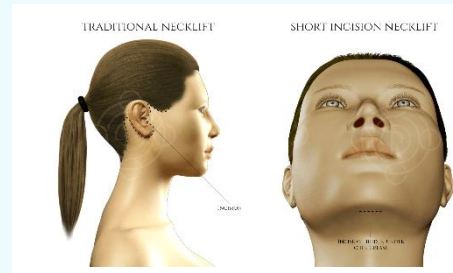


NECK LIFT

- **Introduction**
- **Candidate**
- **Consultation**
- **Question to Ask**
- **Risk & Safety**
- **Preparation**
- **Procedure Steps**
- **Recovery**
- **Result**
- **Before & After Photo**
- **Visual Animation**



What Neck Lift Surgery Can Treat

- 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, which created abnormal contours

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 double chin or "turkey wattle" and jowl lines.

When the neck area doesn't match the upper facial appearance, a neck lift may be a good solution.

Nonsurgical Neck Lift

Some people may want to improve the aging appearance of their neck with nonsurgical procedures. Some of the benefits of these nonsurgical options include a quicker recovery time and fewer risks.

Botox can be used on the vertical neck bands to relax the muscle and reduce wrinkling. Fractionated laser treatment can lead to textural improvements in the skin. **Dermal fillers** can restore lost volume to the skin, while **Kyaballa** can break down fat cells.

Who Is A Good Candidate For Neck Lift Surgery?

In general, **good candidates for a neck lift** include:

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

What Should I Expect During A Consultation For Neck Lift Surgery?

During your **neck lift surgery 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 neck lift 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

What Questions Should I Ask My Plastic Surgeon About Neck Lift Surgery?

Use this checklist as a guide during your **neck lift consultation**:

- Am I a good candidate for this procedure?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are the risks and complications associated with my procedure?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

What Are The Risks Of Neck Lift Surgery?

The decision to have a neck lift is extremely personal. You will have to decide if the benefits will achieve your goals, and if the **risks and potential complications of a neck lift** are acceptable.

You will be asked to sign consent forms to ensure that you fully understand the procedure and any risks and potential complications.

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.

How Should I Prepare For Neck Lift Surgery?

In **preparing for neck lift 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 on the night before and morning of surgery
- The use of anesthesia during your neck lift
- Postoperative care and follow-up

What Are The Steps Of A Neck Lift Procedure?

A **neck lift procedure** includes the following steps:

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

What Should I Expect During My Neck Lift Recovery?

During your **recovery from neck lift surgery**, a bandage could gently be placed around your face and neck to minimize swelling and bruising when your procedure is completed.

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.

Be sure to ask your neck lift surgeon specific questions about what you can expect during your individual recovery period:

- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery?
- Are stitches removed? When?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

What Results Should I Expect After Neck Lift Surgery?

- As swelling and bruising subside, the visible improvements of a neck lift appear. Your result should not only provide a more youthful and rested appearance, but also help you feel more confident about yourself..
- Following your plastic surgeon's instructions is essential to the success of your surgery.

Before & After Photo



Visual Animation  [Adi care 007](#)

FOR APPOINTMENT

Adi Care
Cosmetic & Anti-Ageing Centre
E-7/32 Arera Colony Ashoka Housing
Society Near Sai Board Square Bhopal

Dr Anand Gautam
Mch (Plastic Surgery)
0755-3145063, 9406523611
7987979675

