

Neck Lift

Do you want to trick people into thinking you've lost a lot of weight or that you've performed some other rigorous exercise to tone your neck? You might want to consider a neck lift. It is common for the neck area to age before the face. Many factors contribute to a full or sagging neck. If you've lost a lot of weight, your neck may be taking its time to catch up. For others, your genes may be responsible. Whatever the reason, patients seek to have their necks rejuvenated all the time.

How is a neck lift done? Recovery? What are the complications of a neck lift?

How is a neck lift done?

Dr. Butterfield takes the time during every pre-operative consultation to learn what her patients want to achieve from a neck lift. By listening to what patients have to say and closely examining them rather than performing a one-size-fits-all procedure on every person, she provides patients with completely customized treatment that takes into account their specific goals.

Typically, the procedure will last two to three hours. Of course, if you are having a neck lift in conjunction with liposuction, face-lift, forehead lift, or other surgeries, the time will vary accordingly. Dr. Butterfield will make incisions under your chin and behind your ears, allowing her to access the neck muscles and fat and manipulate these structures accordingly.

Sometimes, that may even mean removing some muscle. If the neck muscles require tightening, Dr. Butterfield will place sutures to hold the tissue in place. The fat of the neck will also be reduced either by surgical removal or by liposuction.

Once the surgical restructuring is complete, the skin is closed with sutures and a special dressing is applied. Dr. Butterfield will fit you with a compression bandage that you will have to wear for at least one week.

Recovery?

Recovery takes time, and it's important that you're 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.

What are the complications of a neck lift?

You will have swelling and bruising that can last for several days. You may feel tightness or tingling. You also will experience numbness. 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. Finally, although most patients produce scars that are fine, some patients may develop more unsightly scars due to predisposing genetic factors.