

NECKLIFT

Loose, sagging and baggy skin under the neck can be the result of losing a lot of weight, heredity or just plain old aging. In any case, if you have it, you know how unattractive it looks and how all of that excess skin under your neck adds years to your appearance. There are a number of procedures available to enhance the appearance of the neck. They range from very minimal in-office treatments with no down time, to more invasive procedures requiring anaesthesia and time off for recovery. Aging of the neck is usually a combination of loose skin and muscle and some excess fat. To decide what is best for you, start by consulting a board-certified plastic surgeon to address your concerns.

Neck lift procedure

Sometimes called a cervicoplasty or neck lift with platysmaplasty, the procedure will last two to three hours. A small incision under your chin and possibly in front of and/or behind your ears. These incisions allow access to the platysma (neck muscle) and any fat in the neck. The neck muscles can then be tightened and any excess fat removed.

Once the muscle has been tightened and any excess fat removed the skin is re-draped over the neck. Any excess skin is removed and the incisions are closed with sutures. Recovery takes time, and it's important that you are patient with the process. Most people can return to work in 10 to 14 days. If you participate in other sports or are physically active, you will have to wait at least three weeks--if not longer--to resume those activities.

There will be a small amount of swelling and bruising that can last for several days. You may feel tightness or tingling and different sensations including burning or pulling. You also will experience areas numbness on the skin. These are all very normal in the first few weeks following surgery and should not be cause for concern.

As with any surgery, you run the risk of infection. Please keep a watchful eye on your temperature. At the first sign of a fever, contact your doctor. If you have unusual discharge, such as pus, from the incision site, contact your doctor immediately.

Although it's very rare, you could have an allergic reaction to medications given during or after your surgery. That's why it's very important to disclose any drug allergies to your doctor in a pre-operative consultation.

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