from surgery as more saliva production keeps them from healing and causes more swelling after surgery.

We want you to eat high protein, high fat, high fiber, and low carb foods.

Good examples of things to eat are:

- Scrambled eggs
- Omelet with veggies
- Lentils/beans
- Full fat plain Greek yogurt
- Oatmeal (not instant) with fruit
- Apple sauce (be mindful of the amount of sugar)
- Homemade smoothies (do not add protein powders)
- Fish filets (cod/salmon)
- Sweet potato
- Mashed potato
- Lean ground beef
- Shredded Chicken
- Avocado
- Artichoke