

Turkey Neck - Treatment Solutions Melbourne | Me Clinic

Canonical: <https://directory.meclinic.com.au/patient-concern-guides/facial-concerns/turkey-neck-treatment-solutions-melbourne-me-clinic/>

Description:

Generate comprehensive problem-led guide following problem-led-guide-template.md structure.

PROBLEM: Turkey Neck TARGET: Patients researching turkey neck treatment TREATMENTS: Neck lift surgery, Lipo...

Details:

Quick Summary

****What causes turkey neck:**** - Natural collagen and elastin breakdown with age - Weakening of platysma muscles in the neck - Accumulation of excess fat beneath the chin - Genetic predisposition to loose neck skin - Weight fluctuations creating skin laxity

****Treatment options available:**** - Non-surgical: Ultherapy, radiofrequency microneedling, thread lifts, anti-wrinkle injections, CoolSculpting - Surgical: Neck lift surgery, liposuction, lower facelift with neck component

****Expected results:**** - Non-surgical treatments provide subtle to moderate tightening and contouring over 2-3 months - Surgical neck lift offers dramatic, long-lasting improvement with visible results within 4-6 weeks - Results range from temporary improvement (6-18 months) to long-term correction (10+ years)

****Cost range:**** - Non-surgical: \$1,500-\$6,000 per treatment - Surgical: \$12,000-\$20,000 - *Prices based on Me Clinic's transparent pricing policy*

****Next steps:**** - Book free consultation at Me Clinic Malvern East - Discuss treatment plan with FRACS plastic surgeon - Review before/after gallery specific to your concerns - Understand recovery timeline and realistic expectations

Understanding Turkey Neck

What is Turkey Neck?

Turkey neck is the colloquial term for loose, sagging skin and excess fat beneath the chin and along the neck area. The condition gets its name from the resemblance to a turkey's wattle—the loose, hanging skin that develops below the neckline. Medically, this involves a combination of factors including platysmal banding (vertical neck bands caused by weakened platysma muscles), submental fat accumulation, and skin laxity.

Many people mistakenly believe turkey neck is simply about excess fat or weight gain. In reality, it's a complex age-related change involving multiple anatomical structures: the skin loses elasticity, underlying muscles weaken and separate, fat redistributes or accumulates, and the supporting framework deteriorates. Even individuals at a healthy weight can develop turkey neck purely through

the natural ageing process.

Visually, turkey neck manifests as: - Loose, crepey skin hanging below the jawline - Vertical bands or cords visible when talking or turning the head - Loss of definition between the chin and neck (loss of the cervicomental angle) - A "waddle" or pouch of skin beneath the chin - Horizontal wrinkles or creases across the neck

What Causes Turkey Neck?

1. Natural Ageing

The primary driver of turkey neck is the inevitable ageing process. As we age, collagen and elastin—the proteins responsible for skin firmness and elasticity—break down faster than our bodies can produce them. By our 40s and 50s, collagen production has decreased by approximately 1% per year since our mid-20s, resulting in thinner, less resilient skin that begins to sag under gravity.

The platysma muscle, a thin sheet of muscle extending from the chest to the jaw, also weakens with age. This muscle can separate down the midline, creating visible vertical bands called platysmal banding. Additionally, fat pads that once sat higher in the face descend and accumulate beneath the chin, while the supporting ligaments that hold facial structures in place loosen their grip.

2. Genetic Factors

Your genetic blueprint significantly influences when and how severely you'll develop turkey neck. If your parents or grandparents experienced early neck ageing, you're more likely to follow suit. Some people inherit naturally weaker platysma muscles, less robust collagen structures, or a tendency toward submental fat accumulation regardless of overall body weight.

Ethnicity and skin type also play a role. Individuals with fair skin tend to show signs of photoaging earlier, while those with naturally thicker skin may maintain neck firmness longer. Your inherited facial bone structure—particularly the prominence of your chin and jawline—affects how pronounced neck laxity appears as you age.

3. Lifestyle Factors

While genetics and ageing are unavoidable, lifestyle choices significantly accelerate or decelerate turkey neck development:

****Sun exposure:**** UV radiation is one of the most destructive forces for neck skin. Many people diligently protect their faces with SPF but neglect the neck and décolletage. Years of unprotected sun exposure breaks down collagen and elastin prematurely, leading to earlier onset of sagging.

****Smoking:**** Tobacco use restricts blood flow to the skin, depriving it of oxygen and nutrients essential for cellular repair. Smoking also directly damages collagen and elastin fibres while introducing harmful free radicals that accelerate ageing. Smokers develop turkey neck approximately 5-10 years earlier than non-smokers.

****Weight fluctuations:**** Repeated weight gain and loss stretches the neck skin beyond its elastic limit. While the fat may disappear, the skin doesn't always retract fully, leaving behind loose, sagging tissue. This is particularly common after significant weight loss of 15+ kilograms.

