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NECK LIFT

What Is a Neck Lift?

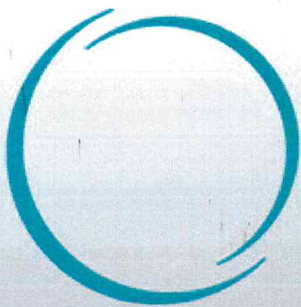
Consultation & Preparing for Surgery

The Procedure

Risks & Safety

Recovery After Surgery / Results

Cost



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WHAT IS A NECK LIFT?

The loss of youthful contours in the face and neck can be due to a variety of factors, including heredity, gravity, environmental conditions and stress. Some people feel they are not ready for a full facelift because the upper face is still pleasing. However, many patients will note excess wrinkling of the neck skin, a “turkey wattle” or double chin and jowl lines. When the neck area doesn’t match the upper facial appearance, a neck lift may be a good solution. A neck lift, or lower rhytidectomy, is a surgical procedure that improves visible signs of aging in the jawline and neck, such as:

- Excess fat and skin relaxation in the lower face that creates jowls
- Excess fatty deposits under the chin
- Loose neck skin
- Muscle banding in the neck that contributes to abnormal contours

In general, good candidates for a neck lift include:

- Healthy individuals who do not have medical conditions that impair healing
- Non-smokers
- Individuals with a positive outlook and realistic expectations

Rejuvenation procedures that can be performed in conjunction with a neck lift include brow lift (to correct a sagging or deeply furrowed brow), fat transfer (to add fullness to the lips and cheeks and reduce the appearance of wrinkles) and eyelid surgery (to rejuvenate aging eyes).

What it won't do

As a restorative surgery, a neck lift does not change your fundamental appearance and cannot stop the aging process. A neck lift can only be performed surgically; non-surgical rejuvenation treatments cannot achieve the same results, but may help delay the time at which a neck lift becomes appropriate or complement the results of surgery.



CONSULTATION & PREPARING FOR SURGERY

During your consultation, be prepared to discuss:

- Your surgical goals
- Medical conditions, drug allergies and medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco and drug use
- Previous surgeries

Your surgeon will also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Discuss your rejuvenation options
- Examine and measure your face
- Take photographs
- Recommend a course of treatment
- Discuss likely outcomes of a neck lift and any risks or potential complications
- Discuss the type of anesthesia that will be used

Prior to surgery, you may be asked to:

- Get lab testing or a medical evaluation
- Take certain medications or adjust your current medications
- Stop smoking
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding

Special instructions you receive will cover:

- What to do the night before and morning of surgery
- The use of anesthesia during your neck lift
- Post-operative care and follow-up

A neck lift may be performed in an accredited office-based surgical facility, licensed ambulatory surgical center or hospital. Since your neck lift will be performed on an outpatient basis, be sure to arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

Be sure to ask your plastic surgeon questions. It's very important to understand all aspects of your neck lift. It's natural to feel some anxiety, whether it's excitement for your anticipated new look or a bit of preoperative stress. Don't be shy about discussing these feelings with your plastic surgeon.

THE PROCEDURE

Step 1 – Anesthesia

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation and general anesthesia. Your doctor will recommend the best choice for you.

Step 2 – The incision

Depending on the degree of change you'd like to see, your neck lift choices include a traditional neck lift incision or a limited-incision neck lift. A traditional neck lift incision often begins in the hairline at the level of the sideburn, continues down and around the ear and ends in the posterior hair. Fat may be sculpted or redistributed from the jowls and neck. The tissue underlying the neck skin is repositioned, and commonly the platysma muscle is tightened. Skin is redraped over the uplifted contours and excess skin is trimmed away. A separate incision under the chin is often necessary for liposuction of this area and for repair of the muscle. Sutures or skin adhesives close the incisions.



A limited-incision neck lift may involve incisions only around the ear. While the incisions are shorter, the results may be more limited.

Step 3 – Closing the incisions

Incision lines are closed with sutures and possibly skin glue. Sutures may be dissolving, or may need to be removed after a few days.

