

in the spotlight

Rejuvenation of the Neck

Many of us spend a lot of time and energy, from youth onwards, focusing attention on our face and hair. We pay little to no attention to the neck until it starts drawing attention to itself. In some people, there is a tendency to accumulate excessive amounts of fat in the neck, even from a young age. Sometimes it persists even after a good diet and exercise regimen. In these instances, localized liposuction can help remove unwanted collections of fat in a natural manner.

The sun and gravity slowly together result in unfurling and stretching of the collagen bundles in exposed areas. Many makeup preparations have sunscreen in them, which has been beneficial in protecting the face. But, most people don't apply makeup or sunscreen as vigorously to the neck as we do the face.

Much of the time, there is laxity associated with aging. Occasionally, the laxity on the neck outpaces that seen in the rest of the face. This can give the appearance of a long drawn out appearance that adds years to the face. Jowls and so-called "turkey gobblers" start to become more noticeable. If there is minimal laxity, good skin care under the supervision of an aesthetician can help.

With significant laxity, surgery may be necessary to re-suspend the loose tissue into a more natural position. "Modern techniques, utilizing deeper levels of dissection, allow for a more natural and less 'pulled' appearance than older techniques," said Dr. Yadro Ducic. "It may be necessary to blend the neck suspension into the lower face so as to avoid unbalancing the face. Most of the time, we are able to hide incisions in natural creases and along the hairline."

Chemical peels and various lasers have a limited role in neck rejuvenation due to potential healing problems with the thin neck skin.

Any surgery done on the neck should aim to remove unwanted attention away from the neck and bring it back to the face where it belongs. Dr. Ducic has written articles and lectured extensively on neck lifting and face-lifting techniques. For more information, he invites you to come to his office for a complementary consultation. You may also visit his Web site at DrDucic.com. He and his staff looks forward to helping guide you. 

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Dr Ducic is Board Certified in Facial Plastic and Reconstructive Surgery. He has published over 120 articles and book chapters and has lectured extensively at universities both in the USA and abroad. He is the director of a fellowship in Facial Plastic Surgery, one of only a handful in the southwest and the only one in the metroplex. He is also a Clinical Associate Professor at the University of Texas Southwestern Medical Center and is involved in training the specialists of tomorrow. Please feel free to visit his web site at www.drducic.com or call 817.503.2442 for an appointment in the midcities location or 817.920.0484 for an appointment in the downtown fort worth location. We look forward to your visiting with us.



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