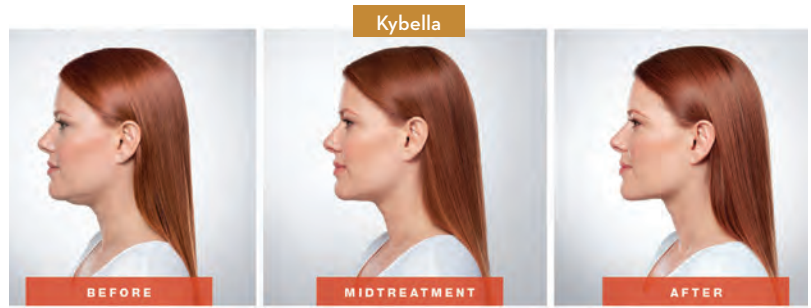


# Getting Rid of the Gobbler

by **Dr. Clifford Clark III, MD**



Unretouched photos of paid model.  
Sex: F Age: 35 Weight (before/after): 142.5 lbs/145.5 lbs Total mLs (all treatment sessions): 12  
Individual results may vary.

No, we're not talking about Thanksgiving turkey, we're talking about the neck. Looking down at your cell phones, seeing your pictures on social media or looking in the

mirror, has met with great success. Several injections are necessary for the best outcome and some swelling is to be expected.

Another non-surgical option is Botox. This treatment is most effective in thin necks with prominent muscle bands. A Botox injection softens harsh bands for up to four months.

A minimally invasive treatment that we are very excited about is the use of ultrasound or the VASER. A small wand placed underneath the skin dissolves fat and modestly tightens the skin. The VASER has a mild recovery and requires an

anesthetic for a pain-free experience.

be tightened by moving it backward and removing it. Sometimes too much emphasis is placed on the neck, and it is just one component of overall facial aging. In those cases, it is often most efficient to address the other issues at the same time with a facelift.

The good news is that there are many options! The key to a great result that exceeds your expectations is to sit down with a board-certified plastic surgeon to make the diagnosis and tailor the treatment to meet your needs. If surgery is necessary, remember to choose an accredited surgical facility and a board-certified anesthesiologist for a safe and pain-free experience.

*Dr. Clark is a board-certified plastic surgeon, the medical director of Orlando Aesthetic Institute – a state-of-the-art surgery center located in College Park – and an assistant clinical professor at the University of South Florida.*



makeup mirror can sometimes reveal that things aren't what they used to be.

We want our necks back! A defined jawline and a great chin neck angle are beautiful and provide the look of youth. To get there, you need to start with the correct diagnosis: Is there extra fat or is it muscle bands and laxity of skin? Diagnosing the issue sounds simple but is often overlooked in the quest for a quick fix or the "silver bullet."

Following a qualified diagnosis, effective non-surgical and surgical options are available to achieve your optimal result.

In the non-surgical arena, a new injectable called Kybella, developed specifically

for fat underneath the chin, has met with great success.

When several components of the neck are a problem, such as skin, muscle laxity and fat, a neck lift is the most efficient procedure. The least invasive approach is a small incision underneath the chin that allows the removal of fat and the tightening of the broad, thin neck muscle. But when loose skin is also a problem, the only way to fix it is to remove it. An additional incision behind the ear allows the skin to

