

PATIENT INFORMATION LEAFLET

MyEllevate® Neck Lift

(Minimally Invasive Neck Lifting with Liposuction and Endolaser)

A guide to your procedure, consent, and recovery

Introduction

This leaflet has been prepared to help you understand the MyEllevate® procedure — a minimally invasive neck lift technique that Mr McDonald performs alongside neck liposuction and endolaser treatment to rejuvenate the neck and jawline. It is designed to support your consent process and to provide guidance for your recovery. Please read it carefully before your appointment and write down any questions you would like to raise with Mr McDonald during your consultation.

What Is MyEllevate®?

MyEllevate® is a minimally invasive neck lifting system that uses a small illuminated needle to precisely place a permanent suture beneath the skin of the neck. This suture is threaded through and around the platysma muscle — the broad, flat muscle of the neck — and anchored to secure tissues behind the ear. The effect is a lift and tightening of the neck and jawline contour, achieved through tiny incisions with no large surgical cuts.

Mr McDonald routinely combines MyEllevate® with two complementary techniques to maximise the result:

- **Neck liposuction:** To remove excess fat beneath the chin and along the jawline, improving definition and allowing the overlying skin to retract more effectively.
- **Endolaser treatment:** A fine laser fibre is passed beneath the skin to deliver controlled energy, which stimulates collagen production and promotes skin tightening. This helps to improve skin quality and surface contraction, complementing the mechanical lift of the MyEllevate® suture.

Together, these three elements address the key components of neck ageing — excess fat, muscle laxity, and skin redundancy — in a single procedure, performed under local anaesthetic with sedation.

How Does MyEllevate® Differ from a Facelift?

This is one of the most important questions to consider when deciding between the two procedures, and Mr McDonald will discuss it with you in detail at your consultation. The key differences are:

MyEllevate® is best suited to:

- Patients with early to moderate neck laxity and good skin quality who are not yet ready for, or do not wish to undergo, a full facelift
- Improving the definition of the jawline and upper neck through a minimally invasive approach
- Those who want a meaningful improvement with a shorter recovery, smaller incisions, and no large scars
- Patients in whom the primary concern is the neck and submental area rather than the midface or jowls

A facelift is better suited to:

- Patients with more significant skin laxity or excess skin of the lower face and neck that cannot be adequately addressed without skin excision
- Those with significant jowling or descent of the midface tissues
- Cases where a more powerful and longer-lasting lift of the lower face is the primary goal

MyEllevate® Combined with Facelift

In carefully selected patients, Mr McDonald combines MyEllevate® with a facelift. In this combination, MyEllevate® provides additional support and definition to the neck and submental region — achieving a more sculpted, defined jawline than a facelift alone can produce. This approach is particularly effective where both significant skin laxity (addressed by the facelift) and deep neck definition (addressed by MyEllevate®) are required. Mr McDonald will advise whether this combination is appropriate in your specific case.

Why Has This Been Recommended?

MyEllevate® with neck liposuction and endolaser may be recommended for one or more of the following:

- Excess fat beneath the chin (submental fat) causing a double chin or loss of jawline definition
- Laxity and banding of the neck muscles (platysmal bands) giving a ‘turkey neck’ appearance
- Mild to moderate skin laxity of the neck and under-jaw area
- Loss of definition of the cervicomental angle (the angle between the chin and neck)
- Patients who wish to improve the neck and jawline without the extent of surgery, recovery, or scarring associated with a full facelift

About the Procedure

Type of Anaesthesia

MyEllevate® with neck liposuction and endolaser is usually performed under local anaesthetic with intravenous sedation. You will be relaxed and comfortable throughout but not fully asleep.

What Happens During the Procedure?

The procedure involves a number of steps, typically carried out in the following sequence:

- **Local anaesthetic** is infiltrated throughout the neck and submental area to numb the region and reduce bleeding.
- **Neck liposuction:** Through one or two tiny incisions beneath the chin and/or behind the earlobes, a fine cannula is used to remove excess fat from beneath the chin and along the jawline.
- **Endolaser:** A fine laser fibre is introduced through the same small incisions. Controlled laser energy is delivered beneath the skin to melt residual fat, stimulate collagen production, and promote skin tightening.
- **MyEllevate®:** A small illuminated needle is used to precisely thread a permanent suture through the platysma muscle and surrounding tissue of the neck. The suture is tightened and anchored to create a lift of the neck and improved definition of the jawline.
- The small incisions are closed with fine stitches or skin tape.

