

Neck Lift

Motivation:

Reasons for a neck lift are tissue redundancy of the neck, visible tight platysma ligaments in the midline, double chin formation, skin laxity .

Over 90% of face lifts are performed in combination with a neck lift to give both as one unit a complete youthful rejuvenated look.

Goal: A long, slim and smooth neckline with a defined jawline and non visible fat pads are the most powerful signs of youth. Every sign of aging goes along with a certain technique to rejuvenate the neck.

Liposuction of the Neck (Double Chin)

Especially the double chin stays although you have done regular workouts and weight loss. It is mainly visible on photos when you show a bright smile.

Preparation: Marking of the pre- and subplatysmal fat pads in standing position.

Technique: The removal of both fat pads is performed by liposuction in tumeszenz technique with the Slimlipo Laser to melt the fat down to a liquid fluid and removed with a 2-3mm liposuction cannula. The jawline appears more defined and youthfully, the double chin disappears. The 2-3mm incision is non-visible.

Anaesthesia: Under local or general anaesthesia

Time: 1hr

Recovery Time: 2 weeks, pressure garment needs to be worn for 2 weeks day and night.

Neck Lift, Incision Line behind the Ear

Preparation: The incision line is extended from the face lift incision, running behind the ear and in the hairline.

Technique: The skin tissue of the neck will be dissected from the platysma. The anterior part of the SMAS is moved and fixed by a suture behind the ear on the mastoid. The skin redundancy will be removed followed by the suture.

Anaesthesia: General anaesthesia.

Time: up to 1,5h

Recovery Time: one night hospital stay, 2 weeks, suture removal after the 1st and 2nd week. Wearing the pressure garment for 2 weeks.

Neck Lift, Incision Line under the Chin in the Midline (Submental Region)

Preparation: Incision horizontal 3-5cm long and 2cm behind the inferior chin fold.

Technique: Dissection of the vertical ligaments, lifting with sutures of the platysma, removal of the fat pads and skin redundancy.

Anaesthesia: Vollnarkose

Time: 2hrs

Recovery Time: one night as an in-patient, 2 weeks wearing of pressure garment on the neck, suture removal after 7-12 days.

What you Have to Consider before and after Surgery

Preop:

- 5-7 days prior surgery consultation for the final consent
- Lab control: clotting screen, blood screen, renal- and liverfunction, sodium and potassium
- Not a high alcohol consume, no anti-clotting drugs like aspirin, ginger water, green tea or Vit B substitutes 2 weeks prior surgery
- Start 3 days before surgery with arnica D12 5 pills 3x a day

Postop:

- Continue with arnica, bromelain, antibiotic- and anticoagulation for prevention thrombosis, embolism
- Sleeping with your head elevated 45° during the first nights
- Consult a cosmetician who is experienced with lymphatic drainage from 4th day postop, once or twice a week for the following 2-4 weeks
- No workout for approx. 14 days, no sauna visits and no intense sun exposure for 6-8 weeks, use a sun blocker and big sunglasses