

NECK LIFT

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AMERICAN SOCIETY OF
PLASTIC SURGEONS •

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, age, environmental conditions, and stress. Some people feel they are not ready for a full facelift because the upper face is still pleasing. 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, which created 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 are:

- 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
- 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 and 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 or vaping
- 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
- Post-operative care and follow-up



A neck lift may be performed in an accredited office-based surgical facility, licensed ambulatory surgical center, or a 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.

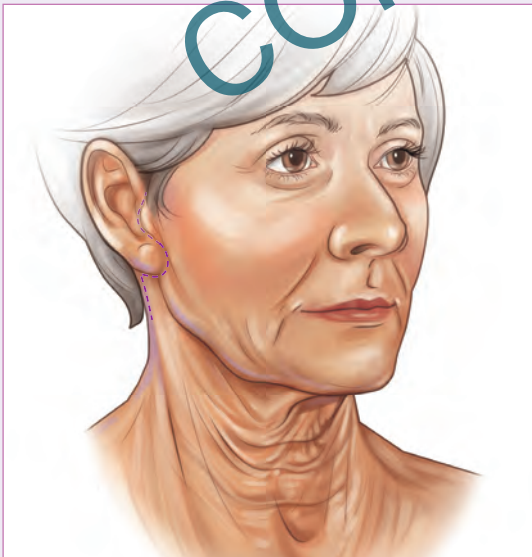
Step 2 - The incision

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** starts in the hairline near the sideburn, goes around the ear, and ends in the back of the head. The jowls and neck may be reshaped, the neck tissue is lifted, and the platysma muscle is often tightened. The skin is then re-positioned to match the newly contoured shape, with any excess being removed. An additional incision under the chin may be needed for liposuction or muscle repair and the cuts are closed with sutures or skin adhesives.

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

Some patients may benefit from a **direct neck lift** in which all of the incisions are made in the anterior neck and there are no incisions around the ear. The scar may be more visible at first, but usually fades over time.



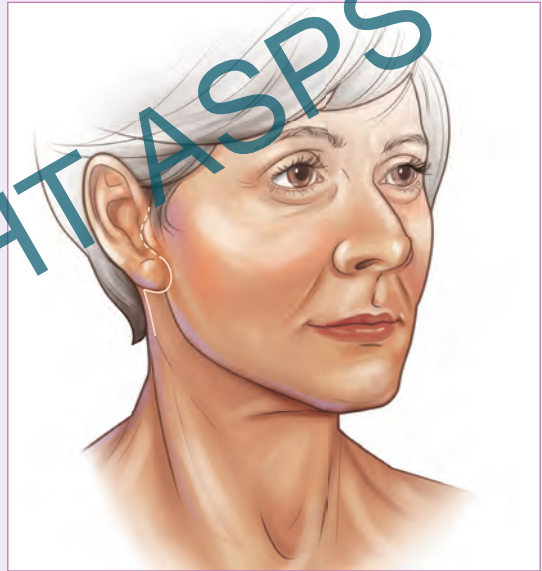
Step 3 - Closing the incisions

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 result should restore a more youthful and rested appearance.



Risks & Safety

The choice to undergo neck lift surgery is a highly individual one, requiring consideration of whether the potential benefits align with your desired outcomes, and if the associated risks and complications are acceptable. Your surgeon will discuss the specific risks related to your procedure with you.

Before the procedure, you may be asked to sign informed consent forms to confirm that you have a thorough understanding of the procedure and any potential risks and complications. It is important to ask any questions you may have to fully understand these risks.



Risks can include:

- Anesthesia risks
- Bleeding
- Temporary or permanent hair loss along the incisions
- 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 which may require revisional surgery

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

Recovery & Results

When your procedure is completed, a bandage could gently 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 may collect 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.

