

NECK LIFT

ABOUT THE PROCEDURE

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.

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.

Sometimes liposuction alone can correct the fullness, but it will not fix excess skin or sagging muscles. 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.

WHO IS A GOOD CANDIDATE?

Often extra fatty tissue is localized in a specific area on the body and may not change even when you lose weight.

The neck is a common area for these stubborn fat deposits to accumulate.

You may be a good candidate for a neck lift if you:

- Have extra fat on your neck.
- Loose neck muscles.
- Wrinkled or sagging skin.

This procedure helps restore firmness to the neck and enhances the definition of the chin.

POST-OPERATIVE INSTRUCTIONS

- Time off work 2-4 weeks.
- Don't do any activity that increases your blood pressure for 4-6 weeks.
- If your dressing is leaking or heavily soiled before 2 days after surgery, you can replace with new dressing if needed (e.g. a maxi pads or gauze work well for replacement dressings).
- Shower 2 days after surgery and remove bandages in the shower.
- Apply antibiotic ointment and light Band-Aid then put garment back on – do this daily.
- Wear the garment 24 hours a day for 6 weeks.
- Massage scars postoperatively to help minimize scarring (see general post-op instructions scar management).
- Call my office to make an appointment for one week after surgery for stitch removal.
- No smoking.

COMMON POST-OPERATIVE EXPERIENCES

- Scars can take up to 1 year to complete heal.
- Burning or itchiness around surgical site is normal.
- Bruising and swelling are normal and may spread down neck and chest.

OUTCOME

- See general post-op instructions.