****Tech neck and posture:**** Constantly looking down at phones, tablets, and computers places the neck in flexion for hours daily. This repetitive motion over years contributes to horizontal neck creases and may accelerate muscle weakening. The phenomenon has become so prevalent it's earned the nickname "tech neck."

****Sleep position:**** Sleeping on your side or stomach with your chin compressed toward your chest can create and deepen horizontal neck lines over decades. While less significant than other factors, chronic poor sleep posture contributes to the overall problem.

Who Experiences Turkey Neck?

Turkey neck typically becomes noticeable between ages 40 and 60, though early signs may appear in your late 30s, particularly if you have fair skin, significant sun exposure history, or genetic predisposition. The condition affects both men and women, though women often notice it earlier due to hormonal changes during perimenopause and menopause that accelerate collagen loss.

By age 50, approximately 70% of people show some degree of neck laxity. By 60, nearly everyone exhibits visible changes in neck contour and skin quality. However, the severity varies dramatically—some 70-year-olds maintain remarkably firm necks while others develop pronounced sagging by their early 40s.

Men and women experience turkey neck slightly differently. Men typically develop more prominent platysmal banding due to naturally stronger platysma muscles that, when they weaken, create more visible cords. Women more commonly notice general skin laxity and loss of the sharp jawline-to-neck angle. Both sexes accumulate submental fat, though this is more common in individuals with weight gain or genetic predisposition.

Why Treatment Matters

While turkey neck is a cosmetic concern rather than a medical problem, its impact on self-perception and quality of life can be significant. The neck is always visible (unless you wear turtlenecks year-round in Melbourne's variable climate), making it impossible to hide behind makeup or strategic hairstyles. Many patients report feeling self-conscious in photographs, avoiding certain necklines, or feeling their neck ages them beyond their years.

Psychologically, the disconnect between how you feel internally and what you see in the mirror can be distressing. You might feel vibrant and youthful at 50, but a sagging neck can make you appear 60 or older. This visual-perception gap is a common motivation for seeking treatment.

Treatment is appropriate when: - The appearance bothers you consistently, not just occasionally - You've tried non-invasive approaches (skincare, posture correction) without satisfaction - You understand realistic outcomes and are willing to invest in treatment - You're in good overall health - You have specific goals (better jawline definition, smoother neck profile, elimination of bands)

There's no "right age" to treat turkey neck. Some people seek treatment at the first signs in their early 40s, preferring preventive or maintenance approaches. Others wait until significant changes have occurred in their 60s. The key is ensuring you're treating it for yourself—not because of external pressure—and that you have realistic expectations about what different treatments can achieve.

Treatment Options Comparison

Non-Surgical Treatments

1. Ultherapy (Ultrasound Skin Tightening)

Ultherapy uses focused ultrasound energy to heat the deep layers of skin tissue, triggering the body's natural healing response and stimulating new collagen production. The treatment specifically targets the SMAS layer (superficial muscular aponeurotic system)—the same layer addressed during surgical facelifts—but without incisions.

- **How it works:** Ultrasound energy heats tissue to approximately 60-70°C at precise depths (1.5mm, 3.0mm, and 4.5mm), creating controlled micro-injuries that prompt collagen regeneration. The surface skin remains unaffected while deep tissue contracts and tightens.

- **Best for:** Mild to moderate skin laxity, early-stage turkey neck, individuals wanting gradual improvement without downtime. Particularly effective for patients in their 40s and 50s with good skin quality but early sagging.
- **Procedure time:** 60-90 minutes for full neck and jawline treatment
- **Downtime:** None to minimal. Mild redness and swelling may occur immediately after treatment but typically resolves within a few hours. Some patients experience temporary numbness or tingling that fades within 2-3 weeks.
- **Results appear:** Gradual improvement over 2-3 months as new collagen forms. Some patients notice subtle tightening within 4-6 weeks, but optimal results manifest at the 3-month mark.
- **Results last:** 12-18 months. Some patients maintain improvement for up to 2 years. Effects gradually diminish as natural ageing continues.
- **Cost range:** \$3,500-\$5,500 for neck and lower face treatment
- **Pros:** No incisions, no downtime, stimulates natural collagen production, FDA-approved for skin lifting
- **Cons:** Requires patience for results, not suitable for severe laxity, can be uncomfortable during treatment (though tolerable), single treatment rather than multiple sessions, relatively expensive for temporary results

****2. Thread Lifts****

Thread lifts involve inserting biocompatible sutures beneath the skin to physically lift and support sagging tissue. Modern threads are made from polydioxanone (PDO) or polylactic acid (PLA), materials that dissolve over 6-12 months while stimulating collagen production around the threads.

