

Can We Feel Good About Our Necks?

Skin Deep

By CATHERINE SAINT LOUIS DEC. 22, 2010



Dan Neville/The New York Times

NECKS don't lie. Sagging there betrays age like the rings on a tree, and now-common [Botox](#) and fillers in the face make neck imperfections stand out in stark relief. In her 2006 best-seller, "I Feel Bad About My Neck," Nora Ephron, by then 65 and a resolved turtleneck wearer, raged against the injustice of having no remedy for her slackening throat skin, short of surgery.

But it turns out that isn't true. These days, less-invasive options exist to improve the appearance of one's neck, provided it isn't a full-blown turkey wattle. Like a romance, a neck can go wrong in many ways. Weight gain or [genetics](#) may lead to a double chin. Loose skin can be compounded by underlying lax muscle. A neck-lift (on its own or with a face lift) remains the best bet for a striking, lasting fix.

But careful liposuctioning of excess fat can also help streamline the full necked, especially those who still have relatively youthful elastic skin that can bounce back after the procedure. The

trick is not to be suctioned to the point of looking skeletal (one should watch for underlying loose bands of muscle, which become more obvious after).

If the issue is these isolated bands, injecting Botox into the neck muscle can make them less conspicuous in a patient with great skin tone, said Dr. Rod J. Rohrich, chairman of the [plastic surgery](#) department at the University of Texas Southwestern Medical Center in Dallas. But the fix lasts only three to four months.

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