

NECK LIFT (PLATYSMAPLASTY / CERVICOPLASTY) PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice.)



Information For Patients

This booklet provides information to help you decide whether to have a neck lift procedure. It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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What is a Neck Lift?

A neck lift is a surgical procedure designed to improve the appearance of the neck and jawline by tightening underlying muscles and removing excess skin or fat.

The procedure may address:

- Loose or sagging skin under the chin
- Visible vertical neck bands
- Excess fat beneath the chin
- Loss of definition along the jawline

A neck lift can be performed alone or combined with other facial procedures such as facelift or chin liposuction.

Why Consider This Procedure?

You may consider a neck lift if you experience:

- Loose skin in the neck area
- Loss of jawline definition
- Excess fat beneath the chin
- Prominent neck bands
- A mismatch between the appearance of the face and the neck

A neck lift is designed to restore a smoother and more defined neck contour.



Preparing for Surgery

Before surgery you may be advised to:

- Stop smoking several weeks before surgery
- Avoid blood-thinning medications unless approved by your doctor
- Disclose all medications, supplements and medical conditions
- Maintain stable weight prior to surgery
- Arrange assistance during early recovery

Fasting may be required depending on the type of anaesthesia used.

Your Treatment Journey (International Patients)

Initial Assessment

Your medical history, photographs and treatment goals are reviewed.

Travel Arrangements

Airport pickup and accommodation are coordinated through the treating hospital.

Pre-Operative Appointment

You will attend a consultation for examination, surgical planning and consent confirmation.

Surgery Day

The procedure is typically performed in a hospital environment.

Post-Operative Stay

Some patients return to their accommodation the same day, while others may remain under observation overnight.

Return Travel

Patients are generally advised to remain abroad for several days before travelling home to allow for early follow-up.

The Procedure

During a neck lift, the surgeon may:

- Tighten underlying neck muscles
- Remove excess skin
- Remove or reposition fat beneath the chin
- Improve jawline definition

Incisions are usually placed around the ears and sometimes beneath the chin to allow access to underlying tissues.

The procedure is typically performed under general anaesthesia, although some limited procedures may be performed with other forms of anaesthesia depending on the surgical plan.

After the Operation

Following surgery you may experience:

- Swelling and bruising around the neck
- Tightness in the treated area
- Temporary numbness
- Mild discomfort

Dressings or compression garments may be used to support healing.



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Recovery and Expected Results

First 1–2 Weeks

Swelling and bruising are common during the early stages of recovery.

Weeks 3–4

Swelling gradually improves and many patients resume normal daily activities.

Months 2–3

Final results become more visible as swelling settles and tissues adjust. Scars are typically positioned in natural skin folds or around the ear and usually fade over time.

Aftercare Instructions

You may be advised to:

- Keep the head elevated when resting
- Avoid strenuous activity for several weeks
- Follow wound care instructions carefully
- Avoid smoking during recovery
- Attend scheduled follow-up appointments

Proper aftercare supports healing and reduces the risk of complications.



Potential Benefits

A neck lift may:

- Improve jawline definition
- Reduce loose skin under the chin
- Improve neck contour
- Create a more balanced facial appearance

Results vary between individuals.

Risks and Complications

All surgical procedures carry some degree of risk. Outcomes and recovery times vary between individuals.

Possible complications may include:

- Infection
- Bleeding
- Nerve irritation or numbness
- Scarring
- Skin irregularities
- Asymmetry
- Need for revision surgery

Your surgeon will discuss potential risks during consultation.



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Procedure-Specific Considerations

Combination Procedures

A neck lift is often performed alongside other facial procedures such as facelift or chin liposuction.

Skin Elasticity

Skin quality influences the final contour achieved with surgery.

Weight Stability

Maintaining a stable weight helps preserve results.

Neck Bands

Visible muscle bands in the neck can be tightened during surgery to improve contour.

When to Seek Medical Advice

Seek medical attention if you experience:

- Increasing swelling or redness
- Fever
- Severe pain
- Excessive discharge from the wound
- Sudden shortness of breath



Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for a neck lift?
- Will fat removal or muscle tightening be required?
- What type of anaesthesia will be used?
- Where will scars be located?
- What results are realistic for my case?

Further Information and Consent

Before proceeding with surgery you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.

Contact Information

If you require further clarification before your consultation or treatment, please contact:

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