

## **Minimally Invasive Neck Lift**

***A cutting-edge procedure to tighten and firm the neck and jaw for a more defined, youthful contour***

### **What is a Minimally Invasive Neck Lift?**

A Minimally Invasive Neck Lift is innovative surgery to remove fat, tighten loose skin, and sculpt and smooth the neck and jawline.

The specialist cosmetic surgeons at Bella Vou use Vaser Liposculpture to remove fatty tissue and Renuvion to tighten the skin, creating a slimmer, smoother neck and a more defined jawline. Minimally invasive neck surgery offers smaller scars, quicker recovery, and excellent aesthetic results.

Bella Vou provides Bespoke Neck Rejuvenation. If your muscles are sagging, or there are large amounts of loose skin, the surgeons may recommend a Neck Lift or surgical excision to remove excess skin and give better cosmetic results.

### **Why have a Minimally Invasive Neck Lift?**

The neck can be one of the first areas to betray the signs of aging. Sun damage, genetics, and weight loss can all make the skin more likely to lose elasticity and become loose and droopy.

A scraggy 'turkey' neck can look unsightly and decrease your confidence and self-esteem. If you have jowls, a double chin, or a saggy neck, surgery can remove excess fat, tighten loose skin and create a smoother, firmer, rejuvenated appearance. No more scarves or polo necks necessary.

### **What happens in Minimally Invasive Neck Lift?**

The surgeons at Bella Vou perform Minimally Invasive surgery under local anaesthetic. However, sedation or general anaesthetic is available if you prefer. It's a day case procedure, so you won't need to stay in hospital overnight.

The surgeon will make small incisions in the natural skin creases under the chin so that any scarring is hidden. They will insert the VASERlipo™ device to liquefy fat and remove it with gentle suction. The VASER device emits radiofrequency waves, which tighten the skin and stimulate collagen production, resulting in an even, natural-looking contour.

The surgeon may also perform Renuvion skin tightening. This revolutionary treatment uses plasma energy to contract the small ligaments and bands that hold the skin to the underlying tissue, tightening the skin to create a smoother firmer neck and jawline.

### **How long is recovery from Minimally Invasive Neck Lift?**

Your recovery from your Neck Lift will depend on the amount of fat that needs to be removed and your general health. Bella Vou will provide an individual plan of aftercare, massage, and rehabilitation to support your recovery.

VASER Liposculpting precisely targets fat cells, resulting in less tissue damage, decreased pain, and less bruising after the operation. Minimally invasive surgery offers a quicker recovery time than with traditional surgery.

You should take two to five days off work and other daily activities to allow your body to recover after the surgery and begin the process of healing. Some people may experience discomfort for around a week after the procedure.

### **Quick glance guide to Minimally Invasive Neck Lift**

**Procedure Time:** 30-60 minutes

**Back to Work:** 2-5 days

**Anaesthetic:** Local anaesthetic

**Hospital stay:** No

**Treats:** Treats loose skin, contours and tightens the neck and jawline

### **Free, no-obligation consultation**

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon with no obligation to proceed to treatment. The consultant will discuss your concerns and the results you would like to achieve, then thoroughly examine your face and neck.

The aesthetic surgeon will check the skin elasticity, look for jowls and bags, and identify areas with loose skin, excess fat, or sagging. In careful consultation with you, they will tailor a treatment programme to achieve your goals.

Bella Vou will always give you an honest and impartial professional opinion. Leading surgeon Mr Amir Nakhdjvani says:

*'We make sure that we advise people correctly about whether surgery is right for them. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'*

### **Meet your surgeon**

You'll be offered a further appointment with Mr Amir Nakhdjvani before proceeding to surgery. This will give you a chance to discover more about the procedures, find out any risks and complications, and ask any questions you may have.

### **Preparation for Minimally Invasive Neck Lift**

The team at Bella Vou will give you a personal preparation plan to reduce the risk of complications and improve your recovery.

Let your surgeon know if you're on any medications, especially blood-thinning tablets. You may be asked to stop taking aspirin or anti-inflammatory pills, which can increase the risk of bleeding and bruising. It's also essential to stop smoking cigarettes and e-cigarettes; they can promote wrinkling and disturb the normal healing process.

On the day of your surgery, you'll be personally welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre. If you are awake throughout the surgery, you will be greeted by your surgeon, and supported throughout the procedure.

### **What happens in Minimally Invasive Neck Lift?**

The surgeon will perform the procedures under local anaesthetic. They will carefully inject the local anaesthetic. Within seconds the area is numb. You may feel some touch or movement, but the procedure will be pain-free.

The cosmetic surgeon will make tiny incisions in the skin. These will be carefully placed in the natural skin creases and under the chin so that any scarring is hidden. They will insert the fine Vaser cannula. The device uses ultrasound waves to heat and liquefies fat, so it can be removed using gentle suction.

If there is loose skin, the surgeon will introduce the Renuvion device into the same incisions. The probe delivers a precise, controlled supply of energy that contracts the small ligaments and bands that hold the skin to the muscle, tightening the skin and stimulating collagen production. Together the treatments create a taut, smooth, and defined neck and jawline.

The surgeon will carefully stitch the incisions closed with absorbable sutures, which do not need to be removed.

### **Recovery from Neck Lift**

Following your surgery, you will be monitored by the nursing staff for a couple of hours before being able to go home. They'll offer refreshments, pain-relief and all the support you need.

Bella Vou will provide a bespoke plan of aftercare and rehabilitation to support your recovery. After one week, the nurse and wound care specialist will check your scars. At around six weeks, your surgeon will monitor your progress, and at six months, you'll be offered a follow-up check to ensure that you remain healthy and happy with your results.

If you have any questions or concerns, the Bella Vou team are always on hand to offer advice and support, day and night.

## **FAQs**

### **Is the treatment permanent?**

A neck lift won't stop the ageing process, but it does set it back, so you'll continue to age at the same rate but still look younger than you would have without surgery.

Tightening the muscles can reduce the banded appearance of the neck, but sometimes anti-wrinkle injections can be used to decrease tension in the platysma muscle.

### **What are the benefits of Neck Lift Surgery?**

The neck is one of the first places to show the signs of ageing. A Neck Lift can rejuvenate the neck, define the jawline, and tighten loose skin. The procedure provides long-lasting results and can significantly improve your confidence, wellbeing, and self-esteem.