

Neck Lift

We hear “I hate my neck” from both male and female patients on a regular basis.

Many of those folks are satisfied with the appearance of the face, which in turn leads to a focus on the objectionable neck shape. **Neck contour is influenced as much by heredity as aging.** Therefore concern about the neck may exist much earlier in life than age-related changes in the face or eyes are noticed. Significant weight changes can also have a dramatic effect on the contour of the neck.

Just like the abdomen, there are 3 layers which are important to neck contour. See “Tummy Tuck Tech” on our website kirnplasticsurgery.com for the corresponding description in the abdomen. The skin, fat, and muscle layers each must be addressed as needed to optimize contour surgically. As with the abdomen, there are two separate fat compartments in the neck, one above the muscle and a second, below the muscle. However, unlike the abdomen, **both of the fat compartments in the neck may be surgically removed.** Some patients have only a little extra fat in the compartment on top of the muscle. For them, the easiest ways to improve neck contour are liposuction or Kybella® treatment. Both may be completed in the office. **Kybella® is a fat dissolving injection** specifically indicated for the neck. More information is available on our website. Patients who are good candidates for liposuction or Kybella® tend to have healthy, elastic skin which has the ability to shrink up to the new contour.

A neck lift may be performed alone or, more commonly, as a component of a face lift. Neck lift surgically addresses changes in more than one layer. **Extra skin and fat may be removed and the muscle may be reshaped and tightened.** Incisions are discreetly placed around the earlobe, behind the ear, and usually under the chin. Neck lift can yield a

dramatic change in the contour and is useful for folks without a jowl or significant aging in the cheek. If there are changes in the face as well as the neck, a facelift including neck lift is appropriate. The key indicator for need of face and neck lift combination is the presence of a jowl.

Frequently, other procedures such as fat grafting and eyelid surgery are combined to achieve total rejuvenation.

We have been using the new medication, Artiss, to help decrease recovery time after neck lift and facelift. Artiss is a fibrin sealant, or “fibrin glue,” which is used to seal up the surgical zone and stick the skin back down to the newly contoured muscle layer. Drains are no longer required. Uncomfortable chin straps, which were previously utilized for several days after surgery, are rarely required for longer than the night of surgery, if at all. **The real benefit of Artiss however, is that bruising and swelling are significantly decreased.** Therefore recovery time is reduced. With Artiss, we have had many patients return to work in as little as one week following facelift/neck lift which is dramatically faster than with traditional methods.



While this article is intended to educate the reader on procedure options, the only way to actually determine the correct procedure is by consultation with your American Board of Plastic Surgery certified surgeon. In my practice, a goal of all consultations is to inform and educate you about the available options. Digital imaging, to provide a visual simulation of the anticipated result, is a standard component of our consultations. Imaging is extremely helpful in understanding what the procedure can, and cannot, accomplish. We welcome the opportunity to discuss your concerns and provide state of the art surgical and non-surgical care when appropriate.

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Dr. David Kirn is a Board Certified Plastic Surgeon who is devoted to advanced techniques in Cosmetic Surgery of the Face, Breast, and Body. In private practice since 1998, he is located in a state of the art facility which includes a full service skin care center. The practice is focused on personalized patient care and attention to detail. Where possible, Dr. Kirn utilizes minimally invasive procedures. The goal is to deliver quality clinical results while minimizing patient recovery time. Examples of this include a no-drain tummy tuck, armpit incision breast augmentation with gel or saline implants, fat grafting, and a short scar facelift. In addition, Dr. Kirn and nurse-injectors Carey Sanders, RN and Shirley Ramsey DNP, APRN, offer a full spectrum of non-surgical treatments such as Botox®, Dysport®, Dermal Fillers, Kybella®, & Laser.