

Goodbye Turkey Neck!

By Cindy Marx, Practice Manager,
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Men and women both suffer from one of the most tell tale signs of aging: sagging skin of the neck. If you find you are buying more turtle necks, wearing more scarves and shying away from photographs it may be the right time for you to say goodbye to the turkey wattle!

Nora Ephron, director of *Sleepless in Seattle*, *You've Got Mail* and *When Harry Met Sally*, understands the plight of women as we age. Her book of essays, "I Feel Bad About My Neck," speaks well to how once the neck goes there is little one can do to camouflage that loose skin – there is no skin care product or skin tightening "treatment" that can do the "trick" of minimizing the hanging skin, loose muscles and neck banding like a neck lift surgical procedure.

I was tired of looking tired and deflated and decided, instead of investing in more scarves and turtle neck sweaters, I would invest in myself and have a neck lift procedure to tighten the muscles and remove the excess skin that causes the "wattle effect." I thought it was the best time to add upper and lower eyelid procedures while having my neck lift which would allow me to recover from both surgeries at one time. Voila! – My profile is transformed and I appear more youthful without the looking like I had cosmetic surgery.

There is no one best time for a neck lift procedure, young and old can benefit from a neck lift. If one is unhappy with the appearance of his or her neck one should seek a consultation with a board certified plastic surgeon to discuss surgical options to reduce turkey wattle neck, excess fat, or hanging skin.

If you, too, would like to refresh your appearance, call our office to schedule a consultation to discuss your goals so that we can offer you options to help you invest in yourself. I am happy to share my experiences with you.

Please call our office at 440.808.8030 to schedule a
COMPLIMENTARY CONSULTATION
by mentioning this article in *The Women's Journal*.

Before Neck Lift



After Neck Lift



{ AS MOTHER OF THE BRIDE }

you have helped
taste the cake,
put down a large
deposit, and cried
when she put on
the perfect dress.

WHAT HAVE YOU DONE
FOR YOURSELF?



Soon after she says yes, you begin to count down the days and cross lines off the list of to-dos. Although it's your daughter's day to shine, you would like to be as proud of yourself on the big day as you are of her. You've watched her transition from tutus to prom dresses, and the years you see in the mirror may not reflect the youthful exuberance you feel.

Dr. Joyesh Raj offers an educational approach to facial rejuvenation procedures and non-surgical enhancements, helping you find what best fits the appearance you're trying to achieve. Being comfortable in your own skin and the confidence that comes with it is a gift you can give to yourself. **It's time to feel beautiful again.**

To schedule a consultation, please call 440.808.8030
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