

**FACES FIRST CAN HELP YOU PUT YOUR BEST FACE  
– AND NECK! – FORWARD**

**DENVER** - If you want to look years younger or improve a facial imperfection, the place to go is Faces First. Denver's only female Double Board Certified Plastic Surgeon, Dr. Nicolette Picerno, has assembled a very talented team of professionals to beautify and transform Colorado...one face at a time.

Today, Dr. Picerno talks about Submental Lipectomy, which is the removal of excess skin under the chin and in the neck.

“Some patients are troubled at an early age by a “turkey neck”, or fullness under the chin and in the neck.” says Dr. Picerno. “This is mostly a hereditary condition, running as a family characteristic of the mother or father. Patients that have this abundance of skin but also have good bone structure in the neck are good candidates for submental lipectomy because the results are dramatic and recovery is simple.” But, Dr. Picerno adds, the best candidates for submental lipectomy are those that are relatively young, 20's to mid-40's, who possess good skin tone. Without good skin tone, the fatty tissue would be removed, but the skin tightening that occurs secondary to undermining tissues would not take place, and the skin would just hang loose in the area where the fatty tissue was removed.

“It's important for patients to realize the difference between facelifts, necklifts, and a submental lipectomy, in order to have realistic expectations of their results.” says Dr. Picerno. “A facelift removes fatty tissue, re-supports muscles, and removes excess skin in the neck, cheeks, jowl, and lateral temporal areas. A necklift removes fatty tissue, re-supports muscles, and removes skin in the submental and neck area. A submental lipectomy only removes excess fatty tissue and relies upon the skin's ability to tighten itself, it is not a replacement for a full facelift or necklift. However, dramatic results can be obtained from submental lipectomy, with a minimal amount of discomfort and recovery time in the right individual.”

- Submental lipectomy surgery usually takes about one hour. The procedure is done using local anesthesia, and it is usually an in-office procedure.
- Recovery time is typically between 5 to 7 days.
- You will be sent home with your chin and neck wrapped in dressings or elastic neck slings.
- Any initial pain or discomfort can be easily controlled with oral medication.
- Within approximately two weeks, all swelling and bruising should disappear.
- Typically, the final results are evident within one to three months after the procedure.

Because a submental lipectomy is considered a cosmetic procedure, it is not covered by insurance.

*For more information on how you can put your best face forward, contact Dr. Nicolette Picerno and her colleagues at Faces First - 850 E. Harvard Ave., Suite 575 / 303.744.2300, or our Lone Tree office at 9218 Kimmer Drive, Suite 202 / 303.708.8787. Visit Faces First online at [www.nicolettepicernomd.com](http://www.nicolettepicernomd.com).*