- **How it works:** Barbed or smooth threads are inserted through tiny entry points using fine needles or cannulas. Barbed threads mechanically lift tissue by anchoring into the skin, while smooth threads primarily stimulate collagen. The threads dissolve naturally over time, but the collagen scaffolding they create provides ongoing support.
- **Best for:** Mild to moderate neck laxity in patients aged 35-60 who aren't ready for surgery. Effective for improving neck contour and providing subtle lifting. Often combined with other treatments for enhanced results.
- **Procedure time:** 30-45 minutes under local anaesthesia
- **Downtime:** 3-7 days. Bruising, swelling, and tenderness are common. You may see thread dimpling or puckering immediately after treatment, which typically resolves within 1-2 weeks. Avoid vigorous movement and manipulation of the treated area for the first week.
- **Results appear:** Immediate mechanical lift is visible, though swelling masks initial results. Final outcome becomes apparent at 4-6 weeks once swelling subsides and initial collagen formation begins.
- **Results last:** 12-18 months for the lifting effect. Collagen stimulation provides ongoing improvement that may persist slightly longer.
- **Cost range:** \$2,500-\$4,500 depending on the number of threads used
- **Pros:** Immediate visible lift, less invasive than surgery, stimulates collagen production, can be repeated
- **Cons:** Results are modest compared to surgery, temporary, risk of visible or palpable threads, possible asymmetry, requires experienced injector for optimal outcomes

****3. Radiofrequency Microneedling****

This treatment combines traditional microneedling with radiofrequency energy delivery. Fine needles penetrate the skin while simultaneously emitting RF energy into the dermis, heating tissue to stimulate collagen and elastin production while creating controlled micro-injuries.

- ****How it works:**** Gold-plated microneedles create channels in the skin while delivering radiofrequency energy directly into the dermis. This dual-action approach triggers both wound-healing collagen production (from the needles) and heat-induced collagen contraction and remodeling (from the RF energy).
- ****Best for:**** Skin texture improvement, mild tightening, crepey skin, horizontal neck lines. Best suited for patients with mild to moderate laxity focused primarily on skin quality rather than advanced sagging.
- ****Treatment sessions:**** 3-6 sessions spaced 4-6 weeks apart for optimal results
- ****Downtime:**** 3-5 days of redness and mild swelling. Skin may feel rough or tight during healing. Peeling can occur 5-7 days post-treatment.
- ****Results appear:**** Gradual improvement over 3-6 months as collagen remodeling occurs. Best results seen after completing the full treatment series.
- ****Results last:**** 12-24 months with proper skincare maintenance
- ****Cost range:**** \$600-\$1,200 per session; \$3,000-\$6,000 for a full treatment course
- ****Pros:**** Improves skin texture and tone alongside tightening, relatively affordable per session, minimal downtime compared to surgery, safe for most skin types
- ****Cons:**** Requires multiple sessions, results are subtle to moderate, not effective for significant sagging or excess fat, cumulative cost of multiple sessions adds up

****4. Anti-Wrinkle Injections (Botulinum Toxin)****

While botulinum toxin can't directly tighten loose skin, it plays a role in treating turkey neck by relaxing the platysma muscle. This reduces the pulling-down action of the muscle and softens vertical banding.

- ****How it works:**** Small amounts of botulinum toxin are injected along vertical platysmal bands. By relaxing the overactive muscle fibres pulling the neck downward, the appearance of cording diminishes, and the neck appears smoother.
- ****Best for:**** Prominent platysmal bands in patients without significant skin laxity or excess fat. Often used as an adjunct to other treatments rather than a standalone solution for turkey neck.
- ****Procedure time:**** 10-15 minutes
- ****Downtime:**** None. Mild bruising possible at injection sites.
- ****Results appear:**** 5-10 days
- ****Results last:**** 3-4 months
- ****Cost range:**** \$400-\$800 depending on the number of units required
- ****Pros:**** Quick, no downtime, effective for band reduction, can be combined with other treatments
- ****Cons:**** Only addresses muscle banding (not skin laxity or fat), requires regular maintenance every 3-4 months, risk of neck weakness if incorrectly placed, doesn't provide lifting or contouring

****5. CoolSculpting (Cryolipolysis)****

CoolSculpting freezes and destroys fat cells beneath the chin, reducing submental fullness that contributes to turkey neck appearance. It doesn't address skin laxity but can improve contour when fat is the primary concern.

- **How it works:** Controlled cooling targets fat cells, which are more vulnerable to cold than surrounding tissues. The frozen fat cells undergo apoptosis (cell death) and are naturally eliminated through the lymphatic system over 8-12 weeks.
- **Best for:** Patients with good skin elasticity but unwanted submental fat creating a heavy appearance beneath the chin. Not suitable for loose skin without fat component.
- **Treatment sessions:** Typically 1-2 sessions
- **Downtime:** None to minimal. Temporary redness, swelling, and numbness in the treated area lasting a few days. Some patients experience a tugging or pulling sensation during the first week.
- **Results appear:** Gradual fat reduction over 8-12 weeks
- **Results last:** Permanent fat cell elimination (though weight gain can enlarge remaining fat cells)
- **Cost range:** \$1,200-\$1,800 per treatment area
- **Pros:** Non-surgical fat reduction, no needles or incisions, permanent destruction of treated fat cells
- **Cons:** Only addresses fat (not skin laxity), doesn't tighten skin, multiple sessions may be needed, rare risk of paradoxical adipose hyperplasia (enlargement rather than reduction), results can take months to appear

Surgical Treatments

1. Neck Lift Surgery (Platysmaplasty/Cervicoplasty)

Neck lift surgery is the gold standard for turkey neck correction, providing comprehensive, dramatic, and long-lasting results. The procedure addresses all components of turkey neck: excess skin, weakened muscles, and fat deposits.

