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Patient information

LIPOSUCTION: Neck ("Double-Chin")



Fat accumulations on the neck appear as "**double chins**" or if there is additional skin pending as "**turkey neck**". They can negatively affect a person's overall appearance to the point that even a young person looks older or a fit person appears unhealthy



The **patient information** only gives a general introduction for a better understanding of aesthetic plastic surgeries. It cannot replace the personal and detailed doctor-patient discussion. To answer your questions for your personal, individual situation, arrange your non-binding personal consultation appointment

Suitable Patients	<p>Neck liposuction can be performed on men and women who:</p> <ul style="list-style-type: none"> • have a localized accumulation of fat in the neck area that is unresponsive to exercise and/or diet • have sufficient elasticity of the skin so that a uniform surface contour can develop after the fat deposits have been removed. Patients with severely slack, inelastic skin, for example after massive weight loss, are often more suitable for tightening operations. • have not undergone frequent weight changes • Expect shape improvement and not weight loss • are mentally stable • have realistic expectations about the outcome of the treatment • are well informed of the expected outcome • have sufficient therapy compliance to carry out the necessary protection after the operation and the necessary follow-up treatment with compression <p>Neck liposuction is often performed in conjunction with a facelift or neck lift</p>
Consultation	<p>In clinical practice, a detailed clinical examination is carried out first;</p> <ol style="list-style-type: none"> 1) What bothers you 2) What are your expectations 3) previous (aesthetic) surgeries 4) general health 5) Development of body shape and body weight 6) lifestyle (sports) 7) Quality of the skin 8) medication 9) allergies <p>The body areas to be corrected are discussed and marked with the patient</p> <p>The different treatment options with their advantages and disadvantages, possible results and limitations for the individual case at hand are discussed thoroughly.</p> <ol style="list-style-type: none"> 1. In an initial consultation, liposuction in the neck area should be discussed in detail. You can then use this information to think about it further and make a decision. 2. A second consultation can often be necessary if the patient still has questions. The patient should ask these questions – possibly also in writing – and have them answered. The better the patient is informed, the better the treatment can be controlled
Risiks (Informed Consent)	<p>With proper technique, complications are rare. After liposuction in the neck area, bleeding, (temporary) loss of sensation, skin discoloration, accumulation of tissue fluid, inflammation, scarring and the formation of skin bumps can occur. Insufficient skin elasticity can cause the skin to sag. Fine adjustments may occasionally be necessary</p>
Preparation	<p>Specific preparation for liposuction is not necessary. Before liposuction, all blood coagulation-inhibiting medications must be discontinued, except for low-molecular heparine</p>
Treatment	<p>The body areas to be corrected are discussed with the patient and - while standing - marked.</p> <p>Liposuction is performed under local anesthesia, if desired also combined with a light twilight sleep (analgo-sedation) or general anesthesia.</p>

The treatment can be carried out on an outpatient basis or as a short inpatient (1 night). If there are previous illnesses or further cosmetic procedures are carried out during the same general anesthesia, it makes sense to spend one night in the clinic in order to guarantee medical monitoring in the postoperative phase and to be able to carry out better pain therapy.

After injecting the area that is to be suctioned out, the fat is removed with fine cannulas via punctiform skin incisions under the chin and behind the earlobes. Attention must be paid to careful fat removal so that unwanted changes in shape on the skin's surface can be avoided.

After suctioning, ensure adequate wound drainage.
A highly absorbent bandage is applied.
Compression treatment is started while still on the operating table

Depending on the size and location of the fat deposit and the individual requirements, the liposuction in the neck area takes between 30 and 90 minutes.