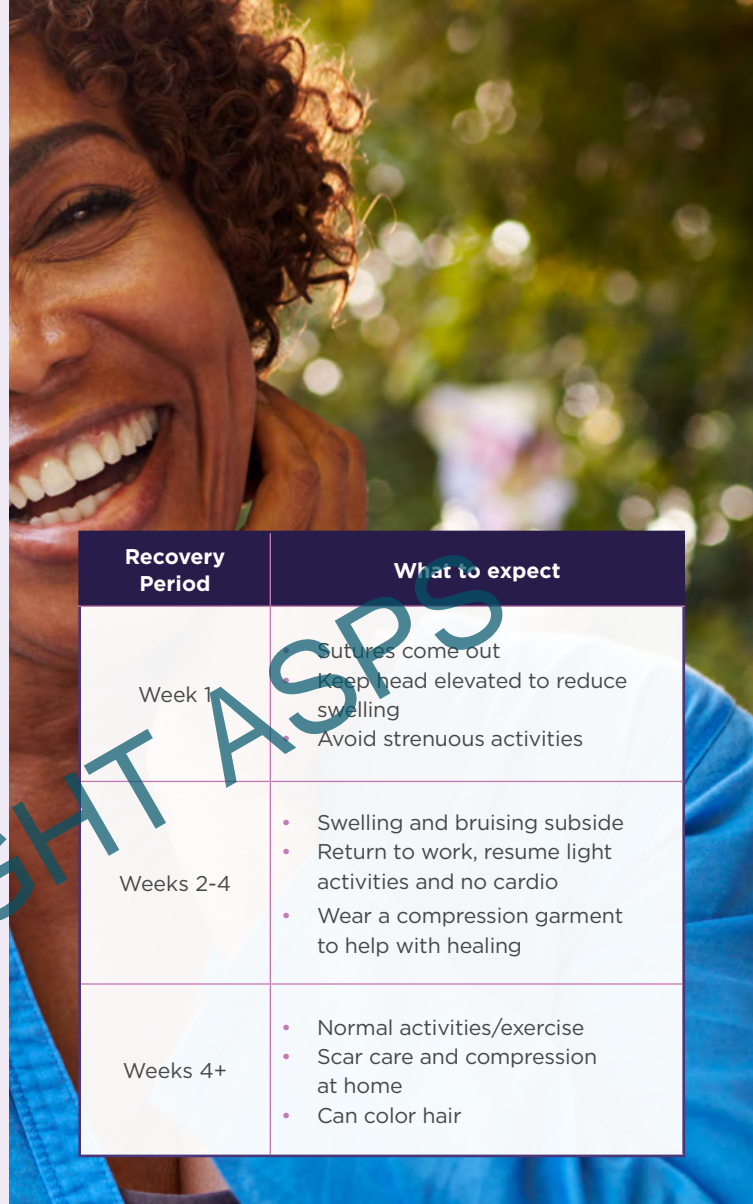
It is important to keep your head elevated above your heart to minimize swelling and to keep your head straight (no excessive twisting or bending of the neck). DO NOT APPLY ICE to the neck as this can compromise blood flow and result in skin death.

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?

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.



Recovery Period	What to expect
Week 1	<ul style="list-style-type: none">• Sutures come out• Keep head elevated to reduce swelling• Avoid strenuous activities
Weeks 2-4	<ul style="list-style-type: none">• Swelling and bruising subside• Return to work, resume light activities and no cardio• Wear a compression garment to help with healing
Weeks 4+	<ul style="list-style-type: none">• Normal activities/exercise• Scar care and compression at home• Can color hair

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.