What it involves:

A neck lift is typically performed under general anaesthesia and takes 2-4 hours. Incisions are placed behind the ears and sometimes under the chin. Through these access points, the surgeon:

- Removes excess fat via liposuction or direct excision
- Tightens and repositions the platysma muscle, often suturing separated bands together in the midline (platysmaplasty)
- Re-drapes the skin, removing excess and creating a smooth, youthful neck contour
- Closes incisions with fine sutures designed to minimize scarring

Modern neck lift techniques focus on natural results that restore the cervico-mental angle (the angle between chin and neck), eliminate vertical bands, and create a refined jawline without the "windswept" or overtly tight appearance of outdated techniques.

- **Best for:** Moderate to severe turkey neck with significant skin laxity, pronounced platysmal bands, and excess fat. Ideal for patients who want dramatic, long-lasting correction and are willing to accept surgical downtime.
- **Procedure time:** 2-4 hours (often combined with facelift for comprehensive rejuvenation)
- **Anaesthesia:** General anaesthesia or deep sedation
- **Hospital stay:** Day surgery with discharge 4-6 hours post-procedure, or overnight observation depending on the extent of surgery and individual health factors

- **Recovery time:** - **Week 1:** Most bruising and swelling. Drains may be in place for 24-48 hours. Dressings removed after 1-2 days. Sutures removed at 7-10 days. - **Week 2:** Significant improvement in swelling and bruising. Most patients feel comfortable returning to desk work. - **Weeks 3-4:** Residual swelling continues to resolve. Can resume light exercise. - **Months 2-3:** Swelling subsides to reveal final contour. Can resume all activities including vigorous exercise.
- **Results appear:** Initial improvement visible immediately despite swelling. As swelling resolves over 4-8 weeks, the refined contour becomes apparent. Final results at 6-12 months once all healing is complete.
- **Results last:** 10-15 years. While natural ageing continues, patients typically maintain significant improvement. The benefits are long-lasting, though not completely permanent.
- **Cost range:** \$12,000-\$20,000 depending on the complexity and whether combined with facelift
- **Pros:** Dramatic, comprehensive correction of all turkey neck components; long-lasting results; addresses skin, muscle, and fat; natural-looking rejuvenation when performed by experienced surgeons
- **Cons:** Surgical risks including infection, bleeding, scarring, nerve injury; significant downtime (2+ weeks); higher cost; requires general anaesthesia; permanent visible scars (though well-hidden behind ears and under chin)

****2. Neck Liposuction****

Liposuction can be performed as a standalone procedure or as part of a neck lift. It's most effective for patients with good skin elasticity but unwanted fat beneath the chin that creates heaviness and obscures the jawline.

- **What it involves:** Through tiny incisions beneath the chin or behind the ears, a thin cannula is inserted to suction excess fat. Tumescence fluid (a mixture of local anaesthetic and epinephrine) is infused first to minimize bleeding and discomfort.
- **Best for:** Younger patients (typically under 45) with good skin elasticity and primarily a fat concern rather than severe skin laxity. Not suitable if loose skin is the dominant problem.
- **Procedure time:** 45-90 minutes under local anaesthetic with sedation or general anaesthesia
- **Downtime:** 5-7 days of swelling and bruising. Compression garment worn for 1-2 weeks. Most patients return to work within a week.
- **Results appear:** Initial swelling obscures results. Improvement becomes visible at 4-6 weeks with final contouring at 3-6 months as residual swelling resolves.
- **Results last:** Permanent fat removal, though weight gain can affect remaining fat cells
- **Cost range:** \$4,500-\$7,500 as a standalone procedure
- **Pros:** Less invasive than full neck lift, faster recovery than full surgery, permanent fat reduction, can be combined with skin tightening treatments if needed
- **Cons:** Only addresses fat (not skin laxity or muscle banding), risk of contour irregularities if not performed expertly, won't tighten loose skin, may leave skin even looser if elasticity is already compromised

Choosing the Right Treatment - Decision Guide

Consider Non-Surgical Treatments If:

- ✓ ****You have mild to moderate turkey neck**** - Early-stage sagging, minimal excess skin, primarily skin quality concerns rather than significant structural laxity
- ✓ ****You prefer minimal to no downtime**** - Your lifestyle, work, or personal preferences make extended recovery impractical
- ✓ ****You want to try treatments gradually**** - You're exploring options and prefer an incremental approach rather than committing to surgery immediately
- ✓ ****You're not ready for surgery**** - Whether due to apprehension, health concerns, or wanting to wait until issues are more pronounced
- ✓ ****Budget is a primary concern**** - You prefer spreading costs across multiple sessions rather than a single large surgical investment
- ✓ ****You want reversible or adjustable options**** - Non-surgical treatments don't require permanent commitment, allowing you to stop or modify as preferences change

