plastetik

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PATIENT INFORMATION

Neck and forehead lift

Everything important about the treatment, preparation, the day of surgery and healing – to read at your leisure and as a basis for your consultation.

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PART 1 · THE TREATMENT

FACE

Neck and forehead lift – contours at the neck, an open gaze

A wrinkled neck does not match a fresh face, and drooping brows make the gaze look tired. Neck and forehead lifts complement the facelift – or are used specifically on their own.

NECK	FOREHEAD	COMBINATION	ANESTHESIA
Platysma, fat, skin	classic, endoscopic, direct	often with facelift	depending on extent

The face and neck age together. That is why someone who only has the cheeks tightened often does not look harmonious. The eyebrows likewise shape the expression: if they droop, the gaze looks serious or tired – even if the eyelids are not the problem at all. Neck lifts, forehead lifts and eyebrow corrections are part of my range of facial surgery.

The neck: what happens over the years

Three things work together at the neck: the skin loses firmness, fat accumulates under the chin, and the flat neck muscle – the **platysma** – slackens. Vertical bands form, and the line between the chin and the neck becomes blurred. Depending on which component predominates, a different treatment is advisable.

Neck lift options

- **Liposuction under the chin:** when it is mainly fat that blurs the contour and the skin is still elastic
- **Tightening of the neck muscle:** through a small incision under the chin, the separated muscle edges are brought together – the neckline becomes defined again
- **Removal of excess skin:** excess skin is shifted backwards; the scar is hidden behind the ear
- **Combination with the facelift:** in a facelift, the deep tissue layer of the cheek, jawline and neck is lifted together

> Especially when the cheeks and neck have slackened together, a combined lift looks more harmonious than two separate steps.

The forehead and the eyebrows

Drooping brows press down on the upper eyelid and make it appear heavier. Before I recommend upper eyelid surgery, I therefore always check the position of the eyebrows as well – sometimes a brow lift is the better or the complementary solution.

Techniques at a glance

- **Classic forehead lift:** incision in the hair-bearing scalp from temple to temple; effective, but moves the hairline back somewhat. With a high forehead, the incision can be placed along the hairline.
- **Endoscopic forehead lift:** through a few small incisions behind the hairline using a camera and fine instruments; the forehead is lifted and fixed. Gentle, but the durability is more limited because no tissue is removed.
- **Temporal lift:** small incision in the hair-bearing temple; mainly lifts the outer part of the brow.
- **Direct eyebrow correction:** a narrow strip of skin directly above the brow is removed; very targeted and long-lasting, but leaves a fine scar at the edge of the brow.

Which method is suitable depends on the hairline, hair density, forehead height and the desired effect.

Procedure

01 **Consultation and examination**
I assess the skin, fat distribution, neck muscle or forehead and brows – and whether the eyelids or cheeks are also affected.

02 **Planning**
We decide on the technique, incision pattern and type of anesthesia; smaller procedures are possible under local anesthesia.

03 **Preparation**
pause anticoagulant medication only after consulting a doctor; if possible, do not smoke for a few weeks beforehand.

04 **Surgery**
depending on the extent, on an outpatient basis or with a short inpatient stay.

05 **Aftercare**
Cooling, elevation, check-ups and suture removal after a few days.

Risks

Possible risks include bruising, secondary bleeding, wound healing problems, conspicuous scars, temporary sensory disturbances and asymmetries. At the neck, irregularities of the contour can occur; at the forehead, changes in the hairline or temporary hair loss in the scar area. Smoking increases the risk of healing problems. I discuss all points in detail before the procedure.

Frequently asked questions

Can I have my neck tightened without a facelift?

Yes, if it is mainly the neck that is affected. If the problem lies mainly in the fatty tissue, liposuction under the chin may be sufficient; with a slack muscle and excess skin, a lift is needed.

Will the scars be visible?

The scars lie in natural folds, under the chin, behind the ear or in the hair-bearing scalp. Direct brow correction leaves a fine scar at the upper edge of the brow, which usually fades well.

How long does a forehead lift last?

Techniques in which tissue is removed usually last longer than purely fixing methods. Natural aging continues – that, too, is part of honest advice.

Your next step

Nothing can replace a personal consultation. There I answer your questions and together we clarify what makes sense for you.

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More information: www.plastetik.de/en/neck-and-forehead-lift/

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Important note: This information is for general education and does not replace a personal medical consultation and informed-consent discussion. Procedures, time frames and healing courses are typical values and may vary individually. A specific result cannot be promised.

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