

Neck Lift

Surgery to lift, smooth and rejuvenate the neck

What is a Neck Lift?

A Neck Lift or Platysmaplasty is a cosmetic procedure to lift, smooth, and tighten the neck and jawline. The surgery removes loose skin, lifts sagging muscles, and reduces excess fat to make the area look more defined and youthful.

Why have a Neck Lift?

Jowls, crepey skin, and a turkey neck are common problems as we get older. Time, sun damage, and gravity can reduce collagen and decrease tissue elasticity making the neck and jawline sag.

If you are self-conscious about your neck, double chin or jowls, or if age-related changes are reducing your confidence and self-esteem, the surgeons at Bella Vou can help. A Neck Lift can slim and tighten the neck, smooth out lines, and wrinkles and restore a youthful contour.

Bella Vou provides Bespoke Face and Neck Rejuvenation. Innovative minimally-invasive techniques can also treat loose skin and excess fatty tissue with smaller scars and a quicker recovery. Often Neck Lift procedures can be combined with the Concept Facelift for more comprehensive, harmonious rejuvenation. The specialist aesthetic surgeons will assess your skin, listen to your worries, and advise the best treatment to get the look you want.

What happens in Neck Lift Surgery?

The surgeons at Bella Vou perform Neck Lift Surgery under local anaesthetic. It's a day case procedure, so you won't need to stay in hospital overnight.

The specific procedure will be targeted to your neck, your worries, and your needs. The surgeon will make small incisions under the chin or behind the ears, or both. These are disguised in the skin's natural folds and creases, so they should be imperceptible.

The surgeon will remove any excess fat, tighten the underlying muscles, and stitch them together to get rid of any vertical bands. They will then lift and pull the skin tightly over the muscles, removing excess skin and closing the wound with fine sutures that will dissolve over time.

How long is the recovery from Neck Lift?

Neck Lift Surgery at Bella Vou is less invasive than traditional operations. There are no drains or bulky bandages. You will be able to go home the same day, and most people can return to their regular routine in less than a week. However, it's

important to remember that although you will look healthy and healed on the outside, it will take six to eight weeks to recover fully and for the scars to reach full strength.

Quick glance guide to the Neck Lift

Procedure Time: 1 hour

Back to Work: 1 week

Anaesthetic: Local anaesthetic

Hospital stay: No

Treats: Loose, crepey skin, loss of contour and definition due to loosening muscle, and a sagging neck and jawline

Your Neck Lift journey at Bella Vou

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 perform a detailed examination.

The aesthetic surgeon will check the skin elasticity, look for jowls and sagging, and identify areas with loose skin and excess fat. It's unusual for the neck to show age-related changes without the face also being affected. Surgery in one area often highlights problems elsewhere. So, the specialist will evaluate the face and neck as a whole. They will develop a customised treatment programme, always considering your thoughts, preferences, and needs. Bella Vou will give you an honest and impartial professional opinion. Leading surgeon Mr Amir Nakhdjevani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. We might turn people away, suggest alternative treatments, or we may suggest that they go to a different specialist at another establishment. If someone is uncertain about an operation, we're happy to see them several times, without a consultation charge. 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 Nakhdjevani 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 Neck Lift Surgery

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

Let your surgeon know if you're on any medications. You may be asked to stop taking aspirin or anti-inflammatory tablets, which can increase the risk of bleeding and bruising. It's also important to stop smoking cigarettes and e-cigarettes; they can promote wrinkling and disturb the healthy 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. As you will be awake throughout the surgery, you will be greeted by your surgeon, and you can even choose the music you would like to hear during your operation.

What happens in Platysmaplasty

The surgeon will perform your Neck Lift under local anaesthetic. It is done as a day case procedure, meaning you won't need to stay in hospital overnight.

The consultant will inject local anaesthetic so that the area is numb. You will feel a little movement and pressure, but the procedure will be pain-free. They will make a small incision under the chin, so that it is hidden from view, then suture the platysma muscle together to tighten and pull back the neck.

The surgeon will use the innovative Vaser Liposculpture device to liquefy excess fat, suck it out, and contour the neck and jawline. Finally, they will pull the skin tight and trim any excess tissue to lift, smooth, and rejuvenate the area.

The surgeon will close the incisions using fine, absorbable sutures that don't need to be removed.

Recovery from Neck Lift

After the operation, you can relax in the comfort of Bella Vou's recovery suites. The staff will offer you refreshments, explain your aftercare, and monitor your recovery. You'll be able to go home the same day with no drains or drips. You should ask a friend or family member to pick you up and escort you home, One of the Bella Vou team will give you a call the day after surgery to make sure you're well, have had a good night, and to answer any questions.

There will be a little swelling and bruising, this should settle in less than a week, and you will be able to return to work and normal activities. After one week, the nurse and wound care specialist will check your scars. At around six weeks, your surgeon will check 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.

The Bella Vou staff are always available if you have any questions or concerns between appointments.

FAQs

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 dramatically reduce loose skin and wrinkles. The procedure provides long-lasting results and can significantly improve your confidence, wellbeing, and self-esteem.

From where is excess neck skin removed?

The skin of the neck is usually lifted upward and backward. The redundant skin is removed, leaving the scars behind and under the earlobe.

Will there be scars after Neck Lift surgery?

All surgery leaves scars. Our surgeons will do their utmost to ensure the scar is as small and discreet as possible. Plastic surgeons, like the specialists at Bella Vou, are experts in making incisions and suturing in ways that minimise scarring.

Depending on the particular procedure, the scars can be behind the ear and under the chin. Once healed, the scars will be hard to detect.