

## AFTER THE SURGERY

After the surgery it is important to rest and minimize activity, with no lifting, driving, or heavy activities for 7-10 days.

There is always some bruising and swelling after the surgery, however wearing an elastic compression garment for 7-10 days minimises this. After a few days you can wear makeup to help conceal the bruising. You will have some numbness and tightness, which gradually disappears over a few weeks. The scars from the surgery fade with time and are usually not noticeable, although occasionally they require further treatment.

Most patients may drive again and return to work within 2 weeks after the surgery, but heavy activities and sport should not be undertaken for one month.

### SUMMARY

Necklift surgery will “turn back the clock”, rejuvenating the jawline and neck, making you look fresher, more youthful and relaxed, and helping you feel more confident.

North Shore Cosmetic Surgery is a group of Plastic Surgeons dedicated to providing a high standard of service to the North Shore.

All members are Fellows of the Royal Australian College of Surgeons, Australian Society of Plastic Surgeons and Australian Society of Aesthetic Plastic Surgeons, and have been trained to the highest possible standards.

North Shore Cosmetic Surgery provides a comprehensive range of cosmetic and reconstructive plastic surgery procedures, as well as a full range of the latest skin care, lasers and aesthetic treatments.

## PRACTICE LOCATIONS

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North Shore  Cosmetic Surgery

## A patient guide to understanding

### Necklifts

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## INTRODUCTION

With ageing the skin, fat, and muscles of the face and neck become looser and tend to sag, resulting in lines and folds between the cheeks and lips, over the jawline, and in the neck. Necklift surgery “turns back the clock”, improving the visible signs of ageing by removing excess skin and fat and tightening the underlying muscles of the neck and lower part of the face. It improves the appearance of the jawline and neck, making you look fresher and more youthful and relaxed, and helping you feel more confident.

Necklifts are often combined with other procedures such as a browlift (to lift sagging eyebrows), blepharoplasty (upper or lower eyelid surgery to remove skin or fat), or midface lift to rejuvenate the upper part of the face and around the eyes.

If you only have a small amount of loose skin, or if you do not wish to have surgery, there are other non-surgical options such as suture lifts or Titan™ non-ablative laser skin tightening which can improve areas of concern. The effect of these however, is not as good or as long-lasting as surgery.

Many people also benefit from facial skin rejuvenation with non-surgical treatments such as chemical peels, IPL (intense pulse light) or Fraxel® laser resurfacing, which improve the texture and appearance of the skin.

## PREOPERATIVE ASSESSMENT

As in all cosmetic surgery, it is important for you to tell your surgeon the specific areas that concern you. It is important to discuss with your surgeon any pre-existing medical conditions which you may have, such as diabetes, which can affect wound healing, as well as any problems with previous operations or anaesthetics, or any history of bad scarring.

Your surgeon will discuss the operation with you, show you photos of other patients who have had the procedure, and will give you written information about the operation. Both the expected result as well as the risks of the operation will be explained.

## PREPARING FOR THE SURGERY

If you smoke it is important to stop smoking at least a few weeks (preferably 6 weeks) before the surgery – smoking slows blood flow to the skin and significantly increases the chance of healing problems after the surgery.

Aspirin, anti-inflammatory medications eg Nurofen, and some vitamins and herbal medications can cause increased bleeding and these also need to be stopped 10 days before the surgery.



## THE SURGERY

Necklift surgery is performed under a general anaesthetic, with the operation taking about 3 hours, and usually requires an overnight stay in hospital.

There are many different types of necklift, but the longest lasting techniques involve tightening the deeper muscle layer of the neck as well as the skin. Tightening the muscle layer gives a longer lasting result and reduces the tension on the skin closure, producing better scars.

Scars are hidden mainly within the hairline, starting in the natural crease in front of the ear, going under and behind the earlobe and back into the scalp, and usually there is also a small incision under the chin. The muscle layer is tightened, with any excess fat and loose excess skin removed.

