

REFINING AND REDEFINING PLASTIC SURGERY

NECK LIFT



VIVARI
AESTHETICS

Institute of Surgical Excellence

VIVARI AESTHETICS

The Vivari Aesthetics Institute of Surgical Excellence is a specialised cosmetic surgery facility that combines expert surgical procedures with five-star boutique hospitality.

Vivari Aesthetics is a specialised cosmetic hospital and clinic in Featherbrooke, Johannesburg, South Africa. It is the brainchild of Dr Anushka Reddy, a medical doctor and owner of Medi-Sculpt, a specialised non-invasive cosmetic and anti-ageing clinic that is also on the same property. Dr Reddy's vision is to provide a luxurious and tranquil environment for patients to have their aesthetic procedures done with an option to stay over and be cared for by qualified health professionals post-surgery. The facilities of the hotel are available to them to enjoy.

These facilities have redefined beauty and wellness by combining luxury accommodation with a luxury day spa, a non-invasive aesthetic clinic, as well as a hospital and clinic all on the same property. This offers patients, a private and secure location for a getaway, treatments and ultimately cosmetic procedures in a luxurious and serene setting for recovery.

The facility offers state-of-the-art equipment and fully qualified medical staff, ensuring that our Patients are well looked after pre- and post-surgery, particularly if they choose to stay over post-surgery. The medical staff will be able to provide the patients with the necessary post-surgery care they require while they recover in the hotel.

The cosmetic surgery has a state-of-the-art operating theatre with 5 post-surgical day beds. Accommodation for patients who choose to recuperate at the hotel is directly above the wards with a lift for convenient and easy access to and from the hotel rooms.

CONSULTATION

At Vivari Aesthetics we want to ensure that our patients are well informed and receive professional and trusted advice about their chosen procedures before the day of the procedure. For this reason we have set aside specific days for surgeons to consult with them and respond to any of their queries which will ensure that their chosen procedures are indeed what they require.

We will also provide consultations via Skype for patients who are not able to come in for face-to-face consults.



VIVARI AESTHETICS

NECK LIFT

OVERVIEW

A neck lift (platysmaplasty) is a procedure that is performed to tighten the bands of muscles found on both sides of the neck to improve the angle of the jaw and lift sagging skin. It can be done in conjunction with a facelift or as a standalone procedure.

HOW TO PREPARE

FOOD AND MEDICATIONS

Your doctor might ask you to stop taking aspirin or other blood-thinning medications several days before your surgery. These can include warfarin, heparin and aspirin and other medications such as ibuprofen.

OTHER PRECAUTIONS

Because smoking tobacco promotes wrinkling of the skin and slows both recovery and healing your doctor will recommend that you quit smoking before having a neck lift.

Should you opt not to stay at the hotel arrange for someone to drive you home after your surgery and for them to stay with you the first night after your procedure.

WHAT YOU CAN EXPECT

BEFORE THE PROCEDURE

Before you have a neck lift your doctor will consult with you to evaluate your health and to discuss your surgical goals and expectations. Your doctor will then decide on the surgical method that works best for you. He or she might suggest additional procedures such as a brow lift eyelid surgery or skin resurfacing that might help give you the results you desire.

Your face will be examined and measured and you might have photographs taken so that you can compare your appearance before and after surgery.

DURING THE PROCEDURE

A neck lift can be done with sedation and local anaesthesia, in which only part of your body feels numb, or under general anaesthesia, where you are unconscious.

Liposuction is the most commonly used procedure. The surgeon makes a tiny incision behind each ear and under the chin. Specialised equipment suctions fat from the jaw line and beneath the chin. If your skin is resilient and the only reason for your dissatisfaction with your neck's appearance is fullness due to fat, liposuction can give you a more defined neck.

Liposuction, however, will not correct structural problems that contribute to your neck's appearance. Your doctor will discuss the type of surgery that will work best for you, depending on several factors, including your desired outcome, cost and what is causing your dissatisfaction with your neck.

AFTER THE PROCEDURE

- You are likely to have swelling and bruising.
- You might need to wear a special garment that compresses your neck and helps reduce swelling.
- You will also need to keep your head elevated above your heart and to keep it straight.
- Avoid twisting or bending your neck.

RESULTS

It might take several weeks to months for swelling and bruising to fully disappear and up to six months for your incision lines to fade. Until then protect your skin from the sun, avoid wearing clothing that requires going over your head and be gentle with your surgical incisions.

VIVARI OVERNIGHT PACKAGES

OPTIONAL PACKAGES FOR HOTEL, RESTAURANT AND SPA

REFRESH

One night full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*

REVIVE

Two nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*

RENEW

Three nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*

* Please note that packages exclude incidentals like drinks and any additional spa treatments.





VIVARI
AESTHETICS

Institute of Surgical Excellence

Vivari Hotel and Spa
PO Box 576 Featherbrooke 1739
1 Riviera Lane Featherbrooke Ext 8 Johannesburg 1732 South Africa
Telephone +27 (0)10 594 4100
info@vivariaesthetics.co.za vivarihotel.co.za