

Top Treatments to Tighten and Rejuvenate Saggy Neck Skin

Sagging skin is one of the many downsides of aging. It's a small thing to worry about, but many people find it hard to maintain a positive attitude about gaining fine lines and wrinkles – and that's okay, too. If you want to reverse the clock a bit, several treatments – non-invasive or surgical – are effective when it comes to skin tightening around the neck area.

So what are the top treatments that can rejuvenate and tighten saggy neck skin? Many patients choose between surgical neck lift, neck botox, or radiofrequency treatment for noticeable results. Creams and serums as well as certain exercises can also help with skin tightening, but they are mostly used as complementary steps for a more permanent solution.

Sagging Neck Skin: How it Happens and What to do About it

The skin has a certain elasticity that allows it to stretch up to an extent before snapping back in place. If the skin can't do this anymore, it starts to sag. It happens to almost any part of the body, but it is more noticeable on the face and neck.

Although it is usually associated with aging, people of all ages can get loose skin. Those who experience dramatic weight loss are especially susceptible to this condition. Sagging skin can also be related to other medical conditions, like the Ehlers-Danlos Syndrome – a rare disorder that affects the collagen production of the body, causing several symptoms to show such as doughy skin on the face and near areas.

So what can you do to tighten skin on your neck? For slight sag, a lifestyle change, as well as some skin tightening creams and supplements might do the trick. But for moderate to significant sag, treatments like surgery, injectables, and radiofrequency therapy might be necessary.

Surgical Neck Lift

Lower rhytidectomy, or neck lift, is a surgical skin tightening procedure that targets the skin around the neck and jawline. If the patient has a great upper face skin but a loose skin in the neck, a neck lift is the better option instead of a full facelift procedure.

Costs

This average cost of a neck lift starts at \$5110. The price might still increase if anesthesia fees, surgeon's fees, facility costs, and prescriptions are to be included. To determine the final fee, consult a doctor first.

Patient Qualifications

Almost all patients are qualified for a surgical neck lift, with a few exceptions:

Individuals who smoke

Patients with medical conditions that might impair the healing process

How it Works

Neck lift treats sagging neck skin in three steps:

Anesthesia – For the patient's comfort during the surgery, the doctor will administer the anesthesia as the procedure starts. It can be general anesthesia or intravenous sedation.

Creating the Incision – The size of the incision will depend on the change that the patient wants to see. A traditional incision will run from the hairline at sideburn level and down around the ear up to the posterior hair. A limited incision is shorter and only ends around the ear. Once the incision has been made, the fat deposits are redistributed and the neck tissues are repositioned. The neck skin is then lifted and any excess skin is trimmed.

Closing the Incision – Once the procedure is done, incisions are closed using skin glue or suture. The sutures might dissolve or be removed a couple of days after the procedure.

Results and Risks

Neck lift is a one-time procedure that produces visible results. The patient might experience swelling and bruising at the treated area and it will take several weeks before it dissipates. After the procedure, you might need to change your lifestyle to prolong the results of the neck lift.

But like any other surgical skin tightening, lower rhytidectomy includes the following risks:

Anesthesia risks

Facial asymmetry

Hematoma

Infection

Scarring

Skin Discoloration

Neck Botox

Neck botox, or sometimes called Nefertiti lift, is a non-surgical procedure that involves the injection of botulinum toxin type A into the patient's neck. The skin tightening treatment is meant to paralyze neck muscles, leading to reduced lines and wrinkles. Botox effectively tightens the face, neck skin and changes the jaw's shape.

Costs

The average cost of neck botox is usually more expensive than normal botox treatments. It is priced at around \$800 while facial botox treatments only cost around \$397. The price difference is caused by the number of injections needed to complete the neck treatment.

Patient Qualifications

Since it is a non-surgical treatment, anyone can opt for neck botox treatments. However, there are a few exceptions for this procedure, including patients:

Who are breastfeeding or pregnant
Diagnosed with psychological conditions
Who are taking medications that might react with botulinum toxin
How it Works

The procedure is completed in a doctor's office for at least 15 minutes. A small needle will be used to inject botulinum toxin into the platysma muscles along the neck and jaw. The toxin will block all muscle nerves in the neck, preventing the contraction that causes sagging, wrinkles, and lines.

Results and Risks

The results will start appearing two weeks after the procedure. The effects will last for up to 3-4 months before needing a touch-up session.