Postoperative Care

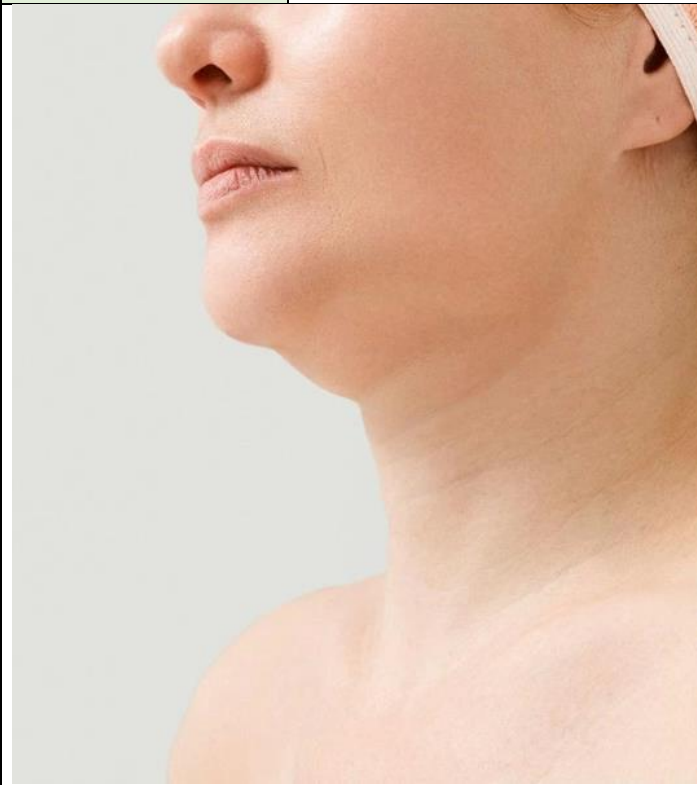
Hospital stay	1 night
Antibiotics	Cephazolin 2g single shot
Pain Management	Cox 2 (Arcoxia™/Etoricoxib 90 - 120mg 1-0-0) for 10 days Panadol 500mg 2-2-2-2 for 3 days
Fluid intake	3000 ml/day for 5 – 7 days
Positioning	no restriction while moving and sleeping
Mobilisation	Early regular mobilization (daily life activities)
Activities	Movement without force immediately - partial load (<10 kg) by 10-14 Days, full exercise (sport) 6 weeks post-op
Drain	no drain
Dressing	before dismissal: - control of perfusion of the skin flaps check dressing and rule out blister formation
Thrombosis prophylaxis	- Compression stockings - Early mobilization at the day of liposuction - Fluid intake 3000ml/day for 3 – 7 days (Clexane 20 – 40mg for 5 – 7 days)
Shower	24 – 48 h post-OP (Attention: risk of hypotensive syncope in postoperative hypotension aggravated by vasodilation due to warm water)
Sick leave	3 – 7 days (depending on extent of liposuction, profession)
Bath	after complete wound healing (10 days after liposuction)
Removal of stiches	5 – 10 days post-OP
Skin care	Fat creme 3-5x/d by the patient
Scar treatment	Silicone sheet application after complete wound healing + compression until complete scar healing
Check-up	10 days (suture removal) 3 weeks post-OP (start scar treatment) 6 weeks post-OP (control swelling, control scar treatment) 12 weeks post-OP (control swelling, control scar treatment) 1 year post-OP (long term result)

Results

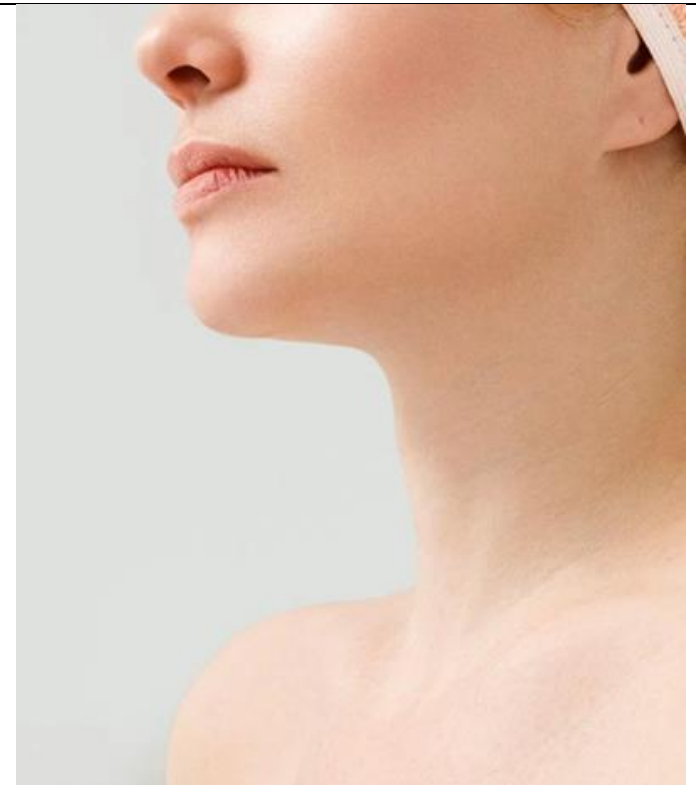
With liposuction, fat can be permanently removed from the fat layer in the neck area of men and women directly under the skin. When the skin is sufficiently elastic, the overlying skin shrinks and the shape changes, which restores a defined appearance and thus improves the overall facial profile. A slim and shapely neck gives a younger appearance. Patients who had low self-confidence due to excess fat in the neck area feel much more comfortable after this treatment and can wear clothes and jewelry the way they want.

With correct patient selection and information (doctor/patient), careful surgical technique (doctor) and adequate follow-up treatment (patient), liposuction is a very safe procedure, with well reproducible results, small, barely visible scars and high patient satisfaction.

With a normal diet, the result will be permanent. If you gain weight again, it will be more "everywhere" and not more in the area of the former fat deposits in the neck area. Only occasionally small fine corrections are necessary



before



After