



KATARZYNA MACKENZIE

PLASTIC SURGEON

## Chin liposuction

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Chin liposuction is a very popular procedure with men and women keen to improve the shape and contours of the body by removing excess fat deposits that cannot be addressed through diet or exercise alone. Plastic surgeons use a variety of procedures to remove a double chin. One of them is chin liposuction (also known as submental liposuction or double chin surgery) which removes fat from beneath the skin and sculpts the chin and neck contour. Chin liposuction usually requires only local anaesthetic to numb the general area. Liposuction is not a weight loss strategy; it is designed to help smooth and tone areas of the body where stubborn fat is visible and unable to be targeted via other means.

Length of surgery	1 hour
Anaesthesia	Local   anaesthetic
Hospital stay	1 night
Risks/complications of surgery	Frequent: Bruising, swelling, temporary numbness, discomfort on movement/coughing Infrequent: Infection, bleeding (haematoma), fat necrosis, asymmetry, under- or overcorrection, seroma, fat embolism, skin necrosis
Recovery	5-10 days until socialising with close friends and family 1-2 weeks until return to work and normal social engagements 4 weeks wearing specialized pressure garment 4 weeks until return to gym and other strenuous activities 3-12 weeks until bruising and swelling disappeared
Driving	1 week
Follow up	1 week, 6 weeks, 3 months, 6 months
Duration of results	Permanent unless followed by weight gain

## Chin liposuction information sheet

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Any plastic surgery procedure is a very personal choice and understandably there are several questions that arise. This information sheet is a general guide for patients considering double chin liposuction under the care of Dr Mackenzie. It should provide the answers to some questions that you may have. There are many factors that can affect your individual operation, your recovery, and the long-term result. Some of these factors include your overall health, previous surgery, any bleeding tendencies that you have and your healing capabilities, some of which will be affected by smoking, alcohol, and various medications. Such issues that are specific to you need to be discussed with Dr Mackenzie and are not covered here. Please feel free to ask her any further questions before you sign the consent form.

## Introduction

Liposuction is a well-established technique which removes fat from selected areas in a controlled fashion, by passing a suction cannula underneath the skin and into the fatty layers beneath. With age, excess fat sometimes accumulates on the chin and neck, creating a double chin or fat neck appearance. Chin and neck fat removal can be performed with micro liposuction, a minimally invasive procedure. The procedure lasts less than an hour and is performed on a day-case basis.

Micro liposuction involves a small tube with a suction device at one end, gently removing fatty deposits by creating tiny incisions.

It is essential that you have realistic expectations about what the procedure can do for you. It is important to understand that, while liposuction can enhance your appearance and self-confidence, it won't necessarily change your looks to match your ideal one. Liposuction is not intended as a treatment of obesity, and patients who have excessive weight are advised to avoid surgery.

Good results also depend on elastic skin that will adapt to a new contour when the underlying fat is removed. Any liposuction is most likely to be successful for healthy weight people with firm, elastic skin who have pockets of excess fat in certain areas. Although age is not a significant concern, older people may have less skin elasticity and may not achieve the same results as a younger person with tighter skin.

## Who is a good candidate for chin liposuction?

Chin liposuction is a highly individualized procedure. The best candidates for chin liposuction are normal-weight people with firm, elastic skin who have pockets of excess fat underneath the chin as well as anyone who is unhappy with the contours of their neck and chin area because of an excess amount of fat.

The more elastic the skin is, the more likely it is to "bounce back" or retract after liposuction. Chin liposuction itself does not actually remove excess skin — just fat. Therefore, patients seeking loose skin removal on their chin and neck areas may require a neck lift.

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Finally, good candidates for chin liposuction should be non-smokers and in good overall physical health. It's also best to be at a healthy, steady weight.

## What are the benefits of chin liposuction?

The main benefits of chin liposuction include:

- Removing excess fat along chin area
- Improving the appearance of a double chin
- Improving definition along the jawline
- Tightening the skin on the neck (for those with adequately elastic skin)
- Aesthetically improving the patient's profile

More than one liposuction session may be required to achieve your goals without unacceptable risk. Dr Mackenzie can also recommend an alternative procedure such as a neck lift, if the lower face skin is too loose.

## How is chin liposuction performed?

Chin liposuction is usually performed under a local anaesthetic.

Once the area surrounding the chin, neck, and jawline is completely numb, Dr Mackenzie will make several small incisions. One incision is made directly below the chin, and two more very small incisions are made — one below each ear.

