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# — A New Age of Aesthetics — THE DEEP NECK LIFT

*With Thuy-Van Tina Ho, MD*

As Philadelphia's female facial plastic surgeon, I have developed a unique niche as a facial and jawline contouring specialist, attracting patients from all over greater Philadelphia and from out of state for specialized contouring surgical procedures including facelift, neck lift, buccal fat removal, and chin liposuction. Neck lift, in particular, is one of my most requested procedures and has evolved as an increasingly popular surgery in the era of widespread Zoom and social media use. I specialize in the deep neck lift or "structural neck lift" approach, which is more advanced and more comprehensive than the traditional neck lift technique. Deep neck lift surgery involves sculpting and repositioning of the deeper layers of the neck and offers longer-lasting and more dramatic results.

When a deep neck lift is performed, well-hidden incisions are made under the chin and around or behind the ears. After the neck skin is elevated, the underlying platysma muscle layer is opened at midline. Below this layer, deeper muscle, fat, and glands that are bulky or low-lying are sculpted to the level of the jawbone to improve neck contour. The platysma muscle layer is redraped, trimmed, and sutured back together into a tighter corset. Any excess skin is trimmed behind the ears. As a deep neck lift expert, I can restore a more youthful, defined jawline and individual confidence with natural, long-lasting results.



The ideal deep neck lift surgery candidate is an individual who lacks sharp jawline and neck contour because of bulky or sagging deeper muscle, fat, and/or glands, has good skin elasticity, and is in good health with realistic expectations. Younger patients in their 20s and 30s with an ill-defined jawline and neck due to their inherited anatomy may be candidates for deep mini neck lift surgery (no skin is removed). Patients who are in their 40s or older with concerns of jowling and a sagging neck often benefit from deep neck lift with skin removal plus additional facelift.

Swelling and bruising are expected after neck lift surgery and will take at least two weeks or longer to resolve. Patients should plan to wear a compression dressing and avoid exercise, heavy lifting, and other strenuous activity for two weeks. They will feel most able to resume normal social activities by one month after surgery. Final results are realized at six to twelve months following surgery.

As a double-board certified facial plastic surgeon and facial

and jawline contouring specialist, I prioritize comfort, collaboration, and trust with each patient, as they are investing their face in me. Empowering patients with beautiful, natural results.

Call our office at **610.688.3363** or visit my website [drtinaho.com](http://drtinaho.com) and Instagram page [@drTinaho](https://www.instagram.com/drTinaho) to learn more about neck lift surgery and schedule your consultation



*CELEBRATE  
THE MOMENT  
GUIDE*

**GIRASOLE**

In 2024, Girasole Atlantic City celebrates the exquisite “La Nuova Dolce Vita” menu, a nod to timeless sophistication and the pinnacle of Italian culinary excellence. Embracing class and refinement, each menu item invites you to savor the artistry of Italy in an atmosphere of total elegance. Owner Gino Iovino welcomes you to celebrate life’s most exquisite moments. “La Nuova Dolce Vita” bar & lounge menu, available every Sunday-Thursday from 4:30pm-6:30pm.

**3108 Pacific Ave, Atlantic City, NJ 08401, mygirasole.com, 609.345.5534**



**MICHELE L.W. THACKRAH, AIA**

To borrow a phrase from an Archer & Buchanan staff member, “... it seems there is nothing she cannot do. She wears so many hats, and she wears them all well!” Architectural designer, mentor, leader, and crackerjack spreadsheet maker Michele Thackrah heads the twenty plus person firm of Archer & Buchanan Architecture together with Founding Partner Richard Buchanan. This year marks 28 years of success for the West Chester firm! **125 West Miner Street, West Chester, Pennsylvania 19382, archerbuchanan.com, 610.692.9112**



**JASON D. BLOOM, MD, FACS**

Dr. Jason D. Bloom is a double board certified facial plastic surgeon in private practice in Bryn Mawr. Dr. Bloom is an Adjunct Assistant Professor of Otorhinolaryngology: Head and Neck Surgery at the University of Pennsylvania and serves as Co-Director of the Facial Plastic Surgery Fellowship program. This year, his team of experts continue to innovate with the most advanced devices, injectable treatments and facial plastic surgery patient care. **Bloom Facial Plastic Surgery Two Town Place, Suite 110, Bryn Mawr, PA 19010, bloomfacialplastics.com, 610.762.5666, @drjbloom, @bloomfacialplastics**



**THUY-VAN TINA HO, MD**

Dr. Tina Ho is a double board-certified facial plastic and reconstructive surgeon serving Philadelphia and the Main Line. Dr. Ho specializes exclusively in aesthetic and reconstructive procedures of the face, including rhinoplasty, eyelid surgery, facelift, neck lift, facial contouring, and jawline contouring. Earlier this year, Dr. Ho attended her first international conference as an invited speaker at IMCAS in Paris, where she discussed her innovative techniques in neck lift surgery. **744 West Lancaster Ave, Suite 100, Wayne, PA 19087 1500 Walnut Street, Suite 1240, Philadelphia, PA 19102, drtinaho.com, 610.688.3363, info@drtinaho.com, @drtinaho**