Consider Surgical Treatment If:

- ✓ ****You have severe or advanced turkey neck**** - Significant excess skin, pronounced platysmal bands, substantial loss of neck definition
- ✓ ****You want long-lasting or permanent results**** - You prefer addressing the problem comprehensively once rather than maintaining results through repeated treatments
- ✓ ****Non-surgical options haven't met your goals**** - You've tried injectables, skin tightening, or threads without achieving desired improvement
- ✓ ****You can accommodate recovery time**** - You're able to take 2-3 weeks off from work and social commitments for proper healing
- ✓ ****You're willing to invest in a comprehensive solution**** - You view surgery as a long-term investment in your appearance and wellbeing

Combination Approach

Many patients achieve optimal results by strategically combining treatments. This approach allows for comprehensive improvement while potentially reducing the extent of surgery needed or enhancing surgical outcomes.

****Common effective combinations:****

****Neck lift + injectable treatments:**** Surgery provides structural correction while anti-wrinkle injections can subsequently maintain smooth platysma muscles and prevent band reformation. Patients often continue occasional anti-wrinkle treatments post-surgery to prolong results.

****Liposuction + Ultherapy:**** For patients with good skin elasticity but both fat and mild laxity concerns, liposuction removes excess fat while Ultherapy performed 3-6 months later provides skin tightening for refined contouring.

****Surgical neck lift + radiofrequency microneedling:**** After surgical recovery (typically 6+ months), radiofrequency microneedling can enhance skin texture, tone, and quality for an overall rejuvenated appearance.

Your Me Clinic plastic surgeon will assess your specific anatomy, aesthetic goals, and lifestyle factors during consultation to recommend the most effective approach—whether that's a single treatment, staged procedures, or an integrated combination plan.

What to Expect at Me Clinic

1. Initial Consultation (Free)

Your journey begins with a comprehensive, pressure-free consultation at our Malvern East clinic. During this 30-45 minute appointment:

****Comprehensive assessment:**** Your plastic surgeon or cosmetic physician examines your neck anatomy, assessing skin quality, degree of laxity, platysmal band prominence, fat distribution, and underlying bone structure. They'll evaluate your neck from multiple angles and in different lighting to understand the full extent of changes.

****Discussion of concerns and goals:**** You'll discuss what specifically bothers you about your neck, how long you've been concerned, what outcomes you hope for, and any specific events or milestones motivating treatment.

****Medical history review:**** Your practitioner reviews your medical history, current medications, previous cosmetic treatments, smoking status, weight changes, and any health conditions that might affect treatment selection or safety.

****Treatment options explained:**** Based on your assessment, you'll learn which treatments are suitable for your specific situation, why certain options are recommended or not appropriate, and realistic expectations for each approach.

****Realistic expectations set:**** Your practitioner will be honest about what different treatments can and cannot achieve for your individual case. You'll see how your results might compare to the improvement other patients have experienced.

****Transparent pricing provided:**** You'll receive clear, written pricing for recommended treatments with no hidden fees. Payment plan options are explained if desired.

****Before/after gallery review:**** You'll view before/after photos of patients with similar concerns and treatment approaches, helping you visualize potential outcomes.

2. Treatment Planning

Once you've decided to proceed:

****Customized treatment plan designed:**** Your specific treatment protocol is finalized, including technique details, expected timeline, and any complementary treatments that might enhance results.

****Timeline and sessions explained:**** You'll understand the full journey—from treatment day through recovery milestones, follow-up appointments, when final results appear, and how long they last.

****Pre-treatment instructions:**** You'll receive detailed preparation guidelines, including any medications to avoid, skincare adjustments, and lifestyle modifications needed before treatment.

****Cost breakdown provided:**** Final itemized pricing is confirmed, including any pre-treatment requirements, the procedure itself, anaesthesia fees (if applicable), post-treatment supplies, and follow-up visits.

****Questions answered:**** Your practitioner ensures you fully understand the process, feel confident in the plan, and have no lingering concerns before proceeding.

3. The Me Clinic Difference

****Responsible Cosmetic Medicine™****

Me Clinic's foundational philosophy prioritises patient safety, ethical practice, and natural-looking outcomes above commercial considerations:

- **Evidence-based treatments only:** We offer proven procedures with documented safety profiles and realistic outcome data—never experimental or fad treatments.
- **Ethical patient selection:** We sometimes recommend against treatment if we believe it's not in your best interest, you're not a suitable candidate, or expectations cannot be met.
- **Natural-looking results prioritized:** We aim to make you look refreshed and rejuvenated—like yourself but better—never overdone, pulled, or obviously treated.
- **Conservative approach first:** When appropriate, we recommend starting with less invasive options before progressing to more aggressive treatments.
- **Comprehensive aftercare:** Your relationship with us doesn't end when treatment does. We provide thorough post-treatment support, monitor your healing, and remain available for any concerns during recovery.