Through these incisions Dr Mackenzie will insert a thin tube called a cannula. The fat will be suctioned out of the treatment area as neck and jawline are contoured.

Once liposuction is complete, incisions will be closed, and a neck pressure garment applied. You will be monitored for a short period before being discharged to go home, along with a list of instructions on caring for your incisions and optimizing your recovery.

## What can you expect after chin liposuction?

It is vitally important that you follow all postoperative instructions provided by Dr Mackenzie. Dr Mackenzie will also provide detailed instructions about the normal symptoms you will experience and any potential signs of complications. It is important to realize that the amount of time it takes for recovery varies greatly among individuals.

### Immediately after your liposuction surgery:

- After surgery, you will likely experience some fluid drainage from the incisions.
- Tenderness, bruising, and swelling are normal after your procedure but should subside in the following weeks. To control swelling and to help your skin better fit its new contours, you will be fitted with a snug elastic garment to wear over the treated area for 4-6 weeks day and night.
- Don't expect to look or feel great immediately after surgery. When the anaesthesia wears off, you may have some pain. Pain can be controlled with medication, though you may still feel stiff and sore for a few days
- Numbness and itching of the area treated may be expected after surgery but should disappear gradually. Permanent areas of numbness are rare
- It is important to mobilise as soon as possible after the operation as resting in bed is not good for the circulation in the legs

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- You should keep the scars clean and dry

## **The first two weeks:**

- The first few days after surgery, you should rest quietly. Elevate the affected body part if possible. Remember, you must not take aspirin or anti-inflammatory medications
- The first 48 hours after surgery, you will experience swelling and bruising. The swelling is maximal at 48 hours after surgery and mostly disappears within 2-3 weeks, but there may be slight residual swelling for up to 6 months
- Bruising is normal and typically disappears within 7-17 days
- Do not smoke after your liposuction surgery to prevent coughing and bleeding
- Do not drink alcohol for five days after surgery or while you are taking pain medication
- Avoid straining, bending over and lifting during the early postoperative period

## **Weeks two to six:**

- Avoid strenuous exercise for 4-6 weeks because it can trigger unnecessary fluid
- You should wait a minimum of 6 weeks before exposure to sun and heat, including sunbathing, because of the possibility of swelling
- Returning to work will depend on the extent of the liposuction but is usually between 7 and 14 days after surgery

## **Long-term recovery:**

- After 4-6 weeks you will have a good idea of the result, but this continues to improve for 3-6 months as the skin and fat becomes softer and smoother
- Since the healing process is gradual, you should expect to wait at least several months to get an accurate picture of the results of your surgery

## **What are the complications of liposuction?**

In general, chin liposuction is safe, and the results are entirely predictable, with an associated high-degree of patient satisfaction. Nevertheless, no surgery is without risk. Some of the possible complications and risks associated with chin liposuction may include:

- Some irregularity and asymmetry are occasionally seen. However, in the period after surgery it is not uncommon to see some waviness in the contour of the skin which is related to swelling and this resolves over 2-3 months
- Infection is a theoretical risk of any operation but extremely unusual
- Bleeding
- Bruising and some swelling is to be expected after chin liposuction. Some people bruise more easily and so will see more discoloration in the skin than others. This almost invariably resolves soon after surgery
- Loose skin. The skin may fail to snap back especially if a large amount of fat is removed. If this fails to settle, it is only corrected by skin excision procedures
- The scars from chin liposuction are small and strategically placed to be hidden from view. However, imperfections in the final appearance are not uncommon after any liposuction
- Change in skin sensation that may persist

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- Numbness or hypersensitivity of the overlying skin due to bruising or damage to the small nerves of the skin. This is usually temporary but may persist
- Damage to deeper structures such as nerves, blood vessels, muscles
- Irregular pigmentation
- Need for revision surgery
- Rippling or loose skin, worsening of cellulite
- Disappointment with the result

Sometimes after undergoing a chin liposuction procedure, patients are disappointed with the result. This may be due to one of the problems described above occurring or due to unrealistic expectations of the surgery e.g. mild asymmetries, some residual fatty tissue or less than expected definition of the liposuctioned area. It is important that you discuss your expectations in advance of the surgery so that you can understand what to expect from the surgery and so this situation is avoided as much as possible. Additional costs may be incurred for further procedures.