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

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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!