In addition to the mini facelift for tightening of skin laxity in the lower portion of the face and jowl, Dr. Jochen now performs the necklift with platysmal plication. Some patients will want both for their desired rejuvenative effects – ensuring balance with a lifted face. Others, however, may only need their neck done. For those who need both, it is ideal to do them at the same time to realize cost savings, fewer incisions and minimize downtime.

“The neck is a dead giveaway,” says popular author Nora Ephron of “Sleepless in Seattle” fame in her book “I Feel Bad About My Neck: And Other Thoughts on Being a Woman.” Our faces are lies and our necks are the truth. You have to cut open a redwood tree to see how old it is, but you wouldn’t have to do that if it had a neck.”

Who is the best candidate for a necklift?

According to Dr. Jochen, there are two types of patients who will benefit from a necklift. Those who have loose saggy skin, aka “turkey” neck, and those who have separation of the platysmal muscle bands which run vertically on both sides of the neck. Age is typically responsible for the muscle band separation, but not necessarily a factor for a saggy neck appearance as some people genetically tend to have looser skin in the neck.

How is the necklift performed?

For a necklift, Dr. Jochen makes a two-centimeter incision under the chin. Through this incision with a lighted retractor, he separates the skin from the underlying muscle and it just takes about four or five sutures to reconnect the separated muscle bands. Then any loose skin is pulled up, trimmed and the incisions are hidden behind the ears. Typically, a necklift takes about an hour to perform. The results are a more fit, youthful neckline which is in symmetry with a youthful face or a simultaneously done mini facelift. For a modest investment and minimal downtime, the benefits of a necklift can last at least 7 to 10 years or more depending on the patient.

Local Anesthesia and Accredited Surgical Suite

Dr. Jochen performs cosmetic surgery procedures in Contour Dermatology’s AAAASF accredited surgical suite. Both the mini facelift and neck lift are performed under local anesthesia or twilight sedation at Contour Dermatology. The use of local anesthesia means less risk than general anesthesia and results in a lower cost for the procedure.

Chin Liposuction

Some patients may also desire to have liposuction to get rid of excess fat in their neck and this can be done at the same time a necklift is performed.

To see if a platysmal necklift the mini facelift or combination procedure is right for you, please call (760) 416-6971 to schedule a personal cosmetic consultation