

face shaping

Sydney plastic surgeon
Dr Mark Kohout explains that you
don't have to live with a double chin.

It's a common problem and one that most people will face one day. We get on, we live well and we get a little older. And then one day we look in the mirror and the realisation dawns. We have two chins – or more.

For many of us, our double chin develops without us doing anything different; it just seems to happen with time. Very often, losing weight does not improve the situation. So what can be done?

Chin and neck liposuction are often helpful in restoring the natural contour of the chin and jawline. Provided your skin is elastic, even significantly obvious double chins can be improved with this procedure. The heaviness that appears from the front gives way to a natural, single chin that will make you look younger and lighter. You may have also seen your profile on photos or in videos and been surprised at the heaviness in the upper part of the neck that blurs the distinction between your chin and the neck. Careful liposuction can restore the natural angle between the neck and chin to make you look and feel younger.



The procedure takes about 40 minutes and is performed in a day surgery under twilight sedation. This means that you recover faster and you can return home the same day. The recuperation takes about a week before you are able to return to work. The results are long lasting and I often hear patients say: "I wish I had this done long ago" when they see the results. **acsm**

