Cosmetic Surgery: Neck Lift (Platysmaplasty)

This is a guide for people who are considering having a Neck Lift or Platysmaplasty operation for neck rejuvenation. We advise that you talk to a plastic surgeon and only use this information as a guide to the procedure.

**Neck Lift**

As we age, different areas of the face and neck are affected differently. Some people develop wrinkling and sun damage in their entire face and neck. Some people seem to lose facial fat, while others accumulate fat in the neck and maintain good skin tone. Others may develop more exaggerated signs of aging in their neck.

The best candidates for neck rejuvenation are patients in good health with realistic expectations. They have good skin tone and elasticity. It is helpful if they have a fat pad under the skin and on top of the neck muscles. A Neck Lift, or *platysmaplasty* and even *Submental platysmaplasty*, is a surgery designed to reduce the loose look of sagging skin in the neck area and under the jaw line.

**Is it right for me?**

First and foremost, an individual must be in good health, not have any active diseases or pre-existing medical conditions and must have realistic expectations of the outcome of their surgery. Communication is crucial in reaching one's goals. You must be able to voice your desires to your surgeon if he/she is to understand what your desired results are. Discuss your goals with your surgeon so that you may reach an understanding with what can realistically be achieved.

You must be mentally and emotionally stable to undergo a cosmetic procedure. This is an operation which requires patience and stability in dealing with the healing period. There is sometimes a lull or depression after surgery and if there is already a pre-existing emotional problem, this low period can develop into a more serious issue. Please consider this before committing to a procedure. If the above describes you and you have the desire to rid yourself of loose sagging skin around the neck, you may be a good candidate for platysmaplasty (neck lift).

**Consultations**

On your initial consultations with the surgeons, discuss your goals and you will disclose all information regarding your health; if you smoke, what medications or vitamins you presently take, etc. - this is very important. You really should consider smoking cessation as this can significantly decrease healing.

You will discuss your complaints and concerns and discuss the various looks one can achieve, the amount that can be removed and tightened, etc. Your surgeon will explain the technique (Corset platysmaplasty, Hammock platysmaplasty, mini-platysmaplasty, etc.) And incision placements that may be most appropriate for you. He or she would discuss the risks associated with neck lift with you, as well.

**What to expect during your consultation?**

The success and safety of your neck lift procedure depends very much on your complete candidness during your consultation. You’ll be asked a number of questions about your health, desires and lifestyle.
Be prepared to discuss: *(please do fill the medical questionnaire provided to you before meeting the surgeons)*

- Why you want the surgery, your expectations and desired outcome
- Medical conditions, drug allergies and medical treatments
- Use of current medications, vitamins, herbal supplements, alcohol, tobacco and drugs
- Previous surgeries

Your surgeon may also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Examine your neck
- Take photographs for your medical record
- Discuss your options and recommend a course of treatment
- Discuss likely outcomes of neck lift and any risks or potential complications
- Discuss the use of anesthesia during your neck lift (General anesthesia)

Preparing for surgery

Prior to surgery, you may be asked to:

- Screening tests and medical evaluation (Pre-Operative Tests)
- Take certain medications or adjust your current health needs
- Stop smoking well in advance of surgery (6 weeks prior to surgery)
- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements as they can increase bleeding

Special instructions you receive will cover:

- What to do on the day of surgery
- Post-operative care and follow-up
- Informed Consent form to cover all the risk

Your plastic surgeon will also discuss where your procedure will be performed. Under normal conditions you will be in the hospital maximum for 1 – 2 nights after surgery.

What happens during Neck Lift?

The procedure will last three to four hours (if you are having a neck lift in conjunction with liposuction, face-lift, forehead lift, or other surgeries, the time will vary accordingly). Your exact procedure will depend on your desired results and your own personal circumstances.

We’ve included basic information below on ways to address the most common concerns. This general overview should not serve as a replacement for your doctor’s advice, however.