The procedure typically takes around two hours. You will be able to go home the same day.

Risks and Complications

As with all surgical procedures, MyEllevate® with neck liposuction and endolaser carries some risks. Your surgeon will discuss these with you in detail before you consent to treatment.

Common (Affecting More Than 1 in 10 Patients)

- **Swelling and Bruising:** Swelling and bruising of the neck, chin, and lower face are expected and typically peak within the first 48–72 hours. Most bruising resolves within two to three weeks. Some firmness beneath the skin from the treated tissue is normal and settles over several weeks.
- **Tenderness and Numbness:** Tenderness of the neck and a sensation of tightness or numbness beneath the chin are common in the early weeks. This is usually temporary and improves as the tissues heal.
- **Skin Irregularity:** Temporary contour irregularities or firmness beneath the skin are common following liposuction and laser treatment. These resolve with time as the tissue heals and remodels.

Less Common (Affecting 1 in 10 to 1 in 100 Patients)

- **Suture Awareness or Discomfort:** The MyEllevate® suture is permanent. Some patients are aware of the suture beneath the skin, particularly in the early weeks. Persistent discomfort related to the suture is uncommon but can occur and may occasionally require attention.
- **Infection:** Infection around the suture or liposuction sites is uncommon but can occur. Signs of infection include increasing pain, redness, swelling, or discharge. A course of antibiotics is usually effective; in rare cases the suture may need to be removed if infection does not settle.
- **Bleeding (Haematoma):** Significant bleeding under the skin is uncommon. If a haematoma develops it may require drainage.
- **Burns or Skin Injury from Laser:** The endolaser delivers energy beneath the skin. Very rarely, excessive heat can cause injury to the overlying skin. This risk is minimised by careful technique.
- **Asymmetry:** Some difference between the two sides of the neck or jawline is common and to be expected. Persistent meaningful asymmetry is uncommon.

Rare but Serious Risks

- **Suture Failure or Need for Removal:** In rare cases the suture may not maintain its position, leading to a reduction in the lifting effect over time. If the suture causes persistent problems it may need to be removed in a minor procedure. This does not preclude further treatment at a later date.
- **Nerve Injury:** The marginal mandibular nerve (which controls movement of the lower lip) and the great auricular nerve (which supplies sensation to the earlobe and lower ear) run in close proximity to the surgical field. Injury to these nerves is rare but can cause temporary or, very rarely, permanent weakness of the lower lip or altered sensation.
- **Skin Contour Irregularities:** Permanent irregularities of the skin contour following liposuction are rare but possible, particularly if there is pre-existing skin laxity.
- **Dissatisfaction with the Result:** MyEllevate® produces a real but more subtle improvement than a full facelift in patients with significant skin excess. It is important that expectations are realistic and aligned with what the procedure can achieve for your specific anatomy.

Consent

Consent for surgical treatment must be given freely and without pressure. Mr McDonald will ensure that you understand the nature of the proposed procedure, are aware of the likely benefits and relevant risks, have been informed of reasonable alternatives, and have had the opportunity to ask questions. You have the right to withdraw consent at any time before the procedure begins.

Preparing for Your Procedure

Before the Day

- Inform Mr McDonald of all medications you take, including blood-thinners (e.g. warfarin, aspirin, clopidogrel, apixaban). Do not stop any medication without medical advice.
- Inform Mr McDonald of any allergies, medical conditions, or if you are pregnant or breastfeeding.
- Fasting instructions will be provided in advance. Follow these carefully.
- Arrange for a responsible adult to take you home. You must not drive or operate machinery for 24 hours after intravenous sedation.
- Stop smoking at least six weeks before surgery. Smoking impairs wound healing and skin contraction after laser treatment.
- Do not wear makeup or jewellery on the day of surgery.

On the Day

- Take regular medications as advised by your surgeon.
- Wear comfortable, loose-fitting clothing with a collar or zip rather than a pullover.
- Bring your current medication list.

Post-Operative Care Instructions

Following your procedure, careful aftercare is important to support healing and protect the result during the early weeks.

