

INSPIRE

## Nip &amp; Tuck

*Dr Tracy Mountford*

**Q** I am 70 years old and so self-conscious of my flabby neck. How can I get rid of it?

**A** A HEAVY, wobbly neck and jawline is often down to our genes, as we are genetically predisposed to age in certain ways. A good indicator is to look at your mother — if she has or had a wobbly neck or a double chin, then that could well happen to you, too.

You can prevent premature ageing by avoiding excessive sun exposure and wearing a high SPF sunscreen.

The lack of tone starts to become noticeable from your mid-40s onwards. Sometimes people get lines across the neck and this, too, is genetic. The

## What can I do to firm up my neck?

surgical solution for someone in midlife is liposuction, which redefines the contours of the neck and jawline if the skin is still elastic.

For more mature patients, liposuction needs to be combined with a neck lift. This does give a clean jawline and neck but the recovery time is considerable and there can be scarring and hair loss behind the ears.

There are non-surgical alternatives such as Coolsculpting, where the fat is permanently

removed by freezing it. This is good for all age categories.

For older patients, Coolsculpting may need to be combined with Ultherapy, which tightens the skin and boosts collagen production.

The results last about two years. Fees for Coolsculpting are from £800. Ultherapy lower face and neck costs from £2,500.

■ **IF YOU** have a question for Dr Mountford, email [drtracymountford@dailymail.co.uk](mailto:drtracymountford@dailymail.co.uk)