Experienced Practitioners

Your treatment is performed by highly qualified professionals:

- **FRACS-qualified plastic surgeons:** Our surgical procedures are conducted by Fellows of the Royal Australasian College of Surgeons with specialized training in plastic and reconstructive surgery. This is the highest level of surgical qualification in Australia.
- **Specialist cosmetic physicians:** Non-surgical treatments are performed by doctors with advanced training specifically in aesthetic medicine.
- **Registered nurses:** Our nursing team assists during procedures and provides education and support throughout your journey.
- **Proven track record:** Me Clinic has performed over 25,000 surgical procedures and 60,000+ non-surgical treatments since our founding in the 1980s. This depth of experience translates to refined technique, better complication management, and consistently natural results.

Transparent Pricing

Financial transparency is central to ethical practice:

- **Published price lists:** Unlike many clinics that only reveal pricing during consultation, Me Clinic provides upfront cost guidance so you can make informed decisions.
- **No hidden fees:** The price you're quoted includes everything related to your treatment—no surprise add-ons.
- **Payment plans available:** We offer flexible payment arrangements through several providers, making treatment accessible without requiring full payment upfront.
- **Medicare rebates explained:** For procedures with a functional component (rare in cosmetic treatments), we'll clearly explain any potential Medicare rebates you may be eligible for and assist with claiming.

Frequently Asked Questions

Q: How much does turkey neck treatment cost in Melbourne?

Treatment costs vary significantly based on the approach and severity of your concerns:

****Non-surgical options:**** - Anti-wrinkle injections for bands: \$400-\$800 - CoolSculpting: \$1,200-\$1,800 per session - Thread lifts: \$2,500-\$4,500 - Ultherapy: \$3,500-\$5,500 - Radiofrequency microneedling (full series): \$3,000-\$6,000

****Surgical options:**** - Neck liposuction: \$4,500-\$7,500 - Neck lift surgery: \$12,000-\$20,000

At Me Clinic, we provide detailed, transparent pricing during your free consultation with no hidden fees. The cost you're quoted includes all aspects of your treatment, from consultation through post-operative care.

****Q: How long do results last?****

Results durability depends on the treatment approach:

- ****Injectable treatments (anti-wrinkle):**** 3-4 months, requiring regular maintenance - ****Thread lifts:**** 12-18 months with gradual diminishing - ****Ultherapy:**** 12-18 months, potentially up to 2 years - ****Radiofrequency microneedling:**** 12-24 months with proper skincare - ****CoolSculpting:**** Permanent fat cell elimination (though weight gain affects remaining cells) - ****Neck lift surgery:**** 10-15 years of significant improvement

Individual results depend on factors including age, skin quality, genetics, sun exposure, smoking status, and weight stability. Younger patients with better baseline skin quality typically enjoy longer-lasting results than older patients with more advanced ageing.

****Q: Is there any downtime?****

Downtime varies dramatically by treatment:

****Minimal to no downtime:**** - Anti-wrinkle injections: None (occasional minor bruising) - Ultherapy: None (mild redness for a few hours) - CoolSculpting: None to minimal (numbness and mild swelling for a few days)

****Short downtime:**** - Thread lifts: 3-7 days (bruising, swelling, tenderness) - Radiofrequency microneedling: 3-5 days (redness, peeling)

****Significant downtime:**** - Neck liposuction: 5-7 days before returning to work, 2 weeks before social comfort - Neck lift surgery: 2 weeks before work return, 3-4 weeks before social comfort, 6-8 weeks before final swelling resolution

Your practitioner will provide specific downtime expectations based on your treatment plan during consultation.

****Q: Will it look natural?****

Natural results are the cornerstone of Me Clinic's Responsible Cosmetic Medicine™ approach. We prioritize:

- Subtle improvement that makes you look refreshed rather than "done" - Preservation of your unique facial characteristics - Avoiding the overly tight, windswept, or pulled appearance of outdated techniques - Gradual change that won't shock friends and family

Our surgeons and cosmetic physicians are trained to enhance your natural beauty, not transform you into someone else. During consultation, you'll view before/after galleries that demonstrate our aesthetic philosophy and realistic outcomes.

****Q: Am I too young/old for treatment?****

There's no universal age restriction for turkey neck treatment. Suitability depends on individual factors:

****Younger patients (30s-40s):**** May be ideal candidates for preventive or early-intervention treatments like Ultherapy or thread lifts, particularly if genetics or weight loss have caused early changes.

****Middle-aged patients (50s-60s):**** Often the optimal candidates for both non-surgical and surgical treatments, with skin quality still supporting good healing and years of enjoyment ahead.

****Older patients (70+):**** Can absolutely undergo treatment if in good health. Surgery carries slightly higher risks with advanced age, but healthy septuagenarians regularly achieve excellent results.

During consultation, we assess your overall health, medication use, healing capacity, realistic expectations, and motivation to determine if you're an appropriate candidate regardless of your age.

