

neck

neck rejuvenation

NEW YORK, CONNECTICUT AND LONDON PLASTIC SURGEON
LAURENCE KIRWAN MD EXPLAINS THE KEY ELEMENTS IN
CREATING A BEAUTIFUL NECK.

A graceful contour with pleasing lines and a natural-looking profile all contribute to a beautiful neck. It is widely accepted that a slender or 'swan-like' neck that is elongated, slim and taut is an idealized quality of feminine beauty. Somalian beauty, Iman, is envied for her elegant neck, which gives her a carriage and presence – genetics that have denied many women.

The annals of art, sculpture and literature are filled with many a paean to she who possesses such a regal neck. Charlotte Bronte's *Jane Eyre* has one of countless references to the beauty ideal: 'Recall the august yet harmonious lineaments, the Grecian neck and bust'.

Neck rejuvenation is about enhancing what nature has given, and repairing what time and age inevitably take away. The key elements that influence the

appearance of the neck are the quality and texture of the skin; the amount and firmness of the subcutaneous fat; the strength of the underlying musculature; the prominence of the glands; the line of the jaw; the shape of the Adam's apple; and the dell between the bellies of the sternocleidomastoid muscle, known as the

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suprasternal notch. Most effective neck rejuvenation procedures are surgical. The overriding goal of neck rejuvenation is to restore youthful anatomy by removing and repositioning tissue.

Many patients with poor neck contour have deceptively little skin. Usually this can be improved very efficiently with a short scar facelift. A skeletal neck with little fat will expose any irregularities of the platysma (the muscles in the front of the neck), and a prominent submental gland. Over the years, I have tended to remove less and less fat



BEFORE



Six months AFTER facelift, brow lift, eye lift and chin augmentation by Dr. Kirwan



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in the neck in order to preserve the natural camouflage that the body provides for the underlying structures.

I routinely use Tisseel for facelifts and neck lifts. Tisseel's action simulates key features of the physiological process of wound closure. Tisseel sealant is tissue glue with sealing properties, which does not interfere with wound healing and may even enhance it. Use of the sealant has invariably shown

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superior results in reducing blood loss, a tighter sealing of sutures preventing leakages, and a faster and less complicated healing of the surgical wound. The most striking result is the reduction of swelling; instead of the face looking like a football, it stays relatively normal and most patients can resume normal activities after a week.

Another integral part of creating a great neck is the use of a chin implant placed through a small incision inside the mouth. The face loses fat with age, and the chin in particular tends to drop in position. When the fat pad in front of the chin begins to droop, the chin becomes flat and loses its crease. It becomes difficult to see where the chin ends and the neck begins. This can be corrected with the insertion of a chin implant, sometimes combined with liposuction below the chin. I rarely perform liposuction in the neck because, in my opinion, most people don't need it. In those cases where there is a pocket of fat under the chin, liposuction can be combined with a neck lift to address skin laxity and muscle atrophy. The result is often a tighter, more defined neck area.

An incision just below the jaw line can be made to repair the 'turkey gobble' platysmal bands under the chin. In my opinion, this will give greater longevity to any neck lift. If the patient has a 'Michelin Tire', it is important not only to perform liposuction but also to release the circumferential creases in the front of the neck to allow the skin to redrape more smoothly. Further refinements are to ensure that the jaw line is recreated by cinching the platysma behind the ear and by trimming fat in the angle between the jaw and the bottom of the ear.

For patients who are not yet ready for surgery, Botox injections to the muscle bands in the neck may also help to eliminate the appearance of the 'turkey gobble' sinews created by the platysma muscle.

Poor neck contour is a frequent complaint, but with the appropriate technique a more youthful-looking neck can be restored. **CBM**



BEFORE



Three months AFTER endoscopic brow lift, eye lift and short scar facelift by Dr. Kirwan



BEFORE



Seven weeks AFTER endoscopic brow lift, facelift, upper/lower eye lift, chin augmentation and rhinoplasty by Dr. Kirwan



BEFORE



Six months AFTER facelift and eye lift by Dr. Kirwan



BEFORE



One year AFTER facelift, brow lift, eye lift and chin augmentation by Dr. Kirwan