

WHAT IS A NECK LIFT?

A neck lift is a surgical procedure that can smooth and tighten the skin on the neck, providing a more defined and youthful appearance. A neck lift may be performed alongside a face lift, or be performed alone.

Some people find that the skin on their neck starts to sag as a result of aging or weight loss. Excess fatty tissue and loose muscles can create a double chin, drooping and a loss of definition along the jawline.

If these conditions need to be addressed we combine surgery and liposuction to remove both the fatty tissue and excess skin and correct and tighten the muscle bands. The procedure involves making a small, inconspicuous incision that starts just front of the earlobe but runs mainly in the hairline behind the ear, a small incision is also done under the chin. This procedure helps restore firmness to the neck and enhances the definition of the chin.

PRE-SURGERY CHECKLIST

1. Prescriptions filled before surgery and Tylenol.
2. Antibiotic ointment (Polysporin) or Vaseline.
3. Q-tips.
4. Paper tape.
5. Stop the use of all anti-inflammatories, ibuprofen/Advil/Motrin/Naproxen 2-weeks before and 2-weeks after your surgery. (Tylenol is fine to use).
6. Extra pillows to help elevate your back/head when sleeping.
7. Book an appointment to see Dr MacDonald after your surgery.

AFTER SURGERY

1. Use pain medication regularly for the first 24-48 hours, then lessen as you can.
2. Time off work is 2-4 weeks.
3. Don't do any activity that increases your heart rate for 6 weeks after surgery.
4. Slow walking right away is recommended.
5. Shower 2 days after surgery and remove bandages in the shower.
6. Apply antibiotic ointment daily using a Q-tip.
8. Burning or itchiness around surgical site is normal. Bruising and swelling are normal and may spread down neck and chest. Numbness in hair behind incision.
9. You can drive when you are no longer taking any pain medication and feel comfortable to do so.