

This is an informed consent that has been prepared to ensure that you understand neck lift surgery, its intended benefits, risks and alternatives to treatment.

A neck lift is a surgical procedure or a combination of surgical procedures that aims to enhance the appearance of your neck by removing excess skin, stitching neck muscles that have parted with age or performing liposuction to remove excess fat. Your surgeon will have discussed the exact technique required to achieve the desired outcome. A neck lift procedure involves making incisions behind your ears or under your chin or both in order to access your neck muscle called the platysma. The technique of liposuction will also involve a small incision under your chin. These incisions are small and can be easily hidden.

A neck lift can be performed alone or in conjunction with other procedures such as a short scar face lift, liposuction or eyelid surgery (Blepharoplasty)

Alternative forms of management consist of not treating the laxness in the neck region with a neck lift. Improvements of the appearance wrinkles or skin laxity may be attempted by other non-surgical treatments such as injectables or chemical peels.

Prior to the procedure, your surgeon will mark out the excess tissue that needs to be removed in order to give you the look you desire. Local anaesthetic will then be injected with a number of injections to make the area go numb. This should be the only part of the procedure that can cause any discomfort. Once the area is numb, your surgeon will remove excess the skin and tighten the underlying structures. Your surgeon will have discussed whether your neck lift is to be combined with liposuction in order to address your concerns and provide you with the desired outcome. The operation itself takes around 2 hours.

After the procedure, your neck will appear swollen and in some instances bruising will appear. Bruising is unavoidable when liposuction is performed to the neck and patients are advised to wear a scarf to cover the bruising in the immediate post-operative period. It is expected that swelling and bruising will subside after 5-7 days.

The initial healing period will vary from person to person although most patients will feel comfortable to resume normal activities within a week or so. Initially, the scars may look red and slightly raised although these will fade and lighten over time. It is common for the neck to feel lumpy after liposuction and this will soften and subside over time and with the assistance of massage. Patients are advised to begin massage once healing has occurred.

All associated after care instructions will be provided on a separate information sheet.

As with any surgical procedure it is important that you understand the potential risks and complications

Scarring

Scars will result from surgery and I understand their intended location. Additional scarring can result from poor or decreased wound healing ability. Most scars are barely noticeable although full wound maturation can take up to 12 months. Poor scarring can be treated with a series of steroid injections or the use of silicone sheeting.

Bleeding

A collection of blood around the site of surgery is called a haematoma. Small haematomas are common and usually resolve quickly without any need for additional treatment. If a haematoma is large however it may be necessary to undo some of the stitches and wash out the blood clot in order to optimise the final outcome. As post operative bleeding can delay normal healing and recovery. I understand that every effort is taken to minimise bleeding during surgery.

Swelling

Bruising and swelling will result as a consequence of surgery which will settle within the first week of surgery. I understand that my face will be puffy and swollen for the first few days post surgery and this has been explained to me.

Infection

Any surgical procedure involves a risk of infection and this has been explained to me. Infection following surgery is uncommon however it is important to follow all postoperative wound care instructions to prevent infection occurring. I understand that all measures will be taken to minimise this risk and that I may require preventative oral antibiotics. I also understand that if an infection was more serious then it may require transfer to a hospital in order to receive intravenous antibiotics

Wound Breakdown

Occasionally wounds as a result of surgery can be slow to heal or breakdown as a result of infection, poor nutrition or poor blood supply. It is important that you tell your surgeon if you smoke or have any history of poor wound healing or scarring.

Asymmetry

It is impossible for any surgeon to achieve perfect symmetry although every effort will be made to restore symmetry. It is important to understand that the human face is normally asymmetrical, therefore perfect symmetry as a result of a facelift is not always achievable. In some cases further adjustments are required to achieve the desired look.

Under or Over Correction

Occasionally further adjustment surgery is necessary if under or over correction has occurred. Every effort is made to ensure that under or over correction does not occur however this cannot be guaranteed.

Numbness

In the areas where the skin has been lifted off the face/neck, the skin will remain numb for some time after the operation. These can take anything from 3-6 months to recover and in some instances normal sensation may never return.

Seroma

A seroma is a build-up of fluid under the skin and is normally a straw coloured fluid. Most seromas resolve and the body reabsorbs the fluid however rarely seromas need draining. This is a straightforward procedure which is carried out by one of the surgical team if required.

Skin Necrosis

Skin necrosis is a rare complication of neck lift surgery however it is important to be aware of the risk. Skin necrosis can occur if a patient has poor nutrition or is a smoker. Skin necrosis can usually be treated with dressings which will allow the skin edges to heal by secondary intention. In rare cases the necrotic skin can be excised and stitched. Poor scarring as a result of skin necrosis can also be treated with either further adjustment surgery or Platelet rich plasma therapy once the area has completely healed and reached full maturation

Pain

Mild discomfort is common after a neck lift procedure and especially if this has been combined with liposuction to the neck. Mild discomfort can be remedied by the use of painkillers including paracetamol and ibuprofen. It is important that you continue to move your neck as normal in order to avoid neck stiffness which may result in the continued need for painkillers.

Additional risks identified to your individual case

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I confirm that I have read, understood and have taken time to consider all of the identified risks as described above, I have also had the opportunity to discuss any additional concerns and questions with my surgeon. I have decided to proceed with the Neck Lift surgery with full knowledge of the risks and intended benefits involved. I certify that I have fully informed my surgeon correctly and to the best of my knowledge of my full medical history and status.

I understand that withholding medical information could lead to complications or problems that may have been prevented if that information were known prior to my surgery.

PRINT NAME (PATIENT)	SIGNED (PATIENT)
PRINT NAME (CLINICIAN)	SIGNED (CLINICIAN)
	DATE