

## **Double Chin Treatments By EPCSG Dubai Make The Perfect Finish To Total Look Face & Neck Rejuvenation**

Having often gone to great lengths in undergoing various face, jaw and neck treatments in order to satisfy a desire to regain that refreshed rejuvenated look, there are still many people who look in the mirror each morning and cringe. Why? In many cases it may well be because of their double chin which somehow got overlooked when planning the makeover. But help is now at hand as Elite Plastic & Cosmetic Surgery Group of Dubai Healthcare City launch their new range of treatments specifically for those in need of contouring the area beneath their chin and removing those stubborn fat deposits, improving their facial profile and putting that finishing touch – the jewel in the crown - to their overall programme of face and neck rejuvenation.

A double chin is not considered an attractive feature and at some time or another many of us will look in the mirror and be somewhat less than satisfied with our profiles. And the problem is regularly pinpointed as being the presence of a double chin manifesting itself to a greater or lesser extent. Double chins are the result of either excess fat, saggy loose skin, or a combination of both. Deposits of excess fat in this area and around the neck cause the skin to hang down. Also with age, the muscle directly beneath the chin will slacken and collagen production, which is responsible for maintaining the skin's elasticity, decreases, resulting in loose sagging skin. All of these factors together contribute to the creation of a wrinkle which gives the appearance of a second, or double, chin.

It used to be that the only way to get rid of a double chin was to lose a lot of weight and hope that the excess fat would also magically disappear. Unfortunately, this is far from guaranteed, as either the chin fat obstinately refuses to budge, or an even worse scenario results: the fat does in fact go away but leaves the skin hanging in an unsightly fashion, more than reminiscent of a turkey wattle. So it is no wonder that so many people are more than a little concerned about their double chin. Fortunately there are now methods available, either individually or in combination, surgical and non-surgical, that will not only eliminate this extra fat, but also ensure that the skin will remain tight and youthful-looking after it has gone.

According to Dr Allen Rezai, lead surgeon at Elite Plastic & Cosmetic Surgery Group and a specialist in surgical and non-surgical rejuvenation treatments, excess fat beneath the chin significantly affects the aesthetic appearance of the neck and face and is a common concern among patients, regardless of age or sex. "Focal accumulation of fat leading to convexity beneath the chin is particularly associated with obesity and age-related tissue changes," says Dr Rezai. "However, genetic factors also play a role in its development, which explains why younger adults and normal-weight individuals may also develop a double chin. Studies indicate that people with excess fat in this area are dissatisfied with their appearance and may feel that it makes them look older and heavier than they really are. In addition, they can also experience feelings of embarrassment and self-consciousness, particularly since this issue is difficult to conceal with clothing."

In a recent study surveying 385 patients who had seen a dermatologist or plastic surgeon for non-surgical facial rejuvenation procedures, 77% stated that they noticed extra fat beneath the chin, and 61% agreed that they would like to be able to safely eliminate this fat. Fortunately there are today a variety of different methods available for helping with this, which can be used either alone or in combination, and thus tailored to produce the optimum result for each individual patient, dependent upon the precise nature and extent of the fat deposits in each case.

Taking a look at the options available to patients, [Liposuction](#) has for long been considered the gold standard for surgical removal of fat, and up to 25% of liposuction procedures target the "submental"

region – the area beneath the chin. Dr Rezai observes that "Liposuction represents a safe and effective technique for treating fullness due to excess fat in this area. In addition, it can be combined with other procedures as needed for more complete rejuvenation of the lower face and neck. Although it may be possible to get good skin retraction with liposuction alone, the outcome will depend on the quality of the skin. At EPCSG we find that a combination of Liposuction and Radio Frequency – RF treatment – can often produce the best result for patients in the shortest amount of time. We use the [Exilis Elite](#) system for providing the RF component, which has proven to produce excellent results in melting fat and in skin tightening for many of our patients. It is now one of our most frequently-requested non-invasive treatments."

But not all patients are willing or able to undergo Liposuction. Fortunately there are today a wide variety of alternatives which can be effective for treating less severe cases. These include 'Laser Lipolysis', 'Cryolipolysis' and various focused Ultrasound and RF methods. There is also 'Injection Lipolysis' which involves delivery of agents into adipose tissue – the fat containing tissue – by means of injection. They then proceed to reduce the volume of fat through various reactions. However, in spite of a certain degree of success, until recently no such agent had received regulatory approval.

According to Dr Rezai, whilst Injection Lipolysis can be effective and is becoming more popular due to its convenience, the results can be variable with the possibility of causing residual lumpiness and unevenness in the skin following treatment. "At EPCSG," says Dr Rezai, "we have found that a better, more reliable and satisfactory result in the case of the treatment of mild double chin problems, can be obtained by combining Exilis Elite radio frequency with Nd:YAG laser. But overall, our experience is that a combination of Liposuction and Exilis Elite RF will give the best result for the majority of patients in the shortest amount of time. And, where necessary, we can always combine this with [chin augmentation](#) for patients who require greater chin projection."

Dr Rezai further explains that employing Exilis Elite in combination with Liposuction is particularly advantageous, since not only can it precisely target individual fat deposits due to the available degree of precision depth control and area targeting, resulting in selective heating of the subcutaneous fat, but its other great feature is the ability to simultaneously induce skin tightening – firming its appearance through the stimulation of collagen production – and thus avoiding the appearance of saggy skin when the fat has gone.

All in all, through selectively combining some of the most advanced methods in body contouring and skin rejuvenation, double chin treatment can produce a slim, toned appearance for the jawline and upper neck area which really is the icing on the cake when it comes to regaining that total fresh youthful look.

More detailed information concerning available treatments for double chins, chin augmentation and a wide range of face & neck rejuvenation treatments can be found by visiting both the Surgical and Non-surgical sections of Elite Plastic & Cosmetic Surgery Group's website at <http://elitecosmeticsurgery.ae> .

They can also be contacted through their clinic in Dubai Healthcare City as follows:

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