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Neck Liposuction / Liposculpture of the Neck, Submental Liposuction

Neck liposculpture or liposuction contributes to the definition of the jawline resulting in a more youthful appearance. Many patients combine neck liposuction with other procedures such as [Facelifts](#), [Neck lift](#) to reduce saggy necks or turkey wattle, and [Chin implants](#) to restore balance and proportion to the overall appearance of the face and neck region. In some cases fat harvested from liposculpture can be use as a [fat injection](#) to augment facial lines and lips. Skin resurfacing techniques can also be used to improve skin texture and superficial wrinkles. It should be noted that liposuction is not a way to lose weight. It works well for patients who have a healthy lifestyle that includes a good diet and regular exercise. Patients should have realistic expectations and understand that fluctuations of body weight and retention of fluid may affect the outcome of the procedure.

Liposuction of the Neck can be used to:

- Improve the shape of the neck area
- Define the jaw area
- Reduce bulkiness and sagginess in the neck region by removing fat
- Restore balance to the face

Understanding the procedure

Liposuction or liposculpture is a relatively safe and simple method to remove unwanted fat cells. It is performed using local anaesthesia combined with IV sedation for limited cases and general anaesthetic for major cases. A metal cannula is placed through small skin incisions and attached to a suction machine. Fat is commonly removed from the neck through small incisions in a crease around the ear or from beneath the chin (submental liposuction). Once the excess fat is removed, sutures will be used to close the incisions and the overlying skin will then reform to its new contour. Younger skin has more elasticity and will contract more rapidly and smoothly than older skin. An elastic compression bandage will usually be worn for a week after surgery and then at night for several weeks. Any bruising or discoloration will usually disappear in approximately two weeks, but the swelling can last considerably longer. The procedure normally lasts about one hour and patients are ready to go home after 2-4 hours.

Initial Consultation

The majority of Dr Pham's patients are from referrals by General Practitioners or other Specialists. However, many patients are now seeing Dr Pham because of *word of mouth* referrals from previous patients. These referrals are often the best referrals. Friends, relatives or coworkers who have had facial and cosmetic plastic surgery are often willing to share their experiences. It is often helpful to talk to these people before contemplating surgery.

Facial and cosmetic surgical procedures can help increase self-confidence because, generally when people look better, they feel better. However certain aspects of facial plastic and cosmetic surgery which cannot be ignored are the patient's mental and emotional attitudes.

An initial consultation gives you and Dr Pham the opportunity to discuss your intended procedure/s in full.

Some of the questions you may wish to ask are:

- Am I a good candidate for this procedure?
- What is a realistic outcome for me after surgery?
- How long will the operation take?
- What is the recovery time?
- What are the risks involved?
- Is post-operative medication necessary?
- What is the charge for the procedure?

It is a good idea to write down the answers Dr Pham provides so that you can review these carefully later. The consultation also provides you with an opportunity to meet Dr Pham to determine whether your personality and his are compatible and that you feel comfortable with him as your surgeon.

Medical History

It is important that you are candid with Dr Pham and his staff regarding your medical history so that he can plan the best possible treatment. This information is strictly confidential. Please inform him of any:

- Previous facial and/or cosmetic surgery (nose, eyelids, breasts etc.)
- Past and current medical conditions such as heart, lung and kidney disease, prolonged bleeding or excessive bruising, blood clots in the legs or lungs, or gastric reflux.
- Current medications especially Aspirin, Anti-inflammatories, Warfarin, blood thinners, Insulin, and oral contraceptive pills. Over the counter products such as vitamins and herbal medications may also be important.
- Allergies or adverse reactions to antibiotics, anaesthetic drugs or other medications.
- Psychological and psychiatric illnesses
- Past keloid scarring or poor healing
- Connective tissue disorders such rheumatoid arthritis, lupus erythematosus, scleroderma or similar
- Previous radiotherapy to the head, neck or breast areas.

Dr Pham will then examine your features and after discussing options and specific risks and benefits will recommend the most appropriate procedure/s for you.

We respect your privacy. During your consultation you will be able to view some *before and after* photographs. We emphasise that the only photos shown are those of patients who have given their written permission to do so.

MAKING A DECISION TO PROCEED WITH SURGERY

Whether your surgery is desired for functional or cosmetic reasons, your choice of a qualified facial plastic surgeon is of paramount importance. As a Facial Plastic and Cosmetic Plastic Surgeon, Dr Pham is trained in both Otolaryngology Head & Neck Surgery and Facial and Body Cosmetic surgery, which provides you, the patient, with the highest level of training and expertise.

You should be informed as much as possible before making a decision to proceed with cosmetic surgery. Cosmetic surgery is an elective procedure, which means that it is a personal choice and not necessary for maintenance of good health. You can expect a thorough explanation from Dr Pham regarding the various types of surgical and non-surgical procedures. Dr Pham will inform you of the best methods of anaesthesia, the surgical facility where your procedure will take place and the benefits and risks involved in surgery. Following a joint decision by you and Dr Pham to go ahead with a procedure, photographs of you will be taken and Dr Pham will further discuss the options available.

A good rapport between you and Dr Pham and realistic expectations are prerequisites for successful outcome. You are most likely to be pleased with the results if you have a realistic idea of what surgery can and cannot do.

The goal is for a natural, aesthetically pleasing and balanced look.

