Chin and Neck Liposuction Melbourne - Me Clinic

Canonical: https://www.meclinic.com.au/body/liposuction/chin-and-neck/

Details:

Liposuction to the chin and neck reduces excess fat in the submental area and can help redefine the jawline. Our plastic surgeons have been performing liposuction for decades.

Changes in the chin and neck area are normal and occur for several reasons - ageing, weight fluctuation and genetics among them.

This page covers the procedure . If you are still working out what is causing fullness under your chin and which treatment addresses it, start at double chin liposuction , which sorts through the causes first.

Who this is for

You have localised fat in the submental area that has stayed put through weight changes

Your skin over the area still springs back - elasticity is the single biggest predictor of a good result here

You are in good general health and at a stable weight

You want the jawline more defined in profile, which is the view the procedure changes most

Who it is not for

Anyone whose main issue is loose neck skin. Removing the fat underneath loose skin makes it hang more, not less. A neck lift or facelift is the relevant procedure.

Anyone with visible vertical bands down the front of the neck. Those are the platysma muscle, and liposuction does not touch muscle.

Anyone whose profile is set by jaw position rather than fat. A receding chin changes the whole submental line, and no amount of fat removal alters bone.

Anyone still losing weight.

What the procedure involves

Liposuction is a surgical procedure performed under local or general anaesthesia, using a thin tube called a cannula attached to a suction device. Fat cells are extracted from the treated area through small incisions placed discreetly.

Removing fat from the neck may also promote some collagen regrowth, which can help the skin adhere more closely to the underlying muscle and reduce the appearance of sagging. Results vary between individuals.

Chin and neck liposuction is generally a smaller procedure than body liposuction, and is one of the areas where local anaesthesia may be appropriate.

What it can and cannot address

Liposuction addresses fat. It does not tighten significantly loose or sagging skin.

Where there is substantial excess skin around the chin and neckline, a facelift or neck lift may be needed instead of, or in addition to, liposuction. Your surgeon will assess which applies in your case - this is one of the more common reasons a patient is advised that liposuction alone will not achieve what they are seeking.

Liposuction is not a weight-loss technique. It is a contouring procedure, and results are best supported by a stable weight and a healthy lifestyle.

What sits outside this procedure

Platysma muscle bands - the vertical cords in the neck. Muscle, not fat.

Loose or crepey neck skin. Skin, not fat.

Jaw and chin bone position. Structural.

Salivary gland fullness sitting below the jaw line, which is glandular tissue and reads as fat from the outside but is not.

Jowls along the jawline , which are a descent of facial tissue rather than submental fat.

Naming these matters, because someone treating only the fat when two of the other four are the real cause will be disappointed by a technically successful procedure.

The process, start to finish

GP referral - required since 1 July 2023 before seeing a surgeon about cosmetic surgery.

First consultation with a Specialist Plastic Surgeon, $350 including GST as at September 2024. Your neck is assessed for all five of the elements above, not just fat.

Written quote and risk information to take home.

Second consultation with your questions.

Seven-day cooling-off period. Compulsory.

Booking and pre-operative instructions , including the chin strap garment.

Procedure day , usually same-day discharge, and often under local anaesthetic or mild sedation for this area.

Reviews at seven to ten days, then six to eight weeks, three months, six months and twelve months.

Suitability

A consultation with a surgeon establishes whether you are a suitable candidate. Factors considered include the amount and location of fat, the quality and elasticity of your skin, your general health and your expectations.

It is worth considering advice from other healthcare professionals as well, particularly if there are underlying health factors. Liposuction is not a solution to body image concerns, and it carries its own risks alongside its potential benefits.

Circumstances that change the picture

Age. Skin elasticity declines over time, which is why the same volume of fat removed at 35 and at 65 does not give the same result. This is the assessment that matters most for this area.

Significant weight loss. Expect skin to be the limiting factor.

Men. Beard growth means incisions and healing sit within a different skin surface; raise it if you wear a beard.

People who spend the day looking down at a screen. Submental fullness appears far worse in that position than it is - and worse again on a video call with the camera below eye level. Assess it in a mirror at eye height before deciding how much is actually there.

Related areas

Aside from the chin and neck, other areas of the face such as the cheeks can be treated. Chin, cheek and neck contouring can produce a lifting effect in the lower face. It may also be combined with other facial procedures where wrinkles, sagging skin or volume loss are also concerns.

