

Dr. Ashraf Abolfotooh Khalil

Professor of Plastic Surgery - Cairo University

- Consultant of Plastic & Reconstructive Surgery**
- Member of The Royal College of Surgeons of England**
- Fellow of The European Board of Plastic, Reconstructive and Aesthetic Surgery**
- Member of The American Society of Plastic Surgeons**



Double Chin

Breast and Body Plastic and Reconstructive Surgery Clinic

Address: Elite Medical Tower, Zahraa Al Maadi St., Maadi - Cairo, 3rd Floor, 11742

Mob: 01014199440 – **WhatsApp:** 01281228352

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What is Double Chin?

Double chin is a full neck with excessive fat deposition. It can be a cause of being overweight, genetics or simply by aging. If you have excessive fat between the chin and neck, it can make your neck look bigger and can sometimes be attributed to looking older. Even thin people may have a double chin, due to lack of muscle density. Liposuction of the neck area is a surgical procedure that uses a suction technique to remove fat from the neck. It can give you a better jaw contour and make you feel younger and more confident.

Check the illustrative video [here](#)¹.

Before the Surgery... Preparation and Expectations

It is important to know the following before deciding to undergo a neck liposuction surgery:

- Liposuction reduces the number of fat cells in a specific area. The amount of fat removed depends on the appearance of the area and the volume of fat. The resulting contour changes are generally permanent — as long as your weight remains stable.
- You may be a candidate for liposuction if you have too much fat between the chin and the neck, but otherwise have a stable body weight.
- Liposuction does not remove excess skin, redundant muscles or salivary glands that make your neck look heavy.
- If you have a good skin quality with some excessive fat, your skin will hold itself tight after liposuction alone and with the aid of the face corset.
- If you have minor skin laxity, an Ultrasound Assisted Liposuction (Vaser) technique can be used to help tighten the skin moderately.
- If you have excessive neck skin due to massive weight loss or aging, you might consider a surgical Necklift with or without liposuction.

Before the surgery, a detailed interview is conducted with our medical team covering the following:

- Review of your medical history and current health situation including a complete physical examination and results of any laboratory tests, such as blood tests.
- Determine and discuss the required and/or possible changes and agreeing on them.
- Photographs of your face and neck from different angles and close-up photos of some features.

¹ <https://bit.ly/2A9QAtN>

- An overview of the surgical intervention and expected risk, recovery stages as well as the expected results.
- Determining where your procedure will be performed and the date of operation. As it is a minor procedure, it can be performed at our center.

Our medical team may advise against neck liposuction if you have a medical condition that prevents blood clotting or experiencing ongoing weight fluctuations (or if you are significantly overweight), or if you are a heavy smoker. Liposuction surgery isn't for everyone.

Important Instructions

- Avoid taking aspirin, anti-inflammatory drugs and herbal supplements, one week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by your surgeon.
- Stop smoking 1-3 weeks before the surgery.
- Arrange for someone to drive you home after the surgery.
- Arrange for resting at home for at least one week after the surgery.

During the Surgery

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. Local or general anesthesia is applied according to your situation and the required intervention.
- **Procedure Steps:** Before your liposuction procedure, we may mark circles and lines on the areas of your neck to be treated. How your liposuction procedure is done depends on the specific technique that's used. We will select the appropriate technique based on your treatment goals, the area of your body to be treated, and whether you have had other liposuction procedures in the past. Liposuction techniques include:
 - Tumescent Liposuction: This is the most common type of liposuction. We make one small skin incision behind each ear lobe and sometimes one below your chin. A sterile solution — a mixture of salt water, is injected to aid fat removal, an anaesthetic (lidocaine) to relieve pain and a drug (epinephrine) that causes the blood vessels to constrict — into the area that's being treated. The fluid mixture causes the affected area to swell and stiffen. Then we insert a thin tube called a cannula. The cannula is connected to a vacuum that suctions fat and fluids from your body.

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- **Ultrasound-Assisted Liposuction (UAL):** Sometimes used in conjunction with traditional liposuction. During UAL, we insert a metal rod that emits ultrasonic energy under your skin. This ruptures the fat-cell walls and breaks down the fat for easier removal. A new generation of UAL called VASER assisted liposuction uses a device that may improve skin contouring, induce moderate skin tightening and reduce the chance of skin injuries.
- The surgery lasts for almost 1 hour depending on the surgical details and patient’s situation.

