



face

freshfaced

Sydney plastic surgeon **Dr Mark Kohout** talks to Christine Doggett about using liposuction to the lower face to create a more youthful look

Most patients are not aware that a relatively simple procedure, with a very short recovery time, can have such a dramatic impact on their overall appearance and confidence.

“When patients come for a consultation, they don’t usually specifically ask for liposuction to the face,” Dr Kohout says. “It is more likely that they have general

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concerns about the ageing of the face in terms of looseness around the neck and jowls, often combined with a heavy appearance around the jaw line.”

There are generally two groups of patients who will benefit from liposuction to the lower face. The first is a younger group, with concerns about fullness around the lower face, jowls, under the chin and around the jaw area generally.

“This may be because of a genetic predisposition where there is no sharp definition to the jaw or it could be associated with a general chubbiness which carries through to the face,” explains Dr Kohout. “In both cases, the transition between the face and the neck is blurred, giving a ‘middle-aged’ look, even in someone quite young. Creating a more youthful and stronger definition to the jaw line will require minimal intervention, because in younger patients the skin is retractile and elastic so it responds well to liposuction.

“The procedure itself takes less than an hour and is

conducted through a 3mm incision under the chin. Through this tiny incision, the areas under the chin, under the length of the jaw in the upper neck and, if necessary, over the jowls, can be treated.”

With the second group, the more middle-aged patients, the concerns are the same – general heaviness in the lower face and neck – but added to these concerns is that of looseness under the chin and the development of jowling.

“Some people may not be ready for a full facelifting procedure and in these cases, I suggest patients combine facial liposuction with a tightening procedure such as a mini facelift or necklift,” says Dr Kohout. “Once the excess fat is removed and the skin tightened, the result is improved definition to the neck and chin. The new impression is one of youthfulness and fitness, and patients are delighted with the fresher look.”

The procedure is simple and can be done under a local anaesthetic and sedation. Patients will need to take a week off work or two weeks if combining facial liposuction with a tightening procedure. “There will be a moderate amount of swelling in the area after the procedure and possibly some bruising later in the lower neck. The swelling should subside after the third day,” Dr Kohout explains. “As with any liposuction, patients are required to wear a compression garment immediately after surgery. However, this is worn only in the evenings once the patient has returned from work.”

The areas treated will have completely settled after four to six weeks and patients are generally delighted with their new firmer profiles. **acsm**