

## General Information About the Neck Lift

The neck lift can improve the appearance of jowls, neck banding, a fleshy or sagging neck and a turkey wattle. The incisions for the neck lift may be located under the chin and/or behind the ears.

For the platysmaplasty, the neck muscles will be altered as necessary and permanent sutures may be used to secure the tissue in place. For cervicoplasty, the skin of the neck will be trimmed and lifted into place, then secured with stitches or tissue glue. Liposuction can be performed if necessary to remove excess fat.

## How Do I Begin?

The first step in considering a neck lift is setting up a personal consultation with Dr. Stevens.

During your consultation, the doctor will discuss your specific cosmetic goals and assess your physical and emotional health. Dr. Stevens will detail the various options for a neck lift as well as the likely outcomes of surgery. Potential risks, complications and your health history will also be discussed at this time and any questions that you may have will be addressed.

Based upon your individual case, Dr. Stevens will develop and recommend a specific course of treatment for you.

## Health Considerations

It is important that you inform Dr. Stevens of your current and past health conditions. This should include the following: previous surgical procedures; current medications; the use of vitamins, herbal supplements, nutritional supplements, alcohol, tobacco, and drugs; and any medical conditions that you may have such as cardiovascular disease, high blood pressure, circulatory disorders, or diabetes.

## Other Procedures to Consider

The neck lift is also commonly performed in conjunction with other procedures such as a facelift or browlift. Botox can also be used to treat neck bands and may be combined with the neck lift if necessary. Similarly, liposuction of the neck may be performed on its own or in conjunction with the neck lift to address excess fat in the neck region. Make sure to ask Dr. Stevens for recommendations if you're considering more than one procedure at once.

### GLOSSARY OF TERMS

- **Cervicoplasty:** Procedure to remove excess skin.
- **Platysmaplasty:** Removes or alters neck muscles.
- **Neck Banding/Turkey Wattle:** Weakened or loose muscles around the neck.
- **Permanent Sutures:** Internal stitches that will remain permanent.
- **Tissue Glue:** Used to hold tissue layers together during surgery and to diminish post-operative bruising following surgery.
- **Liposuction:** A procedure that vacuums out fat from beneath the skin's surface to reduce fullness.
- **Facelift:** A procedure to improve the signs of aging in the face and neck.
- **Browlift:** A procedure to minimize the creases that develop across the forehead or those that occur over the high bridge of the nose. Also helps reposition a sagging brow.