

# SPRINGFIELD ENT & FACIAL PLASTIC SURGERY

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## INFORMATION AND INSTRUCTIONS FOR NECK LIPOSUCTION

*We wish your surgical experience to be as positive and free of stress as possible. Please contact our office if you have any concern; all questions are important when it comes to your health.*

**Please, do not take any aspirin, ibuprofen, Motrin, naproxen, Advil, Aleve, or other non-Tylenol pain medication for 2 weeks before and after surgery without checking with our office. This can cause increased bruising and bleeding.**

Like the face, the neck is a very visible part of the body which may benefit from aesthetic enhancement. Liposuction is one technique which may be used to sculpt the appearance of the neck. It may be combined with other treatments such as facelift depending on the need of each patient. The youthful, slender neck has several identifying aesthetic characteristics. When seen in profile, it should begin at the lower face with adequate chin projection. The area between the chin and larynx ("Adam's apple") are should descend downward slightly at a gentle angle. The jawline and the angle at the back of the jaw should be well-defined.

### Benefits of Liposuction

Liposuction is an effective technique for improvement of localized areas of fat collections. It is ideal for patients who have reached their weight-loss goals but have specific places with residual fullness. As with liposuction in other areas of the body, it is really not an appropriate substitute for the patient who needs to address those extra pounds. Areas which it best addresses are:

- **Submental Fat** – an area of fullness just behind and beneath the chin, which is a common place for fat collection. In some cases, actual surgical removal of this fat through an incision just behind the chin is necessary in addition to liposuction.
- **Angle of the Jaw** – The angle at the back of the jaw should be visible rather than disappear in the soft tissues of the neck. Liposuction is useful in defining this angle.

### Limitations of Liposuction

- **Larynx Position** - this varies from person to person. It may be higher or lower and located in a more forward or more backward location. A lower and more forward position is less aesthetically desirable. This limits the ability to obtain a well – defined neck and jaw line because it is actually an actual neck structure causing the fullness, rather than just excess fat.
- **Chin Position** – an under-projected or, "weak," chin can cause a less desirable neck appearance in profile. This may adversely affect the appearance of fullness under the chin and the angle downward from the chin to the larynx.
- **Excess Weight** – as mentioned above, it is generally best to consider liposuction after reaching one's weight loss goals.

### How is Liposuction Performed?

- **Anesthesia** – Liposuction may be performed quite comfortably with local anesthesia plus sedation ("twilight anesthesia"). General anesthesia may be used according to the patient's preference or if other procedures are being performed at the same time.
- **Incisions** – Usually, three incisions are used and each are about 3/8" in length. One is located in the crease just under / behind the chin and the other two are hidden behind the ear lobes. Some patients require a larger incision if actual surgical removal of fat is required under / behind the chin, although this is not common.
- **Technique of Liposuction** – Liposuction *canulas* are the metal suction tubes which perform the actual work of fat removal. They are placed through the incisions and loosen and remove the undesired fat. The three incisions are used to allow the directions of canula placement to crisscross each other when inserted from the chin and ear lobe areas. This improves smoothness in the surgical area.
- **Incisions** – Are closed with fine sutures that are removed in 5 – 7 days.

### Care Following Surgery and What to Expect

- **Compressive Dressing** – An elastic compressive dressing (often referred to as a, “jaw bra,”) will be placed under the chin and around the head. This should be worn all of the time for the first week and then at night for the next six weeks. It is removed as needed for bathing and wound care.
- **Pain** - Usually mild to moderate. You shall receive a prescription for a Tylenol / narcotic pain medication. *Please to not use any non-Tylenol pain medication* as this can increase bruising and bleeding.
- **Swelling** –
  - Cool or iced compresses help reduce this in the first 24 hours.
  - Steroid pills may be prescribed to reduce swelling.
  - Elevation of the neck area is helpful – using extra pillows or sleeping in a recliner chair for the first 2 – 3 nights.
- **Bruising** – Is to be expected in the surgical area and the neck below it. Rest, elevation of the head, and avoidance of aspirin / Motrin type medication will reduce this. Bruising takes 2 – 3 weeks to resolve but should be improved in a week and can be camouflaged with makeup.
- **Bleeding** - Uncommon but a collection blood called a *hematoma* is possible.
- **Drainage** – Very minimal drainage may occur at incision sites. Persistent drainage, increasing pain, or fever suggest infection. Contact our office if this occurs.
- **Activity** – Rest for one week and then gradually increase your activity.
- **Diet** – A normal diet is fine after liposuction but it is best to minimize chewing for a few days.
- **Wound care** – apply antibiotic ointment to incisions four times daily for ten days.
- **Sun Exposure** – Blood pigments from bruising will remain in the skin for about six months. They can darken with sun exposure and cause pigment changes in the skin. For this reason, it is best to minimize sun exposure for about 6 months. Sunscreen (SPF 30 +) is also important for this period of time. Plus, a sunscreen should be incorporated into your skin – care regime to help reduce premature aging of the skin.

### Risks of Liposuction

Liposuction of the neck is generally very safe, well-tolerated, and not very uncomfortable. However, even the most minor procedures involve the possibility of infection, bleeding, reaction to anesthesia or medications, and even death. Some of these possible risks include:

- **Unfavorable healing** - Or even scarring.
- **Asymmetry** – Some difference from one side to the other is present in everyone. Normally, one’s own asymmetry goes unnoticed until something such as surgery draws attention and scrutiny to an area. *Some* difference from one side to the other will exist before any procedures and should be expected afterward.
- **Contour / Texture Irregularity** – To either appearance or touch.
- **Numbness** – In areas around the liposuction.
- **Weakness** – Of the lip and superficial neck muscles. The *facial nerve* is located in the area of liposuction and although injury is unlikely, it is possible.

### Other Procedures Performed with Liposuction

- **Facelift** – This tightens loose skin and tissue of the lower face, jaw line, and upper neck. It is performed with liposuction when both fat removal and tightening of the tissues is needed.
- **Chin Augmentation** – Improvement of chin projection can often enhance the result of liposuction by addressing the overall profile of the chin and neck area.
- **Subcutaneous Neck Tightening** – Tightening and improved definition of the angle between the neck and undersurface of the jaw can be accomplished with a minor procedure at the same time. A narrow strip of material is passed between the ear lobe incisions under the skin and just above the larynx and used to elevate and tighten this area.

*Thank you again for the opportunity to participate in your health care! Please let us know how we may make your surgical experience more pleasant.*

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