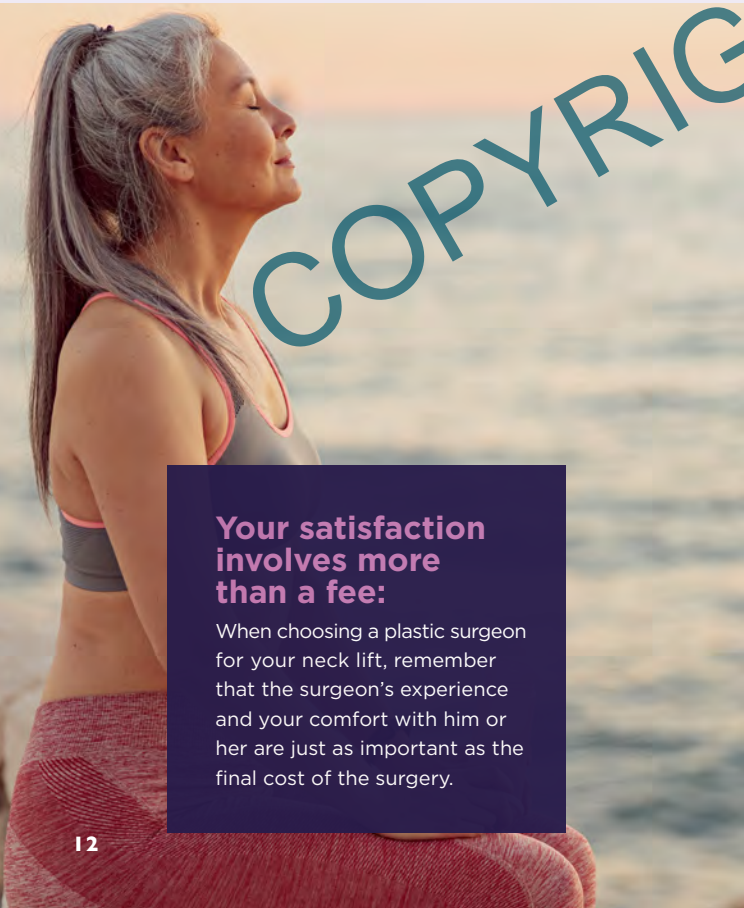
Cost

Prices for neck lifts can vary. A surgeon's cost may be based on his or her experience, the type of procedure used, and geographic office location.

Cost may include:

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

Most health insurance plans do not cover neck lift surgery, as it is considered cosmetic surgery. Please ask your surgeon for a complete picture of the costs you can expect for your neck lift. Many plastic surgeons offer patient financing plans.



Your satisfaction involves more than a fee:

When choosing a plastic surgeon for your 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.

Words to know

- **General anesthesia:** Drugs and/or gases used during an operation to relieve pain and alter consciousness.
- **Hematoma:** Blood pooling beneath the skin.
- **Intravenous sedation:** Sedatives administered by injection into a vein to help you relax.
- **Jowls:** A jaw line that sags into the neck, usually caused by loss of muscle tone in the lower face.
- **Local anesthesia:** A drug injected directly to the site of an incision during an operation to relieve pain.
- **Rhytidectomy:** A surgical procedure also known as facelift, to reduce sagging of the mid-face, jowls and neck.
- **Platysma muscle:** A superficial muscle found in the neck. It covers most of the front and sides of the neck. The muscle can form bands as it splits with aging which is often addressed during necklift surgery.
- **Liposuction:** A surgical procedure that uses a suction technique to remove fat from specific areas of the body.

Questions to ask my plastic surgeon

- Are you certified by the American Board of Plastic Surgery?
- Are you a member of the American Society of Plastic Surgeons?
- Were you trained specifically in the field of plastic surgery?
- How many years of plastic surgery training have you had?
- Do you have hospital privileges to perform this procedure? If so, at which hospitals?
- Is the office-based surgical facility accredited by a nationally- or state-recognized accrediting agency, or is it state-licensed or Medicare-certified?
- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- Where and how will you perform my 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?
- How are complications handled?
- What are my options if I am dissatisfied with the outcome?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

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Make the Right Choice

Plastic surgery involves many choices. The first and most important is selecting a member of the **American Society of Plastic Surgeons (ASPS)**.

ASPS member surgeons meet rigorous standards:

- Board certification by the American Board of Plastic Surgery (ABPS)® or in Canada by The Royal College of Physicians and Surgeons of Canada®
- Complete at least six years of surgical training following medical school with a minimum of three years of plastic surgery residency training
- Pass comprehensive oral and written exams
- Graduate from an accredited medical school
- Complete continuing medical education, including patient safety each year
- Perform surgery in accredited, state-licensed, or Medicare-certified surgical facilities

Do not be confused by other official-sounding boards and certifications.

The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with “cosmetic surgery” in its name. By choosing a member of The American Society of Plastic Surgeons, you can be assured that you are choosing a qualified, highly trained plastic surgeon who is board certified by the ABPS or The Royal College of Physicians and Surgeons of Canada.



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