Once healed, the incision lines from a neck lift are usually well concealed within the hairline and in the natural contours of the ear.

Step 4 – See the results

The visible improvements of a neck lift will appear as swelling and bruising subside. Your final result should not only restore a more youthful and rested appearance, but also help you feel more confident about yourself.



RISKS & SAFETY

The decision to have a neck lift is extremely personal. You will have to decide if the benefits will help you achieve your goals, and if the risks and potential complications are acceptable. You will be asked to sign consent forms to ensure that you fully understand the procedure and any risks and potential complications.

The risks include:

- Anesthesia risks
 - Bleeding
 - Temporary or permanent hair loss along incision site(s)
 - Facial asymmetry
 - Rare nerve injury that could cause weakness of the lower lip
 - Fluid accumulation (hematoma)
 - Infection
 - Unfavorable scarring
 - Prolonged swelling
 - Skin irregularities and discoloration
 - Skin loss
 - Sutures may spontaneously surface through the skin, become visible or produce irritation and require removal
 - Numbness or other changes in skin sensation
- Persistent pain
 - Poor wound healing
 - Rare risk of deep venous thrombosis with cardiac or pulmonary sequelae
 - Unsatisfactory results that may require revisional surgery

These risks and others will be fully discussed prior to your consent. It is important that you address all your questions directly with your plastic surgeon.



RECOVERY AFTER SURGERY

When your procedure is completed, a bandage may be placed around your face and neck to minimize swelling and bruising. A thin tube may be present to drain any excess blood or fluid that collects under the skin.

You will be given specific instructions that may include how to care for the surgical site and drains, medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or in your general health, and when to follow up with your plastic surgeon.

It is important to keep your head elevated above your heart to minimize swelling and to keep your head straight (no excessive twisting or bending of the neck). **DO NOT APPLY ICE** to the neck as this can compromise blood flow and result in skin death. Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period:

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery?
- When will they be removed?
- Are stitches removed? When?
- When is it safe for me to drive?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

RESULTS

It may take several weeks to months for swelling to fully dissipate and up to six months for incision lines to mature. Life-long sun protection and a healthy lifestyle will help extend the results of your rejuvenated, more youthful appearance.

As swelling and bruising subside, the visible improvements of a neck lift appear. Your final result should not only provide a more youthful and rested appearance, but also help you feel more confident about yourself.

Although good results are expected from your procedure, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure and another surgery may be necessary.

Following your physician's instructions is essential to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, abrasion or motion during the time of healing. Avoid wearing any clothing that must go over your head. Your doctor will give you specific instructions on how to care for yourself.



COST

Prices for a neck lift can vary. A surgeon's cost may be based on his or her experience, the type of procedure used and the geographic location of the office. Many plastic surgeons offer patient financing plans, so be sure to ask.

Cost may include:

- Anesthesia fees
- Hospital or surgical facility costs
- Medical tests
- Prescriptions for medication
- Surgeon's fee

Most health insurance does not cover cosmetic surgery or related complications. You must carefully review your health insurance policy.

Your satisfaction involves more than a fee. When choosing a plastic surgeon for a neck lift, remember that the surgeon's experience and your comfort with him or her are just as important as the final cost of the surgery.

Plastic surgery involves many choices. The first and most important is selecting an American Society of Plastic Surgeons (ASPS) member you can trust.

ASPS member surgeons meet rigorous standards:

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Van: Procedure Information
<ProcedureInformation.msksgemaalphjmescimch@email.plasticsurgery.org>
Verzonden: maandag 15 juni 2020 18:20
Aan: marianne.mertens@proximus.be
Onderwerp: Neck Lift Procedure



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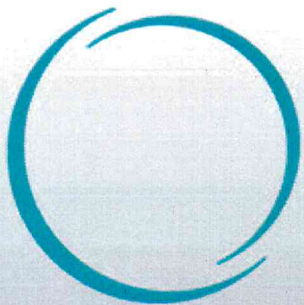
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