



Lisa Cozza

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IS TOO MUCH TEXTING CAUSING “TURKEY NECK?”

Itsaglamthing.com

Texting on your phone too much could cause neck wrinkles or “Smart phone neck” as it has been dubbed, reports the American Society for Aesthetic Plastic Surgery.

Another cell phone side effect can be breakouts on the side of the face where you hold your phone. To alleviate this, try exfoliating that side of the face nightly or try keeping your phone from touching your face. You may also benefit from a skin care plan and products from your doctor. Dr. Lyle Back explains that, “Wrinkles and crepey skin on the neck are very common. Some are even arguing that consistent texting and web browsing on your cellphone can contribute to these issues. That constant looking down posture leads to a scrunched up neck.”

If these less invasive options are still not enough, Philadelphia area board certified plastic surgeon Dr. Lyle Back offers other aesthetic options for neck lines and wrinkles.

CHEMICAL PEELS, FACIALS... AND MICRONEEDLING

You might choose to combine a neck facial with a laser treatment, light therapy, chemical peel or a customized skin care product regimen, depending on your surgeon’s advice. Dr. Back loves Microneedling skin rejuvenation – the new, popular, and easy way to tighten, smooth and firm skin. Dr. Back explains that, “A long, narrow neck and a strong jawline are desirable aesthetic traits. But aging or weight fluctuations can hide the neck, jaw and chin – with loose skin or pockets of fat. Depending on which problem you have, a surgeon may recommend neck lift surgery (to address loose neck skin) or lipo-contouring of the neck area. Determining the right procedure will involve an assessment of your skin elasticity, health and medical history. But today, we have many very effective office treatments – that might be all that is needed!”

Botox injections

The vertical bands that extend from under the chin to the base of the neck are caused by the neck muscle called the platysma. Botox can be injected into the muscle to temporarily reduce the appearance of these bands. This is a simple in office procedure that requires no anesthesia and allows you to get right back to your normal activities.

Neck liposuction for fat removal

During liposuction, Dr. Back makes a small incision below the chin, and removes excess fat. This procedure is often done alone or may be performed as part of a neck lift or facelift. If this is the only procedure you’ll need, you should plan to spend approximately an hour undergoing the operation. Your incisions will be stitched and bandaged. This procedure requires an anesthetic and you should allow

five to ten days for recovery. It's very important to follow your doctor's instructions on properly caring for any stitches and bandages in the days following surgery.

Neck lift procedure

Sometimes called a cervicoplasty or neck lift with platysmaplasty, the procedure will last two to three hours. Of course, if you are having a neck lift in conjunction with liposuction, facelift, forehead lift, or other surgeries, the time will vary accordingly. Your exact procedure will depend on your desired results and your own personal circumstances. In order to undergo a neck lift, you must be in good general health, both physically and mentally.

Once the muscle has been tightened and any excess fat removed the skin is re-draped over the neck. Any excess skin is removed and the incisions are closed with sutures. It is possible your surgeon may place a drain under the skin on the neck to collect any fluid that would increase your post op swelling and discomfort. If your surgeon chooses to use a drain it might remain in place only a day or two. You would be instructed on how to care for the drain if it needs to stay in for a longer period of time.

www.ilovelyleback.com

About Lyle Back™

Lyle M. Back, M.D., F.A.C.S. is originally from New York City and graduated with honors from Rutgers Medical School. He completed his surgical training at Ohio State and is an ABMS Board Certified Surgeon in both General Surgery (ABS) and Plastic Surgery (ABPS). Dr. Back is a Fellow of the American Academy of Cosmetic Surgery (AACS) and a longstanding member of the American Society of Plastic Surgeons (ASPS). Dr. Back served as a professor of Plastic Surgery at Temple University and St. Christopher's Hospital for Children in Philadelphia and performed reconstructive surgery with "Operation Smile" in Vietnam.

Dr. Back's numerous articles on Cosmetic Surgery and Plastic Surgery have appeared in leading medical journals and popular magazines. Dr. Back is frequently featured in local newspapers and magazines and often appears on radio and television programs. Over the years, he has hosted several live radio and TV shows on Cosmetic Surgery in the Delaware Valley. He has lectured extensively and received many awards for his teaching and training of young surgeons across the country. He has received numerous local honors such as "Top Doc" Plastic Surgeon. Dr. Back is listed in the "Guide to America's Top Surgeons" by the Consumer's Research Council of America. He is also listed among "America's Cosmetic Doctors and Dentists" in the Castle-Connolly Directory and in "The Consumer Guide to Plastic Surgery". He is a highly respected member of the most prestigious local and national surgical societies. Dr. Back is a well known, popular Philadelphia area board certified plastic surgeon, in private practice for over 20 years. He specializes in the full range of the most modern and state of the art cosmetic surgery procedures and non-surgical cosmetic enhancement techniques available today.

Awards / Honors:

South Jersey Magazine – South Jersey "Top Physician": 2010, 2011, 2012, 2013

South Jersey Magazine – Best Physicians for Women: 2012, 2013, 2014

SJ Magazine – South Jersey "Top Doc": 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013

International Association of Plastic Surgeons – Top Plastic Surgeon: November, 2012

The International Association of Health Care Professionals – Leading Physicians of the World: 2012/2013

Super Doctors – Philadelphia Super Doctor: 2012, 2013

- See more at: <http://itsaglamthing.com/lifestyle/much-texting-causing-turkey-neck/#sthash.1SYCpT5C.dpuf>