

Neck Lift Pre-operative Information

A neck lift procedure aims to rejuvenate the neck and restore a youthful contour. Droopy skin and fat in the neck is unfortunately a common problem and is one of the earliest signs of aging for many people. Aging of the face, eyelids and brow often becomes more noticeable some years after the neck.

As we age, the area under our chins can develop excess fat, sagging skin, muscle or a combination of these. This can give the appearance of weight gain even if you have not actually gained any weight. Sometimes these changes in the neck are referred to as a “turkey neck”. Changes in the neck are often a very early sign of aging even before significant changes in the face start to occur. Requests to rejuvenate the aging neck through a neck lift are common.

Often the redundancy of the neck tissues is also seen in the face. In many patients the excess tissue in the neck was originally located up in the face and has fallen slowly over many years below the jawline into the neck. Sun exposure, genetic factors as well as significant changes in weight can accelerate this process.

The best way to rejuvenate the neck is through a neck lift procedure. In this procedure redundant skin, muscle and fat is contoured and repositioned back where it should have been in earlier years. Sutures are used to suspend the tissue back up around the ears. Typically, a small incision is made under the chin where the hanging edges of the platysma muscle are stitched together. Further small incisions hidden around the ear and hairline then allow the neck tissues to be lifted and tightened. The end result is usually a very smooth, tight jawline and neck.

A neck lift can be combined with a facelift to include rejuvenation of the midface and upper face. It can also be performed without including these upper areas. The incisions (scars) for a neck lift are in a very similar location to a facelift so these two procedures are very often performed together.

In some patients, there may be other more minimally invasive techniques that can offer some improvements in neck contour. None of these achieve the same results as a neck lift but are generally more affordable and have less down time.

Neck Liposuction

Liposuction removes fat cells through a small suction device. 3 tiny “ports” or cuts in the skin are required to insert the device used to remove the fat. Like Coolsculpting liposuction only removes fat and does not address significant excess skin or muscle that may be redundant in the neck. Most surgeons perform liposuction under general anaesthesia in a hospital. Modest improvements in the appearance of the neck are generally achieved.

Platysmaplasty

This procedure focuses on the platysma muscle that sits just underneath the skin’s surface at the front of the neck. Over time, this muscle can create significant horizontal bands around the neck, adding to an aged appearance. Vertical lines can also appear where the muscle ends near the midline.

A platysmaplasty is a surgical procedure that stitches the edges of the muscle together and can create a smoother neck surface. This is part of a facelift and neck lift.

Neck Lift

A neck lift is a surgical procedure that reduces excess fat, muscle and skin from the neck. The key element to its success is tissue mobilization, lifting and tightening. It can create a smoother neck

contour and a more youthful look. It is frequently combined with a facelift. Incisions are hidden around the ear and in the hairline as well as a small incision under the chin.

There are a variety of techniques that may be used for the neck lift, allowing Dr Roth to customize the procedure to the unique needs of each patient.

Dr Jason Roth is a specialist facial plastic surgeon who is trained to perform neck lift and facelift procedures safely and effectively. He has trained with Dr Neil Gordon, one of the leading facelift and neck lift specialists in the United States.

Vertical platysmal bands

- These are best treated through a small incision under the neck which allows the two edges to be sutured together in the midline. Once the muscle has been stitched together, it can be lifted by other small incisions located near the ear to eliminate the bands completely.



Submental fat

- Fat under the chin often needs to be removed through surgery, liposuction or Coolscuting. A neck lift will remove both the fat as well as any redundant skin and muscle.



Loose neck skin

- Loose neck skin tends to wrinkle and sag. The platysma muscle (which is often very prominent in younger patients) tends to thin out. Loose neck skin is best addressed through a neck lift procedure.

