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Neck Lift Fact Sheet

Cadogan Clinic, London's Leading Cosmetic Surgery Specialists.

What is a Neck Lift?

The skin on the neck is delicate and needs plenty of care and attention. As we age, our skin loses its elasticity, causing it to wrinkle and sag, with the neck often the very first part of the body to show signs of aging. If you neglect to take care of this delicate area, this will just exacerbate the problem.

Luckily there is one treatment which is perfect for turning back the clock on an aging neck.

A neck lift, also known as a lower rhytidectomy, is a surgical procedure which improves visible signs of aging in the jawline and neck by removing fat and tightening the skin in this area.

Neck lift surgery is an excellent option if you are looking to hide some of the very first tell tale signs of aging in the jawline and neck, such as sagging or loose skin, folds and wrinkles.

The standard neck lift is similar to a face lift, in that the skin and underlying muscle is pulled upwards and back and the excess skin is removed. The result is a smoother, more defined and contoured neck.

Neck tightening is a great way of getting rid of jowls as it is the excess skin and fat in the lower face which causes these unwelcome facial features.

Neck lift surgery can often be combined with a face lift, to achieve a more enhanced result. It is also common for patients to opt for liposuction at the same time as their neck lift. Excess fatty deposits underneath the chin can lead to the appearance of a double chin. Lipo can quickly and efficiently remove this unwanted fat. A chin tuck is a popular addition when undergoing a neck lift procedure.

Why do People have it?

As we age, we naturally begin to lose the youthful contours of our face and neck. This process can be accelerated by factors such as genetics, gravity, stress and even environmental conditions that may affect the skin on the face and neck.

Stretched or sagging neck skin is unlikely to shrink back naturally and typically cannot be tightened with diet and exercise. This is a common misconception, and surgical intervention may be the only way to deliver your desired results.

You might consider a Neck lift if you want:

- A more defined, contoured neck profile
- A firmer, more toned neck
- To remove sagging neck skin or 'turkey neck'
- To reduce jowls or double chin
- Target stubborn areas of unwanted neck fat
- To restore balance between the age of your face and neck
- To improve the overall appearance of the face and neck
- The overall effect is to deliver a more sculpted, aesthetically pleasing and youthful neck, firmer to the touch and with tightened, smooth overlying skin.

The benefits of a Neck lift are both cosmetic and psychological, and include:

- Improved appearance of the skin of your neck
- Smoother, more youthful-looking neck
- Tightened loose skin around the neck
- More defined neck profile and jawline
- Reduced lines and wrinkles in your neck
- Improved sense of emotional well-being

Who is Suitable?

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- In good psychological and physical medical health
- At your ideal body weight
- You have a positive outlook and realistic expectations of what can be achieved via surgery
- You are seeking to remove excess skin in your neck area
- You are seeking to remove excess fat deposits in your neck area
- You are seeking to improve the shape and contours of your neck and jawline
- You are looking for long lasting results

What is a Mini Neck Lift?

A mini neck lift, also known as a one stitch neck lift, is a popular surgery choice for younger patients with less sagging skin but who still have the desire to achieve a smoother, younger-looking neck. A mini neck lift also helps to tackle the problem areas of the chin, jaw and jowls.

It is the perfect choice for a patient who is not quite ready for a full neck lift. It is a much less extensive surgery and costs less than a full neck lift.

Surgeons employ the same techniques as a full neck lift, but this treatment can be targeted at a more specific area, with minimal incisions required. Fewer incisions mean fewer scars and a much faster healing time.

This treatment is ideal for those aged in their 40s or 50s who are displaying the early signs of aging. You need to have good skin elasticity for the mini neck lift to ensure the best possible result. If you are older, or have a large amount of excess skin as a result of dramatic weight loss, you may wish to discuss alternative treatments with your consultant.

Just like every other surgery, not everyone is suitable for a mini neck lift treatment. The amount of extra fat present underneath the skin, the elasticity of the skin and the visibility of the platysma muscle all need to be taken into consideration when planning a mini neck lift treatment.

Although a mini neck lift can reset the aging process, the skin will continue to age from the point of surgery. In order to maintain the best results, it is crucial that patients take care of the delicate skin on the neck and avoid unhealthy lifestyle choices, such as smoking and excessive sun exposure. These will age the skin faster, including the delicate skin on the neck, which is particularly prone to wrinkling and sagging.

The results of a mini neck lift are not as long lasting as the full neck lift, so a patient may wish to consider further treatment or a full neck lift in the future in order to maintain a youthful appearance.

Our expert surgeon will be able to discuss all the available surgical and non-surgical options with you at your first consultation.

What to Expect

01 The consultation

The first step for all of our Neck lift patients is to meet with the surgeon we feel is best placed to perform your procedure for a consultation.

At the consultation, you will be able to discuss with your surgeon what your hope to achieve from the procedure, as well as discuss in detail what may or may not be possible given your existing anatomy.