See also double chin liposuction for the causes of submental fullness, and double chin reduction before and after photos for how to read photographs of this area, which is unusually easy to misrepresent.

Costs

As a guide, the surgeon's fee for chin and neck liposuction is around $5,000. This is a surgeon's fee estimate only - the final cost varies with where the procedure is performed, and hospital, theatre and anaesthetist fees are additional.

Anaesthetist fees range from $800 to $1,200 per hour where a general anaesthetic is used; where local anaesthesia alone is appropriate, no anaesthetist fee applies. As at September 2024 and including GST, a consultation with a Specialist Plastic Surgeon is $350.

See liposuction costs for the full breakdown.

What a real quote names

Surgeon's fee, anaesthetist fee (or confirmation that none applies), hospital or theatre fee, garments, follow-up appointments, and what a revision would cost. Each on its own line, in writing. A single figure is not a quote.

Liposuction is quoted on two bases across this site - per area and per hour of theatre time. They measure different things; your written quote is the one that applies to you.

What you should leave the consultation with

Which of the five elements - fat, skin, muscle, gland, bone - is actually driving your concern, and in what proportion

The itemised written quote

Written risk information

Whether local or general anaesthesia is proposed, and why

Your surgeon's name and AHPRA number, checkable at ahpra.gov.au

An after-hours number and who answers it

Your review dates

Recovery

You will need someone to drive you home and stay with you for at least 24 hours where a general anaesthetic is used. Compression garments may be required.

The garment for this area is a chin strap , worn as instructed including overnight. It is visible, which most people find is the hardest practical part of the first fortnight.

Sleep elevated for the first week - it makes a real difference to swelling in the face and neck.

Swelling is most obvious in the mornings for the first couple of weeks.

Talking and chewing are uncomfortable for a few days. Soft food for the first stretch is sensible planning.

Most people take a week off work for this area, less than for body liposuction, but the bruising is in a place clothing does not cover.

Aftercare: expected, and not expected

Expected: swelling worst at two to three days, bruising that can track down the neck under gravity, numbness or tingling in the chin and neck that can take months to settle, firmness under the skin as it resolves, and a tight sensation when turning the head.

Call us for a fever, increasing rather than settling pain, spreading redness or heat, pus or a bad smell from an incision, a wound that opens, or swelling that is suddenly and noticeably worse on one side.

Call 000 for difficulty breathing or swallowing, chest pain, shortness of breath, or rapidly increasing swelling in the neck.

When you will see the result

Not at two weeks, and not at six. Swelling in the neck resolves slowly and the contour keeps refining for around three months, with final settling out to a year. Judging it early is judging swelling, and this is the area where people most often panic at week two.

Risks and complications

All surgical procedures carry risks and potential complications, including infection, bruising, swelling, pain, scarring, bleeding and haematoma, seroma, contour irregularity, changes in sensation from nerve damage, anaesthesia complications and blood clots.

Risks are discussed with you in detail during the consultation process, and you are given written information to take home. Please read our information on the risks and complications of cosmetic surgery before proceeding.

Any surgical or invasive procedure carries risks. Before proceeding you should seek a second opinion from an appropriately qualified health practitioner.

Referral and cooling-off period

Since 1 July 2023, all patients are required to have a GP referral before seeing a plastic surgeon or doctor about cosmetic surgery. For any cosmetic surgery there is a compulsory one-week cooling-off period after your second consultation before surgery can be booked or a deposit paid.

Patients under 18 have additional requirements: a three-month cooling-off period and an independent assessment by a registered psychologist, psychiatrist or GP.

The Ku Lift: jawline contouring

The Ku Lift is a signature jawline contouring treatment developed by Dr Gordon Ku. It targets and removes excess superficial fat along the jawline to sharpen the profile, and it is minimally invasive rather than a lift in the surgical sense.

What distinguishes it is the layer it works in. It addresses the preplatysmal fat - the fat sitting above the platysma muscle, which is frequently what softens or obscures a jawline - using a micro-cannula technique to sculpt the area while keeping the result balanced with the rest of the face.

Knowing which layer your problem sits in is the whole assessment , because treating the wrong one does nothing:

Superficial fat above the muscle - the layer this treatment addresses.

Fat beneath the platysma , or a prominent submandibular gland - not reachable this way, and requires a different plan.

Lax platysma muscle bands - a muscle problem, not a fat problem. Removing fat around a slack muscle can make the banding more visible, not less.