****Q: Does Medicare cover any treatments?****

The majority of turkey neck treatments are considered purely cosmetic and receive no Medicare rebates or private health insurance coverage. However, rare exceptions exist:

****Functional component:**** If excess neck skin causes functional problems (difficulty swallowing, chronic skin irritation, restricted range of motion), a portion of surgical correction may qualify for Medicare item numbers. This is uncommon but worth discussing if functional issues exist.

****Private health insurance:**** Some top-tier hospital cover policies may contribute to hospital costs (anaesthetist, surgical assistant fees, operating theatre) if functional issues are documented, though the surgeon's fee typically remains out-of-pocket.

We'll clarify your specific situation during consultation, help document any functional components, and assist with any applicable claims. However, most patients should plan to self-fund turkey neck treatment.

****Q: What are the risks?****

All medical treatments carry some level of risk. Potential complications include:

****Non-surgical treatments:**** - Anti-wrinkle injections: Temporary bruising, swelling, asymmetry, neck muscle weakness affecting swallowing (if incorrectly placed), allergic reaction (rare) - Thread lifts: Bruising, swelling, puckering, asymmetry, thread migration, visible or palpable threads, infection, nerve injury (rare) - Ultherapy: Pain or discomfort during treatment, temporary numbness, swelling, bruising, rare welts or burns - Radiofrequency treatments: Redness, swelling, burns (rare), hyperpigmentation, infection

****Surgical treatments:**** - Neck lift: Infection, bleeding, hematoma, seroma, nerve injury (temporary or permanent numbness, rare facial nerve weakness), poor scarring, asymmetry, skin necrosis, anaesthesia complications, unsatisfactory aesthetic result - Liposuction: Contour irregularities, asymmetry, infection, bleeding, seroma, skin numbness, skin laxity worsening

Your practitioner will discuss specific risks relevant to your chosen treatment during consultation. Me Clinic's experienced surgeons and rigorous protocols minimize complications, and our comprehensive aftercare ensures any issues are promptly identified and managed.

****Q: Can I see before/after photos?****

Absolutely. During your consultation, your practitioner will show you an extensive before/after gallery of patients who underwent treatments similar to what's recommended for you. These photos help you:

- Visualize realistic outcomes for your level of concern - Understand the degree of improvement different treatments provide - Set appropriate expectations - Feel confident in your treatment choice

We maintain strict patient privacy and only display photos with explicit consent. Photos shown are from our own practice, not stock images or results from other clinics.

****Q: How do I prepare for treatment?****

Preparation varies by treatment type. General guidelines include:

****All treatments:**** - Disclose all medications, supplements, and health conditions - Arrange transport if sedation or anaesthesia is involved - Follow specific pre-treatment instructions provided

****Non-surgical treatments:**** - Avoid blood-thinning medications (aspirin, ibuprofen, fish oil, vitamin E) for 5-7 days if medically safe - Arrive with clean skin (no makeup on treatment area)

****Surgical procedures:**** - Stop smoking at least 4 weeks before surgery - Cease blood thinners as directed by your surgeon - Arrange post-operative care assistance for the first 24-48 hours - Fast as instructed (typically nothing to eat/drink after midnight before surgery) - Fill any prescribed medications beforehand - Prepare recovery space with ice packs, comfortable pillows, easy-to-eat foods

Your specific pre-treatment checklist will be provided well in advance, giving you ample time to prepare appropriately.

****Q: When will I see results?****

Result timelines vary significantly:

****Immediate results:**** - Dermal fillers: Immediate volume (though final settling takes 2 weeks) - CoolSculpting: Immediate reduction in treated area (though swelling masks initial fat loss)

****Early results (days to weeks):**** - Anti-wrinkle injections: 3-7 days - Thread lifts: Immediate lift visible (final result at 4-6 weeks once swelling subsides) - Neck liposuction: Initial contour improvement visible at 4-6 weeks

****Gradual results (months):**** - Ultherapy: 2-3 months as collagen builds - Radiofrequency microneedling: 3-6 months across treatment series - Neck lift surgery: Early improvement visible within 2-4 weeks, final result at 6-12 months

Understanding these timelines helps set realistic expectations. Treatments requiring collagen stimulation deliver gradual, natural-looking improvement rather than sudden dramatic change. Surgical procedures show initial improvement quickly, but refinement continues as swelling resolves and tissues settle over many months.

****Q: What if I'm not happy with my results?****

Me Clinic stands behind our work. If you're dissatisfied with your outcome:

****For surgical procedures:**** Minor asymmetries or refinements can often be addressed with revision surgery, typically performed at 6-12 months once all healing is complete. Revision surgery is assessed on a case-by-case basis.

****For injectable treatments:**** Anti-wrinkle injections can be dissolved if absolutely necessary (though this is extremely rare for neck treatments). Most concerns resolve as the product metabolizes naturally over 3-4 months.

****For skin tightening treatments:**** If results don't meet the expected standard, a complimentary repeat treatment may be offered, or alternative approaches discussed.