Addressing weakened or loose neck muscles

If you have weakened or loose neck muscles, this may cause the “waddle” *(Turkey Neck)* or appearance of neck "bands." Your surgeon will make incisions under your chin and behind your ears, allowing him or her to access the platysma (neck muscle) and manipulate it accordingly. Sometimes, that may even mean removing some muscle. Your surgeon may also use permanent sutures to hold the tissue in place.
Neck liposuction for fat removal
During liposuction, your surgeon will make a small incision below the chin, and the excess fat will be removed. If you are undergoing multiple procedures during your neck lift, it is very common for plastic surgeons to begin with liposuction. If this is the only procedure you’ll need, you should plan to spend up to an hour undergoing the operation. You will be able to determine this with your doctor during your pre-operative consultation. Your incisions will be stitched and bandaged. It’s very important to follow your doctor’s instructions on properly caring for the stitches and bandage in the days following surgery.

Too much skin?
Just like the platysmaplasty, your surgeon will make similar incisions for a cervicoplasty: one behind each ear, and one under the chin, trimming parts of the skin and lifting it into place. It will be secured with tissue glue or stitches. The cervicoplasty can be completed in about 2 to 4 hours, depending on the complexity of your procedure. Your surgeon will fit you with a compression bandage that you will have to wear for at least one week, unless instructed otherwise.

It’s important to follow his or her instructions to ensure proper recovery.

Type of surgery required by you will be decided by your surgeon during your consultation.

Important facts about the safety and risks of Neck Lift
The decision to have neck lift surgery is extremely personal and you’ll have to decide if the benefits will achieve your goals and if the risks and potential complications are acceptable.
Your plastic surgeon and/or staff will explain in detail the risks associated with surgery. You will be asked to sign consent forms to ensure that you fully understand the procedure you will undergo and any risks or potential complications.

The risks include:

- Unfavorable scarring
- Bleeding (hematoma)
- Infection
- Poor healing of incisions
- Wrinkling of the skin over the implant
- Anesthesia risks
- Fluid accumulation
- Blood clots
- Pain, which may persist
- Deep vein thrombosis, cardiac and pulmonary complications
- Possibility of revisional surgery
- Numbness
- Asymmetry
- Scar tissue or lumps
• Other side effects (Please note this list is not exhaustive)

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.

Exercise and normal activity can resume at the direction of your plastic surgeon. Over time, post-surgical swelling will decrease and incision lines will fade.

You will be given specific instructions that may include: How to care for your neck following surgery, medications to apply or take orally to aid healing and reduce the risk of infection, and when to follow-up with your plastic surgeon.

Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period.

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery?
- When will they be removed?
- Are stitches removed? When?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

When you go home
If you experience shortness of breath, chest pains, or unusual heart beats, seek medical attention immediately.

Should any of these complications occur, you may require hospitalization and additional treatment.

The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee. In some situations, it may not be possible to achieve optimal results with a single surgical procedure and another surgery may be necessary.

Be careful
Following your physician’s instructions is the key to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, abrasion, or motion during the time of healing. Your doctor will give you specific instructions on how to care for yourself. Following your physician’s instructions is the key to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, abrasion, or motion during the time of healing. Your doctor will give you specific instructions on how to care for yourself.

It is important that you read the above information carefully and have all of your questions before signing the consent.
Duration of stay in Kuala Lumpur Malaysia: The recommended stay in Malaysia for this as a single procedure is 14 nights, depending on how many areas you are treating and how well you recover post operation. The surgeon may recommend a longer stay if you combine your neck lift with other procedures.

For more information or to request a medical questionnaire and quotation please email enquiries@beverlywilshiremedical.com

The final explanation and decision for your cosmetic surgery treatment/s will be made at the time of the consultation with the respective plastic surgeon.

Following your consultation with the consultant plastic surgeon you will be asked to sign a consent form prior to surgery.

The below statement should be understood before signing the consent to surgery form.

I recognise that the practice of medicine is as much an art as a science and therefore acknowledge that no guarantees have been or can be made regarding the likelihood of success or outcomes. The aim is to give you significant improvement and not perfection.

Cosmetic Surgery
I understand that the effects of cosmetic surgery may not be immediately visible. I understand that the effect of cosmetic surgery is much more limited for smokers, that mild asymmetry is normal and that the rate of healing will depend upon age, skin type, compliance with doctor's advice or factors beyond control.
I have carefully read, understand and fully agree with the above declaration and the information I am providing is true and accurate to the best of my knowledge.