

Continue the CONVERSATION

Kurtis E. Moyer, MD
Carilion Clinic Cosmetic Center

NECK LIFT

The best candidate for a neck lift is someone looking to restore a more youthful appearance to his or her neckline that is healthy enough to undergo elective surgery. "Typically the areas of concern are excess skin and/or fat under the chin that can lead to a tired or aged appearance," says Kurtis E. Moyer, MD of Carilion Clinic Cosmetic Center in Roanoke. "A neck lift removes the excess skin and fat through incisions under the chin, as well as in front and behind the ears."

A neck lift typically takes between one to two hours to complete, depending on the amount of excess skin and fat to be removed. The procedure is typically preformed with the patient under sedation or a general anesthetic (going to sleep). Dr. Moyer performs neck lifts as an outpatient procedure, but that may vary from surgeon to surgeon. Only one surgery is needed for rejuvenation of the neck with a neck lift, but like all cosmetic procedures, Dr. Moyer explains, results are not permanent.

"You can expect your results to last between seven and 10 years before you notice signs of aging returning," Dr. Moyer says. "It may be necessary to have additional skin or fat removed at that time to maintain the youthful appearance of your neckline."

As for recovery, discomfort following a neck lift is minimal. Dr. Moyer says most patients have mild pain in the first 48 hours, and very little pain after the first two days. "Bruising can occur along the bottom of the neck but this typically resolves within the first week," he notes.

Dr. Moyer says anyone who has a neck lift will be required to wear a surgical garment to compress the area for two weeks. After that, it can be removed to go out in public but needs to be replaced once in the house and while sleeping for another two weeks. Dr. Moyer asks patients to not lift anything over 20 pounds or strain for four weeks. Most patients without a strenuous job can return to work within two weeks.

"If the procedure is done correctly you should have a natural and more youthful appearance but look like you," says Dr. Moyer. "No procedure can completely reverse the effects of time but under the care of a well-trained surgeon you can expect to have that rejuvenated look you are after."

RHINOPLASTY

The best candidate for a rhinoplasty is someone healthy enough to undergo elective surgery who is interested in changing the shape of his or her nose, such as refining the tip or reducing a hump.

"The biggest misconception about a rhinoplasty is that one size fits all and that you will look like a completely different person," says Dr. Moyer. "Every patient is different and has different desires and expectations. Only through a careful consultation by an experienced surgeon can patients' expectations be explained. Once a plan is created it is important to know that you will look like 'you' with refinements made to the nose to improve its appearance."

NECK LIFT



NECK LIFT:

A cosmetic surgery procedure to restore a more youthful appearance to his or her neckline.



Results last somewhere between seven and 10

years before signs of aging return

"No procedure can completely reverse the effects of time but under the care of a well-trained surgeon you can expect to have that rejuvenated look you are after."

Kurtis E. Moyer, MD

Carilion Clinic Cosmetic Center

RHINOPLASTY



RHINOPLASTY:

A cosmetic surgery procedure to reconstruct the form, restore the function, and/or aesthetically enhance the nose.



Patients should not to lift over 20 pounds or

strain for four weeks, but those who have non-strenuous jobs can return to work within two weeks.

Some patients also have a deviated septum, causing breathing issues, which can be fixed during a rhinoplasty. Dr. Moyer says the procedure is outpatient, so the patient can go home the same day. It is performed under sedation or a general anesthetic (going to sleep), and typically lasts between one to three hours. Results are accomplished with a single surgery and revisions are typically not necessary.

Following rhinoplasty, the patient has splints that need to be removed after one week. "Pain and bruising can be moderate in the first few days (following the procedure) but after one week most patients are doing very well," explains Dr. Moyer. He advises patients not to lift over 20 pounds or strain for four weeks, but those who have non-strenuous jobs can return to work within two weeks.

If you are considering rhinoplasty, Dr. Moyer advises patients to choose a surgeon carefully. "Board certification matters, and if you desire a plastic surgeon to perform your surgery they must be certified by the American Board of Plastic Surgery, which falls under the American Board of Medical Specialties," says Dr. Moyer. "Do your homework and be sure your surgeon has the experience and training to ensure consistent and safe results."

"Board certification matters, and if you desire a plastic surgeon to perform your surgery they must be certified by the American Board of Plastic Surgery, which falls under the American Board of Medical Specialties."

Kurtis E. Moyer, MD
Carilion Clinic Cosmetic Center



Kurtis E. Moyer, MD

Carilion Clinic Cosmetic Center
3 Riverside Circle, Suite 400 | Roanoke, VA 24016
540.224.5170 | www.carilioncosmetic.com

