



neck lift (cervicoplasty)

In some people, the neck can show faster signs of ageing than the face and many times patients only need a neck lift, rather than a full face lift. But age is not the only reason: losing considerable weight in a short period of time or heredity can determine people to have a neck lift.



about neck lift

A neck lift is the surgical procedure that improves the appearance of a patient's neck by removing excess skin and tightening the muscles underneath.



Performed either alone or as part of a face lift for a smooth, natural appearance, this procedure best suites people with loose sagging skin under the chin, vertical bands in the neck, wattles or necks that are too heavy.



Your expectations need to be realistic. With the latest developments in this area of cosmetic surgery, the overall achievement will be having a completely natural look and a smoother, younger appearance. While this makes patients feel more confident, it will not change their lives.



your consultation

The first consultation with your surgeon is a major step towards a successful operation. Together you will decide what procedure best suites you. Having a good state of health is always important.

During your consultation, Dr. Eleftheriou will take a general medical history and will discuss your goals for the procedure, explaining what results you can reasonably expect.

The decision of having a facelift or other procedure in conjunction with the neck lift belongs entirely to you. During the consultation, your doctor will also decide what kind of anaesthesia will be used.



preparing for surgery

After a thorough examination, your surgeon will take a full medical history and will ask you about any allergies that you may have, disorders, past illnesses, if you are a smoker or on any medications. This includes vitamins, herbal supplements, and over the counter medications. Before your surgery:

- You must stop eating and drinking 6 hours before your surgery appointment.
- You should not take aspirin or anti-inflammatory medicines such as ibuprofen for 3 weeks before surgery.
- Avoid alcoholic beverages for 24 hours prior to surgery.
- Stop or reduce smoking for at least 2 weeks prior and after surgery.
- You must arrange for someone to take you home and make sure you are comfortable.
- You must also arrange for a responsible adult to stay with you for the first 24 hours following surgery.
- Wear loose and comfortable clothing on the day of surgery.
- Do not wear any contact lenses, jewellery, makeup or nail polish.
- Please bring your prescription medication (pain medication, nausea medication, antibiotics, etc) with you on the day of surgery.

your operation

Neck lift surgery usually takes between two and three hours, longer if a facelift is performed. Usually done under general anaesthetic, it requires an overnight stay in the hospital.

Neck lift operation provides exciting results for various problems:

- Vertical bands or “turkey wattles” will be addressed by platysmaplasty surgery. Small incisions under your chin or behind your ears will help reach your neck muscles and rearrange them as needed.
- Loose, sagging skin can be corrected with cervicoplasty surgery. Similar incisions will be performed; then your surgeon will trim the skin and secure it with stitches or tissue glue. You may be asked to wear a compression bandage for at least a week after your surgery.
- Elimination of both superficial and deep seated fatty tissue in the neck, as well as trimming the lower poles of the submandibular glands, for a more detailed neck contouring. For excessive fat, your surgeon will perform liposuction, thus vacuuming the fat away through thin cannulas.



- If extensive contouring is needed, direct reduction of the fatty tissue through an incision under the chin is the right procedure.

Usually when performing neck lifts, Dr. Eleftheriou removes fat as well. The necklift, just like facelifts is performed together with submental liposuction.

recovery

Normally, after a neck lift, you will spend the night in the clinic. You will need to rest for 3 to 4 days following the surgery. The bandages are removed on the 2nd day after the operation.

Facial swelling and bruising are common side effects of the surgery and are best seen on the fourth or fifth day after the operation. Feelings of tension and sensitivity disturbances are common. These will disappear in a couple of weeks.

Your surgeon will prescribe paracetamol or medication provided by the hospital that will reduce the discomfort. Do not take aspirin or other anti-inflammatory medication as these can promote bleeding.

A light dressing will protect the operated area for 2 weeks. Afterwards, your dressing will be removed and your surgeon will inspect the area. Pink scars will be firmly visible for at least six weeks and it may take up to 2 years to fade away.

If you smoke, you will need to stop two weeks before and two to three weeks after your surgery for a faster healing process.

You should be able to return to work in one to two weeks. However, avoid any strenuous physical activities for at least three weeks.

risks and complications

There are risks associated with any type of surgery, and cosmetic procedures are no exemption. However, neck lift complications are extremely rare.

Complications such as bleeding during or soon after the procedure, infection and a reaction to the anaesthetic may occur.

Our caring medical staff will take time to walk you through some common risks that you take when deciding to go through with the procedure. You must remember that side-effects are temporary.