Please do not hesitate to seek another doctor's opinion if you are uncertain about Dr Pham's advice.

You are the most qualified person to select a surgeon that is right for you.

PREOPERATIVE (Before surgery) INSTRUCTIONS

- Please cease Aspirin, Aspirin-containing products, Plavix and non-steroidal anti-inflammatories (such as Ibuprofen) for 10 days prior to and two weeks following your surgery. If you are on any medications that affect bleeding (such as Warfarin) please notify Dr Pham.
- Smoking tobacco and alcohol increase anaesthetic and surgical risks. Please cease them for one to two weeks prior to and three weeks following surgery. They cause delayed wound healing, skin redness and other complications.
- Please notify us of all your routine medications and significant health history. You can remain on your daily medications, except for blood thinners unless instructed otherwise.
- Arnica, a natural herb that significantly decreases bruising, can be taken before and after surgery along with Vitamin C (ascorbic acid), which helps promote healing.
- If you are having a morning procedure you must not eat or drink after midnight the evening before. If you are having an afternoon procedure you must not eat or drink after 6.00am on the morning of surgery. You may, however, take your normal medications and brush your teeth.
- Please shower and remove any make-up and nail polish before arriving for your procedure.
- Unless you are remaining in hospital someone will need to drive you home after surgery and stay with you that evening.
- If you have any concerns please call the office. Remember, we are all here to give you the best possible care.

POSTOPERATIVE (After Surgery) INSTRUCTIONS

Dr Pham will apply a sterile dressing and a chinstrap. The chinstrap may feel a little tight because of the swelling. The chinstrap will help to reduce any swelling and help promote the skin to adhere to the underlying structures of the neck region. It should remain in place for 24 hours following surgery. There will be some degree of swelling and bruising and head elevation and ice packs will help to reduce this. Hair can be washed on the second day but it is important to dry sutures thoroughly afterwards. Sutures will be removed about 5 days after the procedure.

You should rest for the entire day after surgery. Sleep with the head of your bed elevated or use two to three pillows for one week after surgery. Always protect your face from the sun by wearing a hat and sunglasses. Following surgery, our staff will let you know when it is OK to apply sunscreen, cosmetics and facial creams. You should avoid heavy lifting, exercise and activities such as running for 3 to 4 weeks after surgery

Most people can resume work after 1 week or earlier, but occasionally longer if patients prefer more privacy. Most of the swelling and bruising will subside after 2 -3 weeks.

Final results following liposuction are not apparent for up to 3-6 months following surgery. We request that you please follow-up with us for at least one year for assessment and postoperative photographs.

Medications: Dr Pham will prescribe pain relief to be used as directed. Most patients complain of discomfort rather than pain. Do not take additional pain relievers other than what Dr Pham suggests or prescribes and start any antibiotics when you get home. Take Vitamin C (ascorbic acid) 3000mg daily which helps promote healing, for two weeks following surgery. Take Arnica, a natural herb that significantly decreases bruising for one week following surgery.

Please Inform Dr Pham at his clinic if you have the following:

- High fever, chills or a temperature of more than 38 degrees
- Heavy bleeding from the wound
- Severe pain or tenderness
- Significant redness, or discharge around the incision.

If you have any concerns you can contact Dr Pham's office. Remember, we are all here to help in any way we can.

Risks of Surgery

Modern surgery is safe but does have risks. Complications can occur despite the highest standards and world's best practice principles used by Dr Pham.

It is not possible to list all the risks but you should be informed of the common side effects and benefits so that you can make an informed consent. Dr Pham will discuss these in greater detail at consultation. You should write down any particular questions or specific concerns.

The potential risks are

General risk of surgery

- Wound infection – may require antibiotics
- Bleeding, blood clots or seroma
- Chest infection
- Sore throat from the breathing tube (if have general anaesthesia)
- Scars that become raised (hypertrophic or keloid)

Specific Risks

- Asymmetry or uneven result is common. Rarely this is gross. Occasionally minor revision surgery may be recommended.
- Recurrence may occur.
- Reduced sensation is common but this is temporary and should return to normal in 3 months.
- Skin discolouration or damage. Skin necrosis is very uncommon.
- Side effects of local anaesthetic
- Nerve injury
- Too much fat removal resulting in retracted contour

FEES

The cost of is:

	Liposuction neck only	Liposuction neck with face or neck lift
Surgeon fee	\$1500-2000, depending severity	Add \$500-1000 to neck or face lift
Anaesthetist fee	600	Part of facelift or neck lift
Hospital	1500-2000	Part of facelift or neck lift
Churchill Day Surgery	1000-1500	Part of facelift or neck lift

There may be additional cost for complex or combined case with other procedures.

Please [contact us](#) for your consultation on Neck Liposuction or Submental Liposuction / Liposculpture / Lipoplasty

You can view our website www.perthcosmeticsurgery.com.au

- Information on a range **cosmetic surgery and non surgical cosmetic procedures** available
- **[Gallery / Before & After Photos](#)**
- Find answers to your most **[Frequently Asked Questions](#)** (FAQs).
- Fees and Private Health Insurance rebate

If you wish to learn more about cosmetic surgery and facial plastic surgery please [contact us](#) to schedule a [consultation](#) with our Facial Plastic and Cosmetic Plastic Surgeon, **[Dr Tuan Pham](#)** or Nurse Coordinator.