Loose skin - removing fat from beneath loose skin leaves the skin with less to drape over. Where skin laxity is the main issue a lifting procedure is the relevant option.

Bone and jaw position - no soft-tissue procedure changes the underlying skeleton.

That list is the honest reason a consultation matters more here than the name of the treatment. A jawline that is soft because of skin laxity or a heavy submandibular gland will not be improved by removing superficial fat, and being told so is a better outcome than being treated.

As with any procedure that removes fat, the cells removed do not return, but those remaining can enlarge with weight gain - so a stable weight determines how long the definition holds.

Common questions about chin and neck liposuction

What does the procedure actually involve?

A thin tube called a cannula, attached to a suction device, extracts fat through small incisions placed discreetly - typically under the chin or behind the ear. It is performed under local or general anaesthesia.

Is this the same page as double chin liposuction?

No. This page covers the procedure; the double chin page sorts through what is causing submental fullness in the first place, which is the more useful place to start if you are not sure.

Will it tighten loose neck skin?

No. It addresses fat. Removing fat from beneath loose skin can make the skin hang more rather than less - which is why a facelift or neck lift may be the relevant procedure instead of, or alongside, liposuction.

What are the cords down the front of my neck?

Platysma muscle bands. Liposuction does not touch muscle, so they are unaffected by this procedure.

What else can look like submental fat but is not?

Salivary gland fullness below the jawline, jowls descending along the jawline, and a receding chin changing the whole profile line. Each of those is addressed differently, or not at all.

Why does the assessment matter so much here?

Because someone treating only the fat when skin, muscle or bone is the real driver will be disappointed by a technically successful procedure.

Does my age change the outcome?

Yes, through skin elasticity, which declines over time. The same volume of fat removed at 35 and at 65 does not give the same result.

Is it worse than I think because of my screen?

Quite possibly. Looking down exaggerates submental fullness, and a video call with the camera below eye level exaggerates it further. Assess it in a mirror at eye height before deciding how much is there.

Can this be done under local anaesthetic?

Often, yes - it is generally a smaller procedure than body liposuction and is one of the areas where local anaesthesia may be appropriate. Where local alone is used, no anaesthetist fee applies.

What does it cost?

The surgeon's fee is around $5,000 as a guide. Hospital, theatre and anaesthetist fees are additional; anaesthetist fees are $800 to $1,200 per hour where a general anaesthetic is used. A consultation with a Specialist Plastic Surgeon is $350 including GST as at September 2024.

What should a written quote name?

Surgeon's fee, anaesthetist fee or confirmation that none applies, hospital or theatre fee, garments, follow-ups, and the cost of a revision. A single figure is not a quote.

Do I have to wear a garment?

Usually a chin strap, worn as instructed including overnight. It is visible, which most people find is the hardest practical part of the first fortnight.

How should I sleep?

Elevated for the first week. It makes a real difference to swelling in the face and neck.

Will I be able to eat and talk normally?

Both are uncomfortable for a few days. Plan for soft food at the start.

How much time off work?

Most people take about a week for this area - less than for body liposuction, though the bruising is somewhere clothing does not cover.

When will I see the result?

Not at two weeks and not at six. The contour keeps refining for around three months with final settling out to a year. This is the area where people most often panic at week two.

What is normal in recovery?

Swelling worst at two to three days, bruising that tracks down the neck under gravity, numbness or tingling that can take months to settle, firmness under the skin, and a tight sensation when turning the head.

When should I call us?

Fever, increasing rather than settling pain, spreading redness or heat, pus or a bad smell from an incision, a wound that opens, or swelling suddenly worse on one side.

When should I call 000?

Difficulty breathing or swallowing, chest pain, shortness of breath, or rapidly increasing swelling in the neck.

What are the risks?

Infection, bruising, swelling, pain, scarring, bleeding and haematoma, seroma, contour irregularity, changes in sensation from nerve damage, anaesthesia complications and blood clots.

What has to happen before I can book?

A GP referral, required since 1 July 2023, then a compulsory one-week cooling-off period after your second consultation. Under 18s have a three-month cooling-off period and an independent psychological assessment.

Is this a weight-loss procedure?

No. It is a contouring procedure, and results are best supported by a stable weight and a healthy lifestyle.

Related pages

See liposuction , double chin liposuction , or liposuction costs .

Individual results may vary. Any surgical or invasive procedure carries risks. Before proceeding you should seek a second opinion from an appropriately qualified health practitioner.