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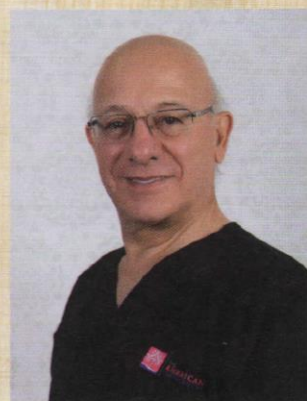


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CONTOUR *your* NECK

Whilst the paradigm of beauty may have evolved over the ages, the timeless appeal of the so-called 'Nefertiti' neck remains sought after even today. The ancient Egyptian Queen, with her swan-like neck, represents the ideal that women seek. A saggy neck is not just a telltale sign of ageing; but of those who have lost weight and have loose skin underneath the chin – which appears like the dreaded turkey's 'wattle' which afflicts men and women alike. **Dr. Nic Isse**, Plastic Surgeon at *The American Surgecenter* in Abu Dhabi explains the approaches he takes to unveil a harmonious neck.





Surgical route
For loose skin on the neck, my patients often consider a neck lift, or lower 'rhytidectomy', a surgical procedure that is designed to improve the visible signs of ageing in the jawline as well as the neck. I can also perform this operation under local anaesthesia which nevertheless involves a traditional neck lift incision to remove excess skin or alter neck muscles.

Non-surgical options

For those who want to avoid the knife, I recommend Ultrasound Therapy – it's an FDA-cleared treatment that uses ultrasound energy to stimulate collagen production on the dermis layer of the skin, resulting in a lift of tissue area treated.

Laser skin tightening somehow works in a similar way. It uses an infrared light source to heat up the targeted part of the neck, which causes the natural collagen in the skin to contract and tighten. For patients who only have wrinkles on their necks, chemical peels, laser, botox and fillers yield a smooth effect.

Lose the double chin

Neck Liposuction deals best with wobbly skin under the chin. It is the safest way to remove fatty deposits from the neck. This can be done under local anaesthesia, delivering a natural look that involves fewer risks, less scars, and a more rapid recovery than tradition neck lifts.

I always suggest that patients pair the liposuction with laser resurfacing or a chemical peel in order to reduce wrinkles and give an overall rejuvenated look. Men who want to avoid 'the surgical look of a facelift' find this approach popular. Also, no excess fat deposit reappears in the neck if the procedure is done in a proper manner.

Extremely saggy necks

I'd suggest a patient try a combo of a neck lift and neck liposuction to address these conditions. Tightening loose muscles and removing excess skin with a neck lift, and removing excess fat through lipo, a patient would definitely achieve a well-contoured neck (smoother, firmer, and with a contoured neck).

Possible risks or side effects

These procedures are safe when done by a certified and professional medical surgeon. For neck lifts, patients experience a swelling or bruising that can last for several days. Some people may also feel tightness or tingling sensations, including numbness. These are normal in the first few weeks following surgery and shouldn't cause concern. As with any surgery, infection is possible, so patients must follow strict post-surgery care. The risks for neck liposuction may include bleeding, infection, change in skin sensations, discolouration, swelling, contour regularities, asymmetry, pain, sensitivity and delayed healing.

Aftercare

Following the procedure, the patient has to wear an elastic compression garment for two to three weeks almost continuously. After that the garment can be worn partially for another month.

Recovery

Recovery takes a few days to one week, and no scars are visible from both procedures. Immediate results can be seen the day after surgery. However, the area keeps improving over time and within two months the patient sees final results. Results from neck lifts and neck liposuction are permanent. ■