Your surgeon will take you through the options available to you, and which is the most preferential for you given your stated ambitions. Having established this, several key measurements will be made and standard clinical photography will be taken.

Some questions you may want to ask your surgeon include:

- Am I a good candidate for this procedure?
- Can I achieve the results I am asking for?
- What will be expected of me to get the best results?
- Do you have before-and-after photos?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What scars will I be left with?
- Will I be in pain after the surgery?
- How soon after my Neck lift can I return to work?
- Finally, a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding what to expect in the post-procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two-week 'cooling-off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

What to Expect

02 Leading up to procedure

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure. Before admission the following behavioural changes are recommended/required:

- In the 6 weeks before your procedure, we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications (see FAQs)
- In the week before your procedure, you must cease taking Aspirin or any medication that contains Aspirin
- In the 6 hours prior to surgery, you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission

03 On the day

On the day of your procedure, we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant vitals, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

Before surgery, the surgeon will measure up your neck to assess how much fat and/or skin needs to be removed. The neck is then photographed, with the skin markings, in various positions, front and back. The procedure is carried out under our form of general anaesthesia called T.I.V.A. (Total Intravenous Anaesthesia) and takes two hours.

Your surgeon will begin by making an incision in the hairline at the level of the sideburn and will continue the incision around the back of the ear. The tissue underlying the neck skin is repositioned, and the platysma muscle is tightened. Skin is redraped over the uplifted contours and excess skin is trimmed away. A separate incision under the chin is often necessary for liposuction of this area and for the repair of the muscle. Sutures or skin adhesives close the incisions behind the ear.

The neck is then bandaged after surgery to reduce bruising and you will feel stiff and mildly uncomfortable as you bend or move your neck in the coming days. Most of the sutures used are dissolving to avoid stitch marks, but there may be a few to remove a week or so after surgery.

What to Expect

04 Treatment recovery

You should not feel much pain during the procedure, but you may have some for a few days or weeks afterwards. You'll be given painkillers if you need them.

Following the procedure, you will recover in our ambulatory recovery rooms for between two to three hours, dependent on the scale of the procedure. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

Once home you will have access to our dedicated on-call nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and pain control, and are there to field any questions you may have in the immediate post-operative phase.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture, we also recommend you meet with one of our on-site aestheticians to discuss ongoing treatment to support the healing and scarring process.

We ask that you come in to see your surgeon after 6 - 8 weeks for a final check-up.

What are the Risks?

Neck lift surgery is a safe procedure, but it is common to experience:

- Bruising and swelling
- Temporary numbness
- A small amount of scarring

As with all surgical procedures, Neck lift surgery carries some risk and it is possible that you might experience:

- Nausea
- Bleeding or Infection
- Poor healing of incisions and scarring
- Seroma
- A collection of blood underneath the skin (haematoma)
- Death of fat tissue (fat necrosis) or embolism

Your surgeon will discuss these risks comprehensively at your consultation and explain how likely these risks and complications are, and how they would be treated.

At a Glance



Surgery Time

2-4 hours



Time off work

2 weeks



Hospital stay

Day case



Shower

After 1 week



Reasonable Mobility

After 2 days



Exercise

After 6 weeks



Sexual Activity

After 6 weeks



Sleeping on back

4 weeks



Full Recovery

6-8 weeks



Driving

2 weeks

Before & Afters



Before

After

Neck Lift by Mr. Tunc Tiryaki

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Before



After

Neck Lift by Mr. Olivier Amar

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Before

After

Mini Face Lift by Mr. Tunc Tiryaki

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Centre of Excellence

- The Care Quality Commission (CQC) rated the Clinic **Outstanding** for its collective leadership in their 2023 report.
- The CQC praised Cadogan Clinic's ethical practice for cosmetic surgery, compassion and kindness, respect for privacy and dignity, took account of their individual needs and emotional support to patients, families and carers. The CQC also highlighted Cadogan Clinic encouraged innovative, and evidence based safe practice.
- Cadogan Clinic was mentioned in the UK's most prestigious 2023 Tatler Cosmetic Surgery Guide. Eleven of Cadogan Clinic's consultants were featured in the guide, some of which have had honourable mentions for five consecutive years.

TATLER

“” Cadogan Clinic, already an impressive centre which sees even innovative procedures performed as day cases -it has always been at the forefront when it comes to the prevention of bruising and swelling.” 2023 Tatler Cosmetic Surgery Guide

- Cadogan Clinic is award winning, named Best Plastic Surgery Provider at the 2020 My Face My Body awards.
- Cadogan Clinic was the UK's first day-case only provider for cosmetic surgery.
- Cadogan Clinic treats over 28,000 patients per year.
- Over 98% of Cadogan Clinic's patients said that they were satisfied following their surgery, and over 95% of patients were satisfied with the post operative nursing care.
- Cadogan Clinic are leaders in innovation and research, constantly looking to provide procedures featuring the latest medical advances, such as stem cells and regenerative treatments, providing the best results and treatment options for patients.