



PANTHEA
CLINICS



Neck Lift



What is a Neck Lift?

Environment, time and gravity eventually take their toll on the way your face and neck look. This can lead to wrinkles and changes in the shape of the face or a loose neck and jowls. Neck lift surgery seeks to unwind the clock on a person's face, leaving them looking and feeling refreshed and younger.

A well-contoured neck is imperative to an attractive and appealing face. A good neck line conveys a sense of youth and vitality, and lends an appearance of sensuality and beauty. Neck improvement is of high priority to almost every patient seeking facial harmony and rejuvenation, and the results of facelift procedures are largely judged by the outcome achieved in the neck. If the neck is not sufficiently improved, patients are usually dissatisfied with the results.

A youthful and ideal neck is often presented as taut, slim and angular, and is defined by its sharp borders, most notably at the jowl line, as well as the cervicomental angle (the jaw-to-neck transition at the Adam's apple). Various approaches have been used to achieve these results, and Dr Farhadieh will discuss whether all surgical options with you at your initial consultation.

Will I need to have a facelift as part of my procedure?

The best way to think of the face and the neck is as a whole rather than the sum of various parts. In any facial procedure, it is vital to maintain harmony of the closely blended structures. Therefore, the lower face and the neck are often considered together as they are so closely intertwined. Often, if one part of the face or neck has aged, other parts may have also aged. It is imperative to take a holistic approach to avoid a piecemeal outcome.

Therefore, many patients decide to address other areas of the face in conjunction with the neck in order to achieve better facial harmony by accentuating or reducing some features. It is rare for a patient to undergo a neck lift without a face lift, however, many also consider a brow lift, eyelid lifts, and occasionally a rhinoplasty as well.



What can I expect at my initial consultation?

History

Dr Farhadieh will go through details of your medical history such as any previous surgeries, current medications, allergies, family history, cardiac and/or pulmonary history and smoking history.

Physical examination

Dr Farhadieh will examine you and assess the skin quality, laxity and character. Most importantly is the assessment of so called platysmal bands both in dynamic (under movement of the facial muscles) and static (at rest) state.

Aesthetics

Dr Farhadieh will discuss all surgical options with you including the different types of neck lifts and associated procedures such as facelifts, eyelid lifts and brow lifts. This allows us to find the right option for you and address your particular needs. Regardless of which option you choose; your surgical incisions will be tailored to your preference to ensure that they can be concealed as much as possible.

General

Every surgery carries risks and complications, and these will be discussed with you at length during your consultation. Dr Farhadieh will also take preoperative photos as part of your medical records. Smokers will be instructed to stop smoking for 3 - 6 weeks prior to surgery and to abstain for at least 3 - 6 weeks after surgery.



What happens on surgery day?

Prior to surgery

On the day of your surgery, you will be admitted to hospital where Dr Farhadieh will see you along with our anaesthetist so that any remaining questions can be addressed and your procedure check list can be reviewed for a final time. Surgical markings will be made just prior to your procedure. Markings will be made around the ears and underneath the chin.

Your procedure

Once your surgical markings are done, you will then be brought to the operating theatres where you will be monitored and anaesthetised. At surgery, a hairline incision is made in front of the ear, which extends behind the ear. This incision allows access to the neck and is often an extension of the facelift part of the operation. A small 4-5cm incision in the neck is hidden under the chin for access to the rest of the neck. A combination of mimetic muscle manipulation, fat resection and re-draping of the neck with excision of excess skin results in a rejuvenated appearance and re-establishes the sharper and well-defined angles of the neck and jaw. The wounds will be closed and sealed with sutures, skin glue and dressings. Postoperatively, you will be moved to the recovery area. Local anaesthetic and pain relief will be provided. Although this operation does involve some bruising and swelling, this usually subsides within 10-14 days.

What will my follow up include?

Postoperative appointment

You will be asked to come into the clinic 7-10 days after your procedure for a wound check where Dr Farhadieh will reiterate scar management advice. Any non-resorbable sutures or wound closure material may be removed.

3-month review

At your 3-month review, Dr Farhadieh will examine the incision lines to ensure that you have healed well. You can use this time to ask Dr Farhadieh any questions or concerns that you may have. At this appointment, postoperative photographs will be taken.

Subsequent reviews

The team here at Panthea Clinics will give you a call to book you in for subsequent reviews, as Dr Farhadieh likes to see his patients again 6 – 9 months postoperatively. However, please feel free to give us a call at any time to schedule an appointment if you wish to speak to Dr Farhadieh.



What are the potential risks and complications?

Haematoma

This remains the most common early postoperative complication of facelifts. Correct treatment of all major haematomas is required by evacuation to avoid secondary consequences of skin necrosis, prolonged facial oedema or pigmentation.

Nerve injury

All facial motor nerve branches, as well as the relevant sensory nerves in the field of surgery, are considered at risk during face and neck lifts. Permanent facial nerve injury is a major complication and fortunately rare (approximately <1%). Most nerve injuries recover during the postoperative months.

Skin loss

Skin loss is an avoidable complication with recognised predisposing risk factors, smoking being the major risk. Smokers are 12.5 times more likely to suffer from skin necrosis.

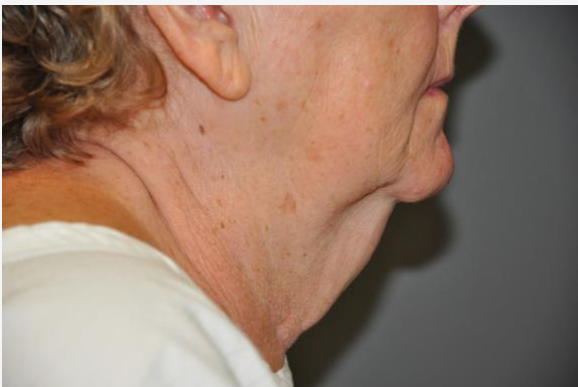
Unsatisfactory scars

Skin hyper- or hypopigmentation, hypertrophic and keloid scarring are possible general scarring complications. Earlobe distortion and temporal hairline deformities are consequences of incision design error and traction from excess skin tension, as are loss of hair and scar widening.

Infection

Infections can occur, however they are rare and occur in less than 1% of cases.

Neck Lift Gallery



Frequently Asked Questions

Q: How much will my consultation cost?

\$250. With a current GP referral, you will be able to claim approximately \$75 back on Medicare rebate.

Q: How much will my procedure cost?

Facelift procedures range between \$16,000 - \$21,000, which is inclusive of surgeon, anaesthetist and hospital fees. However, this price may differ if you are looking to get a facelift in conjunction with other procedures such as a face, brow or eyelid lift.

Q: Will my private health insurance cover the costs of my procedure?

Unfortunately, neck lifts are not covered by private health insurance as they are purely cosmetic procedures.

Q: How many days will I need to be in hospital for?

This procedure requires admission for one overnight stay.

Q: I need further information on postoperative care. Where can I find this?

Our experienced team here at Panthea Clinics has developed a 3-page document on postoperative care to help you through the recovery process. This will be given to you prior to your procedure date.

Q: When will I be able to resume normal activity?

Within 2 weeks you will be able to go back to work and resume most normal activities.