

Z Plasty Neck Lift Surgery

Patient Information

What is Z Plasty Neck Lift surgery?

Patients with a lax platysma muscle, excess fat or skin are candidates for a Z plasty neck lift surgery, so named after a vertical Z shaped incision, made along the neck. An incision is made underneath the chin to remove the fat and the lax platysma muscle is then bound with sutures.

Is the procedure right for me?

A detailed consultation with your consultant plastic surgeon is essential prior to undergoing any surgical procedure. During the consultation, your surgeon will discuss your area/s of concern, desired improvements, options available (including no treatment at all) and expected outcomes. Your surgeon will examine your face and neck and may take some photographs for your medical records. You will be given a 'cooling-off' period of at least 2 weeks between initial consultation and the date of your operation to ensure you have ample time to reflect on all aspects of the procedure before proceeding (although please bear in mind the waiting lists for our surgeons mean this period is invariably significantly longer).

How is the procedure carried out?

Should Z plasty neck lift surgery be agreed upon as the most suitable course of treatment, the procedure is performed under a local or general anaesthetic. Excess skin under the neck and chin is removed before Z plasty neck lift is undertaken to redirect the scar and improve the outcome. Any fatty tissue may be reduced with either gentle liposuction or direct excision. The muscles at the front of the neck can be tightened, adding to the improved appearance. The skin edges are then carefully closed and light dressings applied. Throughout the Z plasty surgery, you will be looked after by our highly skilled and caring medical team.

Aftercare and recovery

Sutures are removed after one week. It is necessary to avoid shaving until the stitches are removed. Minor bruising is quite normal and typically subsides within a couple of weeks. It is essential to start massaging the neck with moisturising cream to soften the scars. You will be seen at regular intervals within the clinic. Our medical team are on hand around the clock to offer advice on aftercare as needed.

What to expect after surgery

Following surgery, you will be given antibiotics and antibacterial cream to keep the wound clean. The neck and chin area will feel tight and tender for the first day or so. Simple painkillers should be enough to keep you comfortable.

Risks and Complications

All surgical procedures are associated with risks. Your surgeon will explain these in detail during initial consultation, enabling you to reach an informed decision on whether you wish to proceed. Serious complications are uncommon, however patients should be aware of the following complications prior to undergoing Z plasty neck lift surgery-

- Permanent damage to the facial nerves – although rare, the risk cannot be discounted
- Anaesthesia risks including allergic reaction, blood clots, heart attack, stroke and death
- Infection
- Healing problems
- Extrusion of deep stitches
- Loss of blood supply to skin
- Change of the colour of skin
- Bleeding, swelling and bruising
- Asymmetry
- Poor scarring of skin
- Increased or reduced sensation
- Damage to deeper structures
- Unsatisfactory results
- Pain, which may persist
- Change over time
- Allergic reaction
- Possibility of revisional surgery

Results

At first your neck may seem a little too tight. This usually settles down within a few days of the operation once initial swelling has settled. Most patients are pleased with the final result, but some find their new shape difficult to get used to. This may happen to you. You cannot judge result of your neck lift until around six weeks postoperatively, when swelling, bruising and scarring has subsided. Even if the operation is a success, you may need another operation in the future to have the skin tightened again.

T. 01904 675222

info@coppergateclinic.co.uk | www.coppergateclinic.co.uk

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Cost

Prices for Z plasty neck lift surgery can vary. Costs may include-

- Anaesthesia fees
- Hospital or surgical facility costs
- Medical tests
- Post-surgery garments
- Prescriptions for medication
- Surgeon's fee

After consultation and if you are planning to proceed with surgery, you will be given a written quotation regarding the cost of the planned procedure.

Alternative treatments

Z plasty neck lift surgery is an effective way to define the jawline and reduce sagging skin under the chin. Alternatives to z plasty surgery may include VASER liposuction with Renuvion. Z plasty surgery will not resolve facial concerns or get rid of wrinkles around your eyes, forehead and mouth. Other facial surgery such as a full face and neck lift or treatments such as Botox injections can help with this. Facelifts and neck lifts of any nature do not change the texture and look of your skin, though treatments such as laser resurfacing or chemical peels may help with this.

If you experience any problems or have concerns following surgery, please do not hesitate to call our direct patient line for assistance on 07908 891059.

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Patient Pre & Post-Operative Care Guide

Pre-Operative Preparations

6 weeks before surgery-

Refrain from using any nicotine products including cigarettes, nicotine vapes and chewing gum.

2 weeks before surgery-

We would recommend that you start taking Arnica anti-bruising tablets, three times a day, two weeks prior to and two weeks after surgery. These are available from several health and wellbeing stores, including Holland & Barratt.

1 week before surgery-

Avoid Aspirin, Ibuprofen, Nurofen and other similar painkillers one week before and two weeks after surgery. Paracetamol is the safest painkiller to take, if necessary.

Stop taking Vitamin E and its compounds (such as evening primrose oil, fish oils, garlic and garlic capsules) 1 week before surgery and 2 weeks after surgery. Taking Vitamin E in any form can cause bleeding and post-operative complications.

Day of surgery-

You must take your routine medicines at the usual time, unless advised otherwise and bring them with you (including inhalers).

Remove lenses prior to arrival at the clinic.

You will be discharged from the clinic with a compression garment. If you think that you may feel self-conscious about this, we recommend that you bring a scarf to help disguise the garment.

Post-Operative Instructions

Average length of stay-

The surgery will be performed as a day case under a local anaesthesia unless your surgeon advised otherwise during consultation. **Patients should not drive for a minimum of 24 hours post operatively, so alternative means of transport should be arranged. If you live further than a 1 hour drive from the clinic, it is mandatory to stay in the vicinity until the following day.**

0-2 weeks after surgery

- It is essential to ensure activity is kept to a minimum and to rest as much as possible. The less you do, the less you will bruise
- Shower if you wish and feel free to wash your hair, but please take additional care around the suture line
- Keep your head up to reduce swelling and sleep with extra pillows to raise your head
- Avoid bending down, hot baths, heavy lifting and anything else that would naturally cause your face to redden to minimise bruising
- Paracetamol can be taken as required

2 days after surgery onwards

- Gentle walks are permitted
- Driving may resume

10 days after surgery onwards

- Once sutures have been removed, use of a light moisturiser is recommended.

3 weeks after surgery onwards

- Moderate cardiovascular exercise may resume but do listen to your body- it will tell you if you are overdoing things. Deeper level healing will continue for several weeks and overdoing things may lead to secondary bruising

6-12 weeks after surgery

- More strenuous exercise may resume, as advised by your surgeon at your follow up appointment

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