Disclosures

Suneva Medical – Instructor
Merz – Advisory Board
Daiichi Sankyo – Advisory Board

NO financial interests in any company in this presentation

Will use device brand names due to lack of distinguishing generic names
Neck Rejuvenation Revisited

Purpose: Restoration of the aesthetic neck contour is an integral component of facial rejuvenation. Multiple deformities of the neck and chin complex can make treatment of the cervical region daunting. An algorithmic approach to neck rejuvenation based on individual anatomic and clinical analysis is prudent. The authors created a simplified anatomic approach to the most common cervical deformities encountered in the patient seeking facial rejuvenation.

- Liposuction (SAL or UAL)
- Chin Implant
- Neuromodulator
- Neck +/- Face Lift
Ideal Neck

Over stylized & not realistic in most patients
Top 3 Issues To Address

- Submental Fat
- Poor Jawline Definition
- Loose Skin
Patient Expectations

• Show them your real results
• Neck will continue to age
• Baseball analogy: 1\textsuperscript{st} base vs 2\textsuperscript{nd} base vs homerun.....or strikeout
• If they want \textbf{this result}, they need a \textbf{neck lift}
Options

- External Energy Devices
  - Radio Frequency (many)
  - Micro Focused Ultrasound (Ulthera)
- Cryolipolysis (CoolSculpting)
- Neuromodulators (for platysmal bands)
- Percutaneous Collagen Induction (Micro Needling)
- Injection Lipolysis (Kybella)
- Thermi RF
- Liposuction
  - Laser Assisted Liposuction
- Suture lifts
- Chin implant
- Fillers
Filler for Horizontal Lines

- Hard to fix long-term
- Fillers: Variable results
- Few repeat patients
- Better for younger patients with good skin
Needle Collagen Induction

1.5–2 mm needle depth to reach deep dermis (scars)

0.25–1 mm needle depth to reach epidermis/papillary dermis (fine lines, pores, etc.)
Needle Collagen Induction

Not my results
RF Needle Collagen Induction
Mechanical vs Radio Frequency Micro Needling

**Mechanical**
- Inexpensive
  - $3000 to $4500 per unit
  - <$100 consumables
  - $250 to $400 per treatment
- PIH rare
- Slight bleeding
- < 1 day downtime
- 3+ treatments

**Radio Frequency**
- Expensive
  - $50,000 to $100,000 per unit
  - Variable consumables
  - $600 to $800 per treatment
- PIH unknown
- No bleeding
- 1 day downtime?
- Fewer treatments?
External Radio Frequency

• Many devices
• Range of energy delivered
• Heat causes
  – Collagen tightening & stimulation
  – Fat reduction
• Multiple treatments
  – More than you think
  – Patient ability to tolerate the heat
• Be prepared for no results
External Radio Frequency

Skin surface

Hypodermis

0.8 Mhz

1.7 Mhz

2.5 Mhz

Unipolar vs Bipolar vs Multipolar
Non Invasive Radio Frequency

My patient....after 14 treatments!
Micro Focused Ultrasound (Ulthera)
Micro Focused Ultrasound (Ulthera)

After 1 Treatment
Micro Focused Ultrasound (Ulthera)

• More discomfort than RF
• 2 or 3 treatments (not one)
• 60% respond
  – <50% with high BMI
• Better results with patient sedation?
• Pay per a shot
• Facial “fat wasting”?
External Laser Lipolysis (SculpSure)
External Laser Lipolysis (SculpSure)
The company marketed SculpSure as effective, pain-free and quick method of using laser technology to reduce fat in a patient's midsection. In reality, the device is effectively useless for the purpose for which it was intended due to the unpredictable and often excessive pain it caused patients, the multiple rounds of treatments it required, and the unsatisfactory results it produced.
Cryolipolysis

- Effective > 90%
- Minimal discomfort
- Applicators don’t attach to everyone
- Lateral neck harder to treat
- No skin tightening
- Proper patient selection
Internal Radio Frequency (Thermi RF)
Internal Radio Frequency (Thermi RF)