Our comprehensive consultation process, realistic expectation-setting, and experienced practitioners minimize dissatisfaction. However, we recognize that individual healing and response varies, and we work collaboratively with every patient to achieve the best possible outcome.

****Q: Can I combine turkey neck treatment with other procedures?****

Yes, and this is often recommended for comprehensive facial rejuvenation. Common combinations include:

- **Neck lift + facelift:** Addresses both neck and lower face ageing for harmonious overall improvement
- **Neck lift + eyelid surgery:** Treats upper and lower face ageing simultaneously
- **Neck lift + fat grafting:** Restores facial volume while improving neck contour
- **Non-surgical skin tightening + fillers:** Combines texture improvement with volume restoration

Combining procedures can:

- Reduce overall cost compared to staging treatments separately
- Minimize total downtime (one recovery period instead of multiple)
- Achieve more harmonious, comprehensive results
- Address multiple ageing concerns at once

Your surgeon will discuss whether combination treatment is appropriate based on your goals, overall health, and the extent of surgery required.

Q: What's recovery like day-by-day after neck lift surgery?

Days 1-2: Most discomfort and tightness. Drainage tubes may be in place. Swelling and bruising peak. Head elevated when sleeping. Pain managed with prescribed medication.

Days 3-5: Drainage tubes removed (if placed). Dressings changed to lighter bandages. Swelling remains significant but discomfort lessens. Can shower with assistance and specific restrictions.

Days 7-10: Sutures removed. Bruising begins fading from purple to yellow-green. Swelling improves noticeably. Many patients feel comfortable with light activities at home.

Weeks 2-3: Return to desk work possible for most patients. Bruising largely resolved but makeup may be needed. Residual swelling persists but improving daily. Social confidence returning.

Weeks 4-6: Most swelling resolved. Incisions fading. Can resume moderate exercise. Looking and feeling significantly improved.

Months 3-6: Final result emerging as deep tissue swelling resolves. Scars continue fading. Full return to all activities including vigorous exercise and contact sports.

Month 12: Scars at their final appearance (typically thin, pale lines hidden in natural creases). Result considered fully matured.

Every patient heals differently, and your surgeon will provide personalized recovery milestones during consultation.

Real Patient Results

At Me Clinic, we've treated thousands of Melbourne patients concerned about turkey neck over our four decades of practice. Our extensive experience spans the full spectrum—from young patients seeking early intervention with non-surgical options to older patients pursuing comprehensive surgical correction.

While individual results vary based on age, skin quality, treatment selected, and adherence to post-treatment care, our before/after gallery demonstrates the range of outcomes achievable with our treatment protocols. You'll see examples of:

- Non-surgical tightening improvements from Ultherapy and thread lifts
- Dramatic surgical transformations from neck lift procedures
- Combined approach results where multiple treatments work synergistically

During your consultation, your practitioner will show you cases similar to yours and discuss realistic expectations specific to your anatomy and treatment plan. We never show you the best-case scenario

and call it typical—you'll see a true range of outcomes including modest improvements, excellent results, and everything in between.

Book Your Free Consultation

Ready to explore your turkey neck treatment options? We're here to help you understand your choices, set realistic expectations, and determine the best path forward for your goals.

Three Ways to Book:

****1. Call:**** (03) 8823 5859 Our team is available Monday-Friday 9:00 AM - 5:00 PM to answer questions and schedule your appointment.

****2. Online:**** Visit meclinic.com.au and use our consultation booking form for 24/7 convenience.

****3. Email:**** info@meclinic.com.au Send your enquiry with preferred dates and times, and we'll respond within one business day.

What to Bring:

- ****List of current medications**** - Include prescription medications, over-the-counter drugs, and supplements - ****Medical history**** - Previous surgeries, medical conditions, allergies - ****Questions for your practitioner**** - Write them down beforehand so you don't forget anything important - ****Photos showing your concern**** (optional) - If you have photos from years past showing how your neck has changed, these can be helpful for your practitioner's assessment

Your Consultation Includes:

✓ ****Comprehensive assessment**** - Detailed examination of your neck anatomy and ageing concerns
✓ ****Treatment recommendations**** - Personalized options based on your specific situation ✓
****Transparent pricing**** - Clear cost breakdown with no hidden fees ✓ ****Before/after gallery review**** - Realistic outcome expectations based on similar cases ✓ ****No obligation to proceed**** - Educational consultation with zero pressure to book treatment

Me Clinic Location:

****4 Burke Road, Malvern East VIC 3145****

- Convenient on-site parking available - Easily accessible via public transport (tram route 6) - Ground-floor consultation rooms (wheelchair accessible)

We look forward to meeting you and helping you achieve the refreshed, confident appearance you deserve.

Founded in the 1980s, Me Clinic has built a reputation for ethical practice, surgical excellence, and natural-looking results. With over 25,000 surgical procedures performed and FRACS-qualified plastic surgeons leading our team, you can trust your care to experienced professionals who prioritize your safety and satisfaction above all else.