Like other treatments that involve the injection of botulinum toxin into the muscles, neck botox patients may also experience the following side effects:

Injection in the wrong place
Bruising and redness
Weakness in the neck
Headache

Radiofrequency Therapy

Radiofrequency therapy, or Thermalift, is another non-surgical skin tightening treatment. It utilizes energy waves that heat the deep layers of the skin, triggering collagen production. This therapy is known to tighten skin and fight signs of aging since 2001.

Costs

The non-surgical skin tightening treatment costs around \$2000 per round, which needs to be repeated every few years to maintain the neck's improved appearance and restore collagen levels.

How it Works

When the body maintains a temperature over 115-degree Fahrenheit for 3 minutes or more, it releases heat-shock proteins, which are responsible for triggering the creation of new collagen fibers. Radiofrequency waves that penetrate the skin layers for this therapy have a temperature of 122 to 167-degree Fahrenheit.

Patient Qualifications

Radiofrequency therapy is a safe procedure that almost anyone can opt for. However, there are a few exceptions:

People with broken blood vessels or capillaries

Pregnant or breastfeeding women

Patients diagnosed with rosacea

Results and Risks

The procedure is completed in an hour or less inside a doctor's office. The results are not instant, since it might take a few weeks for the collagen to start repairing tissues in the body.

While it is a safe procedure, patients are still at risk of the following:

Burns

Swelling

Redness

Tingling

People with dark complexion have higher risks of acquiring the side effects of this treatment.

Creams and Serums

Although they are not as effective as surgical treatments and non-invasive treatments, different anti-aging creams and serums are also effective in skin tightening, fine line, and wrinkles in the body.

Patient Qualifications

Creams and serums can be utilized by people of all ages. As long as the patient has no allergies or other skin conditions, creams and serums are safe to use.

How it Works

Most creams and serums include N-acetyl glucosamine in their ingredients list. It is an effective substance that improves the turkey neck by smoothing the skin and reducing hyperpigmentation of the body.

Results and Risks

Continuous use of anti-aging creams can help improve the appearance of the sagging neck up to some extent. But for more permanent results, other treatments might be the better option.

Exercises

Regular exercise can also help the neck muscle tighten, as it improves blood circulation in the area. It can tone the muscles, but the excess skin cannot be removed without surgery.

Currently, four recommended facial exercises help tighten the turkey neck:

Forehead Push

Place your hand against the forehead.

Push your head against the hand without allowing it to move forward.

Keep this position for 10 seconds.

Hold your hands behind the head and push backward with the neck

Keep this position for 10 seconds.

Chew

Sit back straight and lift your head so that the chin points up.

Seal the lips together while creating chewing motions with the mouth.

Repeat this exercise 20 times.

Kiss

Sit back straight and lift your head so that the chin points up.

Pout the lips as if you are kissing.

Repeat this exercise 20 times.

Neck Lift

Lie in the bed as your head hangs over the edge.

Slowly lift your head using the neck muscles.

Repeat this exercise five times.

If you experience neck pain, discontinue the exercise.

Picking the Right Treatment for You

Pros Cons

Surgical Neck Lift It is a one-time treatment that repositions the muscles and trims excess skin. It leaves incision lines that are barely noticeable in the hairline up to the ear area.

Neck Botox This non-surgical treatment is basically painless. The botox might be injected in the wrong place if performed by an inexperienced practitioner.

Radiofrequency Therapy Another non-surgical skin tightening procedure that triggers the collagen production of the skin for a more natural neck lift. It doesn't work as well on darker complexions.

Creams and Serums Since it is readily available in the drugstore, you won't have to pay for a doctor. The results are only minimal, so it is better off as a complementary procedure.

Exercise It is free and can be added to your daily exercise regime. It can only tone the muscles, but it cannot remove excess skin.

If sagging skin is something that worries you, there are several effective treatments you can choose from. A surgical face & neck lift, neck botox, and radiofrequency therapy are some of the most effective treatments that can help in collagen production and skin tightening. On the other hand, creams and exercises are only helpful to some extent, so it would be better to just combine them with other treatments.

To know which treatment would suit your lifestyle the best, a consultation with a doctor is necessary.

Skin Tightening with Different Treatments at Ethos Spa

Want to get rid of the sagging neck skin? At Ethos Spa, we offer several treatments for skin tightening around your neck.

Our team of experts has years of experience when it comes to handling patients who want to try skin tightening treatments. Contact us now and let's see what we can do about your turkey neck.