After the Surgery

- In most of the cases, you can leave the hospital later the same day of the operation, or else as needed.
- Expect some pain, swelling and bruising after the procedure. Medication will be prescribed to help control the pain and antibiotics to reduce the risk of infection.
- We may leave your incisions open to allow any blood or fluids to drain or place temporary drain tubes to promote fluid drainage.
- You usually need to wear tight compression garments, which help reduce swelling, for a few weeks.
- The swelling will improve by time along with the contour and size.
- Do not worry if suction fluids and solutions come out and appear on the corset. These fluids may be in large amount and bloody. This is normal and will decrease gradually within 3 days.
- You may need to wait one week at least before returning to work and a few weeks before resuming your normal activities — including exercise.
- During this time, expect some contour irregularities as the remaining fat settles into position.

Post-Procedure Precautions

1. You will need to wear a face corset for 3 weeks (upon the doctor’s advice). 2 weeks full time and 1 week for half of the day. It should be tight to ensure the best results of contouring and avoid fluid accumulation.
2. The corset will be removed for the first time on the 3rd day after the surgery. Then it can be removed for 15 minutes daily to shower. You will be instructed on how to care for the surgical site.
3. You might need to replace the corset with a smaller size after a while (after the swelling decreases).
4. It is advised to walk (a minimum of 30 steps daily inside the room), to avoid immobility risks.

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5. It is important to watch out for not standing up suddenly from a sleeping position. Yet, sit on bed firstly, then stand up gradually and get out of bed.
6. It is highly recommended to perform massage (manual lymphatic drainage massage) on the treated area, as early as 3 days postoperative, or as recommended for your specific case, for better results and faster recovery. You can do it yourself at home or ask our clinic for support. Check massage video [here](#)².
7. Avoid vigorous or aerobic activity or sports for 6 weeks after the surgery.
8. Stop smoking. Smoking slows the healing process and may make you more likely to get an infection.
9. Eat high-fiber foods, such as fruits and vegetables, to avoid constipation.
10. Limit your dietary salt intake to help faster swelling recovery.

Recovery and Results

- Your improved neck contour will be apparent when the swelling and fluid retention commonly experienced following liposuction subside. It takes a few weeks for the swelling recovery and several months to observe a leaner appearance on the treated area.
- It is natural for skin to lose some firmness with aging, but liposuction results are generally long lasting as long as you maintain your weight.
- If you gain weight after liposuction, your fat distribution may change.
- After liposuction, the skin molds itself to the new contour of the treated areas. If you have good skin tone and elasticity, the skin is likely to appear smooth. If your skin is thin with poor elasticity, however, the skin in the treated areas may appear a bit loose and a follow up surgery might be needed.
- Liposuction results are generally long lasting, provided you maintain stable weight and general fitness.

Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visits (once a month) during the next 6-12 months.

² <https://youtu.be/kJqIRNSIUQ>

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Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of liposuction are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and for different periods to follow up the progress achieved.

Liposuction risks might include:

- Anesthesia risks
- Hematoma: accumulation of blood under your skin
- Fluid accumulation, swelling and/or bruising
- Irregular contours or asymmetries
- Irregular pigmentation
- Poor wound healing
- Change in skin sensation that may persist
- Rippling or loose skin which might require a revision surgery
- Damage to deeper structures such as nerves, blood vessels or muscles
- Thermal burn or heat injury from ultrasound with the ultrasound-assisted liposuction technique.

Medication

R/Tavanic 500mg	One tablet daily for 5 days
R/Ketolac SR	One tablet every 12 hours - after meals – till pain is gone
R/Panadol 500mg	Two tablets every 8 hours
R/Neurontin 300mg	One tablet before sleeping for 5 days
R/Alphintern	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
R/Controloc 40mg	One tablet 30 minutes before breakfast for 10 days

Cited in:

- American Society of Plastic Surgeons: <https://www.plasticsurgery.org>
- Mayo Clinic: <https://www.mayoclinic.org/>

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