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WHAT YOU SHOULD KNOW ABOUT NECK LIFTS/TIGHTENING

- ◆ There are three basic neck lifting procedures.
 - ◆ Neck Liposculpture
 - ◆ Suture Suspension
 - ◆ Platysmal Plication

- ◆ Depending on your needs, one, two, or all three procedures may be indicated in addition to laser resurfacing. These lifting procedures tend to correct what is known as the cervico-mental angle—the angle (the angle between the chin and neck). The sharpening of this angle and smoothing the contour of your neck lends a more youthful appearance.

- ◆ ***Liposculpture.*** Liposuction will remove excess neck fat by gentle suction. In most patients, the overlying skin will also tighten. In patients above 50 years old, this skin tightening is slower and isn't as complete. Liposculpture does not lift sagging jowls, nor does it flatten folds in the neck also known as a "turkey" neck.

- ◆ ***Platysmal plication.*** A "turkey" neck is the result of both genetic predisposition and the aging process. It is primarily due to the separation and thickening of a thin neck muscle known as the platysma. To correct this irregularity, we make a small incision in the neck, then tighten this muscle with sutures, so that the muscle returns to its normal sheet-like shape. It does not correct mildly sagging jowls.

- ◆ ***Suture suspension.*** To correct mildly sagging jowls and sharpening the angle between the chin and the neck, we make a small, well-hidden incision behind both of your ears as well as one underneath your chin. We then place special gore-tex sutures underneath the skin, from "ear to ear" and tighten them. This procedure will not correct moderately or heavily sagging jowls or tighten cheek skin; a facelift would be indicated.

- ◆ With all of these procedures, you will have temporary bruising and swelling. Though it is rare, you may also have a temporary asymmetrical smile.

PRE-OP INSTRUCTIONS & WHAT TO EXPECT ON THE DAY OF SURGERY

- Please stop aspirin or any aspirin-related products at least 10 days before surgery, and anti-inflammatories such as Ibuprofen/Alleve/Vioxx/Celebrex/Naproxen/Advil at least one week before surgery.
- Please stop Ginkgo Biloba, Vitamin E or Vitamin C at least 10 days before surgery.
- Please eat a light breakfast the morning of the surgery.
- You must have someone bring you to the surgery as well as drive you home since you will be drowsy from the medication we give you.
- After arriving, we will greet you, take you back to the procedure room, have you replace your blouse/shirt with a gown and take photographs after you have signed the consent forms. Dr. Gladstone will then mark the surgical site. We will give you some relaxation medicine, and have you lie on the procedure table.

POST-TREATMENT CARE

- ✓ Your neck will be sore after the procedure. Usually, Tylenol Extra-Strength will be effective in substantially reducing the discomfort.
- ✓ You should rest for the remainder of the day.
- ✓ You should place a bag of ice or frozen vegetables on your neck for 20 minutes per hour while awake for the first 2 days. You may continue to do this several times per day after this period. This will help reduce the swelling and bruising.
- ✓ For the first two days, you should eat soft foods such as jello/yogurt/soup/mashed potatoes, etc.
- ✓ You will have both a pressure dressing and a compression garment. This should not be changed for two days. Then you may change the dressing, and place antibiotic ointment and gauze on the wound sites.
- ✓ For the first week, you will need to wear the compression garment all the time since this will reduce swelling and bruising. After the first week, please wear this garment when you sleep for the next 3 weeks since this will help contour the skin.

- ✓ For the first four nights, you should elevate your head (with an extra pillow) when you sleep.
- ✓ You may resume your normal activities, two days after the operation. Though we encourage walking, you should not vigorously exercise for 10 days after the operation. No heavy lifting for three weeks after the operation.
- ✓ Your first follow up appointment will be one week after the operation.
- ✓ Should you have fever, a dramatic increase in pain or swelling, difficulty breathing, or increased redness at the surgical site, you must contact us immediately. Please call the Dermatology Clinic at 650.725.5272, and ask for Dr. Gladstone. If the clinic is closed, or you can not get through, please call the hospital paging operator at 650.723.6661 and ask for Dr. Gladstone. Should there be no response to your page, please ask for the dermatologist on-call.

*Follow-up Appointment*_____