



DR MATTEO  
VIGO

PLASTIC SURGERY

ACHIEVING A DEFINED  
JAWLINE & FIRM NECK

They say you can tell a person's age by looking at their neck. When you make time to care for your skin with regular treatments and at-home rituals, a crepey neck and jawline is the last thing you want. Never fear - Dr. Vigo is here to help you care for yourself fully, including those areas that sometimes get neglected!

### **WHAT CAUSES NECK WRINKLES AND SOFT JAWLINES?**

There are several factors that cause your jawline and neck to drop or wrinkle. As you age, your skin loses collagen and elastin - two proteins that are responsible for how taut, firm and supple your skin is. Not only is the skin on your neck thinner, it's also a highly mobile body part that continually bends and twists with the motion of our head. This makes it far more susceptible to wrinkles over time!

Genetics have a part to play in how the skin on your neck and jaw develop as you age. This is why it's important to take action early if you suspect you're genetically prone to looser skin in this area. Daily activities are also a contributing factor, the most common being looking down at a smartphone or laptop screen (it's called 'tech neck!').

If you've struggled to get the jawline of your dreams despite diet and exercise, have jowls and loose skin beginning to obscure your jawline or noticed that you may be prone or predisposed to never having a defined jawline despite excellent overall health and fitness, fear not! Thanks to modern plastic surgery, you have some nonsurgical and surgical options available.

### **NON-SURGICAL OPTIONS**

Non-surgical options are best for patients who have mild to moderate fat obscuring the jawline, a fairly well-defined chin area and minimal to





moderate loose skin around the jawline. Options include dermal fillers, neurotoxins, fat melting injectable agents and surgical threads.

#### **Dermal fillers to the jawline**

By injecting dermal fillers to directly to the jawline, the edge of your bony angle and mandible is enhanced. This works best in patients who are “almost there” but do not quite have a hard bony edge that you can see.

Typically you will need 1-4 syringes of dermal fillers, based on your anatomy and how defined you want your jawline. The results are immediate and should last about 12-18 months, depending on the dermal filler used.

#### **Neurotoxin to the masseter muscles**

Botulinum toxin (Botox, Dysport or Xeomin) can be placed directly in the masseter muscles of the face, which will slim your overall facial shape into a slightly more “V” like shape.

You can feel your masseter muscles by clenching your teeth and feeling a slight bulge at the end of your jaw. Thinning out the masseter muscle requires a fair amount of neurotoxin, usually about 30-60 units of Botox/ Xeomin or 84-168 units of Dysport per side to achieve visible results. These results last about 3-4 months.

#### **Kybella to the neck and chin fat**

If you have some mild excess fat, you can melt this fat with a melting agent called Kybella (deoxycholic acid). The area in the double chin is considered on-label use, but getting to the very sides and back portion of your jawline may require injections that are off-label use. Depending on how much fat you have in the jaw area, you will need 1-6 vials of Kybella. The results are permanent, assuming you maintain your overall weight since the fat is physically melted.



## **SURGICAL OPTIONS**

Surgical options are for patients who have a moderate to larger amount of fat and loose skin around the neck and jawline areas. The main treatments are liposuction or neck lift or both. Another new technology is radiofrequency energy.

### **Neck liposuction**

If you have fat that is just under the skin and not underneath your neck muscles, liposuction of the neck and jawline area can be done to remove fat and give you a nicely defined jawline. Depending on the technology used, you will have mild to moderate skin tightening with liposuction as well. Results will last years or a lifetime since the fat is physically removed.

### **Neck lift**

After making incisions near your ear and behind your ear, as well as an incision underneath your chin, your neck skin is lifted up, revealing access to your neck muscles, fat and supporting structures or your neck. A neck lift allows the most access and best long-term results, because all of the structures that can make your jawline more defined – skin, fat, muscle, SMAS, salivary glands – can be addressed in one procedure to give you maximal results that will last for years.

### **Radiofrequency energy**

Radiofrequency energy can tighten loose skin and, in the neck area, can be used to tighten the skin after some type of procedure, usually neck liposuction. RF can be used with other procedures to tighten your neck skin and your redraped neck skin will be more smoothly and tightly placed over your jawline.

If your weak jawline is due to the skin being saggy around the area, causing it to lose definition, then Renuvion can help. It is a minor surgical procedure that uses radio-frequency to contract the subdermal collagen tissue and boost the production of collagen. Renuvion uses helium



derived plasma energy as a way to deliver aesthetic results. Renuvion can not only deliver noticeable results; it also helps to reduce risk and, in turn, minimise scarring and recovery time.

The jawline has a significant impact on your overall facial aesthetics, and it is one of the most defining parts of your appearance. One common complaint when it comes to facial appearance is a weak jawline. A weak jawline often involves having a receding chin which is set back from the face, or a jawline which is puffy and poorly defined.

Weak jawlines are often caused by genetics as some people are born with a round and narrow jaw or weak chin. Often jawlines don't appear so pronounced because they are closer to the neck. Another common cause of a puffy or undefined jawline is excess fat and skin which can cover the area, ultimately making the jawline invisible.

Those suffering from a weak jawline might experience issues with self-confidence and self-esteem. The media portrays a defined and strong jawline as a physically appealing feature, which can leave those with a weak jawline looking for treatment.

A BRIEF NOTE FROM  
DR. MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

“Because you deserve the best” is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

Dr Matteo Vigo



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To book a consultation with  
Dr Vigo, please contact us today.

EMAIL  
[booking@matteovigo.com](mailto:booking@matteovigo.com)

Telephone & Whatsapp  
+971 56 282 5825

Locations

**AMWAJ POLYCLINIC**

Building P11  
Jumeirah Beach Residence  
Dubai

**HEALTHBAY POLYCLINIC**

Al Wasl Road, Verve Villas  
Umm Al Sheif  
Dubai