



FACIAL REJUVENATION BY NECK LIPOSCULPTURE

Neck Liposculpture In Facial Rejuvenation & Beautification

A very popular procedure at our clinic is **neck liposculpture** (sometimes combined with fat transfer grafting to the cheeks).

Until recently cosmetic facial surgery generally meant a traditional and formal surgical face-lift. This procedure requires a relatively large incision with open dissection, the tissue underlying the skin being surgically tightened and excess skin excised, leaving an extensive scar in front of the ear, into the scalp and around the back of the ear. Although some patients achieve an excellent outcome, too many patients end up with an unnatural "windswept" appearance in addition to a permanent scar. A face-lift could be considered to be "**renovation**" rather than "**rejuvenation and beautification**" of the face. Our aim is to re-contour the face and neck to conform with youthful aesthetic proportions.

The trend in Europe and South America is for treatments at an earlier age that are far less invasive and hazardous. These are usually performed in the clinic treatment room under local anaesthesia. This is also now the emerging trend in the USA and Australia. Non- invasive treatments in this way can delay and usually save a patient ever requiring a formal surgical face-lift.

At about 40 years of age (and sometimes earlier) many patients develop a fat excess and laxity under the chin and jaw area. This can be accompanied by the development of excess skin on the neck, with or without an accumulation of fat. Both of these cosmetic problems are generally amenable to treatment by liposculpture alone. With good patient selection and techniques the treatment outcome can be very rejuvenating, restoring youthful lower face contour. Results are evident at 2 weeks and continue to improve and mature over 6 months. The procedure itself takes under 2 hours.

The removal of fat by liposculpture also creates a sheet of natural scar in the area under the skin where the fat was removed. This scar is not visible from the outside, but raises and tightens the skin over time resulting in a natural and durable neck lift.

To anaesthetise the neck we use a dilute local anaesthetic solution that is gently infused into the fat to be removed. This technique is called **tumescent liposuction**. It is the safest and the most effective technique for removing fat from the neck, cheeks and jowls. Liposculpture used in this way has few potential risks or complications. It avoids surgical scars, the risks associated with general anaesthesia, has a rapid recovery and lower costs. There is some discomfort for the 20 minutes or so while the tumescent anaesthesia is infused. The occasional patient may require "Penthrox" inhaled anaesthesia during this phase which is very effective and a little like the nitrous oxide inhaler women will be familiar with in childbirth. The actual liposculpture part of the procedure is virtually painless.

Typically Liposculpture results in a more natural appearance compared to a facelift.

The tiny incisions used for liposuction of the neck and face do not usually require sutures. This also allows for a small amount of drainage of the blood-tinged anesthetic solution and minimises post-operative bruising and edema. Absorption pads are applied to absorb the drainage and are held in place by an elastic compression garment. An elastic compression garment secured with Velcro is worn after neck liposculpture for 18/24 hours for 1 week after the treatment and then for a further 3 weeks whenever the patient is at home.



Risks of liposuction include infection, bleeding and nerve damage (with special reference to the rare risk of damage to a nerve called the mandibular nerve that courses around the jaw). This can cause weakness of the smile on the affected side that almost always resolves over time. We have recently undertaken an audit of our cases and our serious complication rate is nil. However bruising, numbness and firmness of the skin is common and expected. This generally resolves over time.

We usually prescribe antibiotics to be commenced on the morning of the procedure. Some simple analgesics will be required for 1-3 days after the procedure.

Patients are reviewed at 1 week, 1 month, 3 months and 6 months. It is at 6 months that the final outcome has properly matured.

Please do not take herbal/natural medications, aspirin or arthritis medication for 10 days before and 7 days after the procedure.