

Neck Lift

Aging doesn't just affect the face—it also impacts the neck, often leading to sagging skin, excess fat, and the appearance of “turkey neck” or horizontal bands. A **Neck Lift** is a surgical procedure designed to address these concerns, creating a smoother, firmer, and more youthful neck contour. If you're looking to rejuvenate your appearance and restore confidence in your profile, a neck lift might be the perfect solution for you.

Restoring a Youthful and Defined Neck Contour

What is a Neck Lift?

A neck lift, or **lower rhytidectomy**, is a surgical procedure that tightens loose skin and muscles in the neck area while removing excess fat. It can also address issues such as:

- Sagging or drooping skin under the chin and along the jawline.
- Excess fat deposits (double chin).
- Visible vertical bands caused by loose neck muscles.
- Horizontal wrinkles or creases in the neck.

By targeting these concerns, a neck lift can create a more defined and youthful jawline and neck.

Who is a Good Candidate for a Neck Lift?

A neck lift is ideal for individuals who:

- Have noticeable sagging or loose skin in the neck area.
- Are bothered by excess fat or a double chin.
- Have visible vertical bands or horizontal wrinkles in the neck.

- Are in good overall health and have realistic expectations about the results.
- Are non-smokers or willing to quit smoking before and after surgery.

During your consultation, Dr. Buğra İpek will evaluate your neck anatomy, skin quality, and personal goals to determine if you are a suitable candidate for this procedure.

The Benefits of a Neck Lift

A neck lift offers both aesthetic and emotional benefits, including:

- **Tighter, Smoother Skin:** The procedure removes excess skin and tightens the remaining skin for a firmer appearance.
- **Improved Jawline Definition:** A neck lift enhances the jawline, creating a more youthful and contoured profile.
- **Reduced Fat Deposits:** Excess fat under the chin is removed or redistributed for a slimmer neck.
- **Enhanced Self-Confidence:** Many patients feel more comfortable and confident in their appearance after surgery.
- **Long-Lasting Results:** The effects of a neck lift can last for many years, especially with proper skincare and a healthy lifestyle.

The Neck Lift Procedure

A neck lift is performed under general anesthesia or local anesthesia with sedation and typically takes 2 to 3 hours, depending on the extent of the surgery. Here's what to expect:

1. **Incisions:** Dr. İpek will make carefully planned incisions, usually behind the ears and under the chin. These incisions are designed to be as inconspicuous as possible.
2. **Tightening Muscles:** The underlying neck muscles (platysma) are tightened to create a firmer foundation.

3. **Removing Excess Skin and Fat:** Excess skin is removed, and fat deposits are either suctioned out or redistributed.
4. **Closing the Incisions:** The incisions are closed with sutures, and the neck is bandaged to support the healing process.

Recovery After a Neck Lift

Recovery time varies for each patient, but most individuals can return to light activities within 1 to 2 weeks. Here's what to expect during the recovery process:

- **Immediate Post-Op:** You may experience swelling, bruising, and mild discomfort, which can be managed with prescribed pain medication.
- **First Few Days:** You will need to keep your head elevated and avoid strenuous activities. A compression garment may be recommended to minimize swelling.
- **Long-Term Care:** Swelling and bruising will gradually subside, and final results will become apparent within a few months. Dr. İpek will provide detailed aftercare instructions to ensure a smooth recovery.

Why Choose Dr. Buğra İpek for Your Neck Lift?

Dr. Buğra İpek is a highly skilled and experienced plastic surgeon specializing in facial and neck rejuvenation procedures. With a patient-centered approach, Dr. İpek prioritizes your safety, comfort, and satisfaction. He takes the time to understand your goals and creates a personalized treatment plan to achieve natural-looking, proportionate results.

Frequently Asked Questions (FAQs)

1. How long do the results last?

The results of a neck lift can last for many years, although the natural aging process will continue. Maintaining a healthy lifestyle and skincare routine can help prolong the results.

2. Will I have visible scars?

Scars are an inevitable part of the procedure, but they are carefully placed to be as inconspicuous as possible and will fade over time.

3. Can I combine a neck lift with other procedures?

Yes, many patients choose to combine a neck lift with other procedures, such as a facelift, liposuction, or non-surgical treatments like Botox or dermal fillers, for a more comprehensive rejuvenation.

4. When will I see the final results?

While initial results will be visible once swelling and bruising subside, the final results will become apparent within a few months.

If you're considering a neck lift, schedule a consultation with Dr. Buğra İpek to discuss your options and take the first step toward a more youthful, defined, and confident you.

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