Courtesy Brian Kinney, MD
Internal Radio Frequency (Thermi RF)

- Used for other body areas
- Fat reduction
- Skin tightening
- Requires local anesthetic
- Done by physician
Injection Lipolysis

Deoxycholic Acid Injection

Immediately After Injection
Injection Lipolysis

Before

After 2 injection Sessions
Injection Lipolysis

- Effective
- Ideal for small submental fat pockets
- Caution with lateral injections
  - Neuropraxia
- Delayed pain & edema
- Expensive for larger treatment areas
- No skin tightening
Platysmal Band Neuromodulation

1 injection every 1-2 cm per side
Annoying Platysma

Loose Neck Skin

After External RF Skin Tightening
Annoying Platysma

Loose Neck Skin

After External RF Skin Tightening
Annoying Platysma

Loose Neck Skin

Active Platysmal Band
Annoying Platysma
Threaded Suture Suspension Lifts
Threaded Suture Suspension Lifts

Internet Search

Borrowed Restylane Model
Threaded Suture Suspension Lifts

Thread-Lift Sutures: Still in the Lift? A Systematic Review of the Literature

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Ali Pirayesh, M.D.
Dario Bertossi, M.D.
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Background: In 2006, Villa et al. published a review article concerning the use of thread-lift sutures and concluded that the technique was still in its infancy but had great potential to become a useful and effective procedure for non-surgical lifting of sagged facial tissues. As 11 years have passed, the authors now performed again a systematic review to determine the real scientific current state of the art on the use of thread-lift sutures.

• ...little or no substantial evidence ...to support the promising statement about thread-lift sutures as made by Villa in 2006 in terms of efficacy or safety.
• All included literature.....except two studies, demonstrated at best a very limited durability of the lifting effect.
• The two studies were sponsored by manufacturers the thread-lift sutures.
Liposuction
Liposuction
Liposuction
Liposuction
Laser Assisted Liposuction
Laser Assisted Liposuction
Laser Assisted Liposuction
Laser Assisted Liposuction
Laser Assisted Liposuction
Laser Assisted Liposuction

Before

After
Liposuction

<table>
<thead>
<tr>
<th>Standard Liposuction</th>
<th>Laser Assisted Liposuction</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easy</td>
<td>Easy</td>
</tr>
<tr>
<td>Fast</td>
<td>Fast (neck only)</td>
</tr>
<tr>
<td>Can target fat zones</td>
<td>Can target fat zones</td>
</tr>
<tr>
<td>Predictable</td>
<td>Predictable</td>
</tr>
<tr>
<td>Fast recovery</td>
<td>Fast recovery</td>
</tr>
<tr>
<td>Low cost</td>
<td>Expensive</td>
</tr>
<tr>
<td>Skin laxity not addressed</td>
<td>Does tighten skin</td>
</tr>
<tr>
<td></td>
<td>Prolonged inflammation</td>
</tr>
<tr>
<td></td>
<td>More neuropraxia?</td>
</tr>
</tbody>
</table>
J Plasma

Courtesy Jack Zamora, MD
Address Jaw Line & Pre Jowl Sulcus

0.4 cc Radiesse/side
Chin & Mandible: Implants

Weak Chin

After Chin Implant & Lipo
Summary

• Neck Skin
  – Basic skin care modalities
  – Micro needling may be an inexpensive tool
  – Non-ablative & ablative energy devices

• Neck fat - Limited
  – CoolSculpting if central
  – Kybella if central
  – Careful in older patients with loose skin
Summary

• Neck fat - Larger areas
  – Liposuction
  – Laser assisted liposuction for skin tightening
  – Liposuction allows best jawline definition

• Add additional treatments as needed
  – Implants
  – Fillers
  – Neuromodulators
Neck Rejuvenation: More Options

Neck Rejuvenation Revisited

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- **Liposuction (Mostly LAL)**
- **Chin Implant**
- **Neurmodulator**
- **Neck +/- Face Lift**
Neck Rejuvenation without a Neck Lift

Karol A Gutowski, MD, FACS

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