Immediately After the Procedure

You will have a compression garment or dressing around the neck and chin. This should be worn as instructed to minimise swelling and support the tissues to heal in their new lifted position. Keep your head elevated, including for the first few nights, to reduce swelling. Avoid any movements that place sudden tension on the neck.

Pain and Swelling

Take painkillers as prescribed or recommended by Mr McDonald. Ibuprofen can be taken three times a day and paracetamol four times a day. Swelling and bruising typically peak at 48–72 hours and then gradually improve. Firmness and tightness beneath the skin are normal and will soften over several weeks as healing progresses.

Wound Care

Keep incision sites clean and dry. Do not apply makeup or skincare products near the incisions until cleared by Mr McDonald. Stitches or skin tape are usually removed or fall away within five to seven days.

Compression Garment

Wearing the chin compression garment as directed is one of the most important steps in achieving a good result. It reduces swelling, supports the repositioned tissues, and helps the skin to retract evenly over the treated area. Follow the specific instructions given to you at discharge regarding how long to wear it.

Activity and Lifestyle

Rest for the remainder of the day following your procedure. Avoid strenuous activity, heavy lifting, and vigorous exercise for at least three to four weeks. Avoid any activity that places strain or sudden tension on the neck. Do not smoke for at least six weeks after the procedure — smoking significantly impairs skin contraction and healing after laser treatment. Do not drive for 24 hours after sedation. Most patients return to light desk-based work within two weeks.

When to Seek Help

Please contact the team or seek medical attention if you experience:

Contact Us or Seek Urgent Help If You Have:

- ⚠ Rapidly increasing swelling on one side of the neck
- ⚠ Heavy or persistent bleeding from incision sites
- ⚠ Severe pain not controlled by prescribed analgesia
- ⚠ Signs of infection: increasing redness, warmth, discharge, or fever
- ⚠ Blistering or skin changes over the neck suggesting a burn
- ⚠ New weakness of the lower lip or difficulty with facial movement
- ⚠ Difficulty swallowing or breathing
- ⚠ Any other symptom that concerns you

Medications

- Analgesics: Ibuprofen and/or paracetamol as directed. Take as recommended and do not exceed the stated dose.
- Antibiotics: A short course of antibiotics is routinely prescribed after this procedure. Complete the full course.
- Dexamethasone (steroid): May be given during the procedure to reduce post-operative swelling.

What to Expect During Recovery

Timeframe	What Is Normal
Day 1	Tightness, swelling, and bruising of the neck and chin. The neck may feel firm and tender. Wearing the compression garment as directed is important from the outset.
Days 2–3	Swelling and bruising are typically at their peak. The neck may feel very tight. This is normal and expected. Pain should be manageable with prescribed analgesia.
Days 4–7	Bruising and swelling begin to improve. Firmness beneath the skin begins to soften. Stitches or tape are removed or fall away during this period.
Weeks 2–3	Visible bruising has largely resolved. Swelling and firmness continue to improve. Many patients are comfortable returning to light work and social activities. The compression garment is typically worn at night only during this period.
Weeks 4–6	The majority of swelling has resolved. The neck contour becomes progressively clearer. Most patients can return to exercise. Any residual numbness or tightness continues to improve.
Months 3–6	Skin contraction from the endolaser continues throughout this period, progressively improving skin quality and tightening. The final result — including the full benefit of the laser — is typically appreciated from around three to six months onwards.

Follow-Up

A follow-up appointment will be arranged at around six weeks to review your healing, assess the contour of the neck and jawline, and discuss the ongoing progress of skin tightening from the endolaser. A further review at around three to six months allows the final result to be assessed.

Alternatives to Surgery

Non-surgical alternatives for the neck and jawline include:

- **Injectable treatments:** Anti-wrinkle injections into the platysmal bands can reduce banding of the neck muscle. Dermal fillers can improve jawline definition. These are temporary and require ongoing maintenance.
- **Non-surgical skin tightening:** Devices such as HIFU (high-intensity focused ultrasound) or radiofrequency can provide a modest degree of skin tightening without surgery, though results are generally less marked and less durable than surgical options.
- **Facelift:** For patients with more significant skin excess or jowling, a facelift provides a more powerful and longer-lasting result. MyEllevate® can also be combined with a facelift to achieve a more defined neck and jawline than facelift alone. Mr McDonald will discuss which option is most appropriate for your anatomy and goals.