Neck Laser Assisted Liposuction: Lessons Learned

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Disclosures

Merz – Advisory Board & Training Site
Syneron/Candela – Training Site

NO financial interests in any company in this presentation

Will use device brand names due to lack of distinguishing generic names
Submental Suction-Assisted Lipectomy without Platysmaplasty: Pushing the (Skin) Envelope to Avoid a Face Lift for Unsuitable Candidates

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Prediction of Treatment Outcomes for Neck Rejuvenation Utilizing a Unique Classification System of Treatment Approach Using a 1440-nm Side-Firing Laser

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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
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
- RF Microneedling
- Liposuction
  - Laser Assisted Liposuction
  - RF Assisted Liposuction
- Suture lifts
- Chin implant
- Fillers
Ideal Neck

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

Submental Fat
Poor Jawline Definition
Loose Skin
Neck Liposuction Personal Experience

• Last 5 years: 230 Cases
• 184 Laser Assisted (LAL)
  – All awake
  – Consider for ≥ 30 yr old
• 46 Traditional (SAL)
  – 31 awake
  – 15 with anesthesia with other procedures
  – Consider for ≤ 40 yr old
1440 nm Side Firing Laser
Neck Liposuction Protocol

• No anticoagulants 1 week preop
• Controlled hypertension
• 3 access incisions (rarely 1)
• Tumescent fluid
  – 500 mg Lido + 0.5 mg Epi + 10 mL Bicarb (500 mL NS)
  – 125 ml to 350 mL (firm, not tense), wait 5 min
• Laser fat reduction until loss of resistance
  – Typically 500J to 1000J
  – NOT needed in most cases
Neck Liposuction Protocol

• SAL with 2.7 mm single hole cannula
  – Count cannula passes per side
  – Not just submental, include the jawline
  – 50 to 150 mL removed
Neck Liposuction Protocol

• Laser skin tightening to 46°C in 5x5 cm squares
  – Typically 1000J to 3000J
  – Depends on amount of fluid infiltrated
  – Typically 2 passes from different incisions

• Submental compression +/- foam pad
Neck Liposuction Outcomes

- **Infection** 1
  - Folliculitis after 3 wks (Abx + I&D)
- **Bleeding** 0
- **Significant bruising** 1
- **Lumps requiring Kenalog injection** 18
  - LAL 17 (9.2%)
  - SAL 1 (2.2%)
- **Marginal mandibular weakness** 8
  - 2 cases lasted 6 to 9 weeks, all resolved
- **Touch up liposuction** 5
- **Touch up Kybella** 1
Neck Liposuction Patient Reported Outcomes

Questions for 201 patients after 6 months

• Was it worth it?
  – YES 199
  – MAYBE 2
  – NO 0

• Would you do it again?
  – YES 199
  – MAYBE 1
  – NO 1*

• Satisfied with result?
  – YES 200
  – NO 1*
Liposuction
Liposuction
Laser Assisted Liposuction
Laser Assisted Liposuction
Laser Assisted Liposuction
Laser Assisted Liposuction
Laser Assisted Liposuction
Laser Assisted Liposuction

After Failed Ulthera Treatment

1 Week After Neck LAL
Laser Assisted Liposuction

After Failed Ulthera Treatment

1 Week After Neck LAL
Laser Assisted Liposuction

After Failed Ulthera Treatment

1 Week After Neck LAL
Laser Assisted Liposuction

After Failed Ulthera Treatment

Lost 1/2 of result at 6 months
Considering neck lift

1 Week After Neck LAL
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
Results After 3 Years
Results After 3 Years
## Liposuction

### Standard Liposuction
- Easy
- Fast
- Can target fat zones
- Predictable
- Fast recovery
- Low cost
- Skin laxity not addressed

### Laser Assisted Liposuction
- Easy
- Fast (neck only)
- Can target fat zones
- Predictable
- Fast recovery
- Expensive
- Does tighten skin
- Prolonged inflammation
- More neuropraxia?
Chin & Mandible: Implants

Weak Chin

After Chin Implant & Lipo
Platysmal Band Neuromodulation

1 injection every 1-2 cm per side
Annoying Platysma
Address Jaw Line & Pre Jowl Sulcus

0.3 cc Radiesse/side
Lessons Learned

- Patients are looking for less expensive & less downtime procedures
  - Don’t need “home run” results
  - Highest patient satisfaction procedure I offer
- Does the “Laser” really matter
  - Sometimes......

Consider sharing this expensive device
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
  – Kybella
Neck Rejuvenation: More Options

Neck Rejuvenation Revisited

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