

B

BE SCULPTURED

Neck / Chin / Lower Face Liposculpture

Fullness in the neck and under the chin may sometimes be resistant to dieting and exercise, and is surprisingly common even amongst young people. It is usually hereditary and often increases with age. It affects both men and women. With liposculpture to the chin, and even though only a small amount of fat is removed, the fullness of the lower part of the face and neck can be reduced.

Jowls are small areas of fatty tissue in the lower part of the face just on the outer sides of the mouth. It is possible to reduce these areas by careful liposculpture to the face from the same small (3mm) incisions just below the jaw. The procedure is not a facelift but may provide adequate results without the need for skin excision, lifting and tightening. Liposculpture essentially helps to “de-weight” the skin and the skin may have the ability to retract (shrink) to cover the new shape of the underlying tissue. Skin retraction (shrinkage) is however variable amongst individuals. Appropriate patient selection is important. The younger the skin, retraction of skin is more likely. It may not be a suitable procedure for some patients who have excess or loose skin.

Liposculpture of the neck has become one of the more common cosmetic surgical procedures performed. With low doses of lignocaine to numb the fat, and usually low-level discomfort have made it a popular way to reduce fat in the neck in carefully selected individuals. However, different patients will heal differently and have different pain thresholds and experience different recovery times for different activities.

The procedure is performed under mild sedation and local tumescent anaesthetic technique. Very small incisions are made under the chin and under each ear. A thin hollow tube (cannula) is inserted into the fat layer through the small incision. When suction is applied to the tube, which is moved through the tissue in a fan shaped pattern, fat can be removed in a controlled manner. An elastic pressure bandage is applied which helps to reduce swelling and bruising. Patients will experience some tightness in the neck and it will be tender to touch.

The procedure is an extension of liposculpture performed on other areas of the body and should be read in conjunction with the general consent form for liposculpture. The same risks are applicable to neck liposculpture. Neck/ chin liposculpture has been performed under local anaesthesia since the late 1980's. Swelling and bruising can occur after any liposculpture procedure. The tumescent local anaesthetic technique is used to numb the fatty tissue.

Specific to liposculpture in this area of the body, there may be temporary damage to one of the smiling muscles nerves (marginal mandibular branch of the facial nerve).

Cannulas are blunt and they move back and forth under the skin and could potentially cause some damage or bruising to the nerve, because the nerve cannot be visualised by the proceduralist, as it is under the skin. It may take approximately 8-12 weeks for the nerve to regain its function. In that time, the smile may be asymmetrical because the function of the nerve has been affected. Sometimes, heat generated by the back-and-forth movement of the cannula may also cause this temporary inflammation of the nerve. The area most at risk of damage is marked out prior to the procedure, to help prevent this temporary complication, but it may happen even with careful liposculpture.

After neck liposuction, the removal of the overlying fat can make structures such as the submandibular salivary glands and platysma muscle bands more prominent. The submandibular glands may become more palpable or visible because the fat that usually cushions them is reduced, exposing them more clearly beneath the skin.

The platysma muscle, which is a thin sheet of muscle in the neck, may also become more visible post-liposuction as the fat is removed. In some cases, this can lead to the formation of visible muscle bands or "neck bands," which can be aesthetically undesirable for some patients.

Botulinum toxin injections are commonly used in such cases to relax the platysma muscle bands, reducing their appearance and smoothing the neck contour. This treatment is effective because botulinum toxin temporarily paralyses the muscle, making the bands less noticeable and improving the overall aesthetic of the neck.

Liposuction of the neck study findings are reported in international peer reviewed medical journals. These are made available to you and may be accessed below:

Diniz, D., Gonçalves, K., Silva, C., Araújo, E., Carneiro, S., Lago, C., & De Vasconcelos, B. C. (2022). Complications associated with submental liposuction: a scoping review. *Medicina Oral Patologia Oral Y Cirugia Bucal*, e257–e264. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9054168/> In This 2022 scoping review of 539 submental liposuction research studies, reported transient (temporary) facial nerve paralysis occurred after submental liposuction in only one study and that nerve injuries were not significant.

Habbema, L., Tang, J.C., T., Sattler, G., & Hanke, C. W. (2018). Liposuction of the Neck: Low Incidence of Nerve Injury and Other Complications in 987 Patients. *Journal of Drugs in Dermatology*, 17(1), 30–34. <https://pubmed.ncbi.nlm.nih.gov/29320585/> In this 2018 study, findings determined that neck liposuction performed with tumescent local anaesthesia is a safe procedure associated with a low incidence of nerve injury and other complications.

Koehler, J. K. (2009). Complications of Neck Liposuction and Submentoplasty. *Oral and Maxillofacial Surgery Clinics of North America*, 21(1), 43–52. <https://www.sciencedirect.com/science/article/abs/pii/S1042369908001064> This informative 2009 article focuses on the common complications of neck liposuction and reviews the management, benefits and avoidance of possible complications.

Roland, Boeni MD1. Safety of Liposuction of the Neck Using Tumescent Local Anesthesia: Experience in 320 Cases. *Dermatologic Surgery* 38(11):p 1812-1815, November 2012. https://journals.lww.com/dermatologicsurgery/Abstract/2012/11000/Safety_of_Liposuction_of_the_Neck_Using_Tumescent.6.aspx

A compression garment (pictured) is worn for 2 days and 2 nights and only taken off to have a shower. Thereafter, it can be a good idea to wear the garment in the evenings when you get home for another 3-5 days. The shape change may be seen early after the procedure (before swelling and bruising has occurred) but it may often take up to 6 months for the skin and the underlying connective tissue to settle down after neck liposculpture, before one sees the final results. The neck area can feel very tight and lumpy under the chin. Massaging with fingers and thumbs is helpful and instructions on how to do this will be given.



I agree to follow the instructions given to me by my doctor, to the best of my ability, before, during and after my procedure, and to notify her of any problems that occur.

I hereby acknowledge that I have read the information on liposculpture and neck/ chin / lower face liposculpture and have discussed with and asked questions of my doctor, who has answered them to my understanding and satisfaction and I agree to undergo the procedure of neck liposculpture.

Patient's name PRINTED in full

Patient's Signature Date

Doctors name PRINTED in full

Doctor's Signature Date