

## 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. Get prescriptions filled before surgery and Tylenol
2. Antibiotic ointment (Polysporin) or Vaseline
3. Q-tips
4. Paper tape
5. Frozen facecloths – wet thin face cloths and place in freezer
6. Stop the use of all anti-inflammatories 2-weeks before and 2-weeks after your surgery (Tylenol is fine to use)
7. Extra pillows to help elevate your back/head when sleeping
8. Book an appointment to see Dr MacDonald after your surgery

## AFTER SURGERY

1. Don't do any activity that increases your heart rate for 6 weeks after surgery. Slow walking right away is recommended.
2. Shower 2 days after surgery and remove any bandages in the shower.
3. After every shower apply antibiotic ointment or vaseline gently with a q-tip and cover. Continue for 2 weeks.
4. Place frozen face cloths gently over neck every 3-4 hours until thawed. Do this for the first 48 hours after surgery.
5. Don't do any activity that increases your heart rate for 4-6 weeks.
6. Massage your scars with a gentle cream or ointment starting 2-weeks after surgery for 1-2 minutes 3x day then wipe clean and apply paper tape or gel sheeting. Use constantly until you're happy with the scar.
7. Avoid Vitamin E creams or ointments.
8. Time off work 2-4 weeks.
9. Bruising, itchiness and swelling are normal and may spread down neck and chest. Numbness in hairline behind incision may occur.
10. You can drive when you are no longer taking any pain medication and feel comfortable to do so.
11. No smoking.