

Neck Lift

The neck is often the first place to reveal the impact of the ageing process, as skin starts to sag and cause marked lines and folds along the length of the neck or the appearance of a double chin. A neck lift is a surgical procedure that aims to lift and reshape the neck area into a more pleasing and more youthful contour.

During your neck lift consultation with Mr Tariq Ahmad he will assess whether you are a suitable candidate for a neck lift or whether you would benefit more from a combination of neck and facial surgery.

Mr Ahmad also offers the 'i-Guide' procedure which can offer good results but is less invasive than a full neck lift and so with less of the complications associated with conventional neck lift surgery.

The i-Guide is sometimes called the trampoline lift, as it aims to lift the tissues of the neck including the muscle, known as the platysma muscle, by permanent sutures that weave back and forth under the jaw creating a sling-type support.

If there is a marked degree of sagging in the tissues of the neck you may not be suitable for the i-Guide but Mr Ahmad will discuss this in full at your neck lift consultation.

What happens during a neck lift procedure?

The nature of your neck lift surgery will depend on the extent of sagging skin and other tissues. The platysma muscle provides support to the neck and chin area, but as we age it starts to slacken and can cause the appearance of vertical bands down the centre of the neck. Just removing the excess skin on the neck sounds appealing but rarely produces the desired effect and is less long lasting.

Incisions are made and the muscle is lifted, Mr Ahmad uses special techniques to enhance the profile but with emphasis placed on a natural, 'unoperated' look whilst also providing the best chance to for a long lasting outcome. Only at the end of the procedure is excess skin gently removed and then dissolvable stitches are placed to hold the skin in its new position. Furthermore, Mr Ahmad may combine this surgery with gentle liposuction to

remove any accumulation of fatty tissue that is marring the contours of the neck and jawline.

Mr Tariq Ahmad performs neck lift surgery under a general anaesthetic and you will be required to stay overnight in hospital. Before you leave you will be given comprehensive instructions on how best to care for the treated area and an appointment made for your follow-up assessments.

An i-Guide neck lift procedure is less invasive than neck lift surgery and can sometimes be performed under a local anaesthetic with sedation so recovery is often quicker and you will usually be able to leave the hospital on the same day.

What can I expect after a neck lift?

There will be some bruising and swelling in the neck area after your surgical neck lift and this may take two or three weeks to diminish. There may be a sensation of tightness, pulling and numbness at the incision sites but this will also fade over the first few weeks.

Mr Tariq Ahmad advises patients to resume normal activities, including returning to work, after a couple of weeks, but refrain from more strenuous activities such as rigorous exercise for approximately six weeks.

There are minimal incisions made in an iGuide neck lift so there is less scarring. There is also much less swelling and bruising so patients find they can return to work sooner.

For those patients wishing to restore a more youthful appearance of the neck and chin area, a neck lift – whether surgical or suture – can be a very effective procedure.
