

Key Facts About Double Chin Causes and Surgery

1. What Causes a Double Chin?

A double chin isn't always the result of weight gain. Genetics can predispose some people to store fat beneath the chin regardless of overall weight, aging reduces collagen and skin elasticity, causing skin to sag, and poor posture can weaken neck muscles and worsen the appearance over time.



2. Non-Surgical Treatments for a Double Chin

Non-surgical options like NeckTite use radiofrequency energy to contract tissue, stimulate collagen, and reduce small areas of fat. These treatments work well for mild to moderate concerns, but may not deliver lasting results for more significant sagging or fat accumulation.



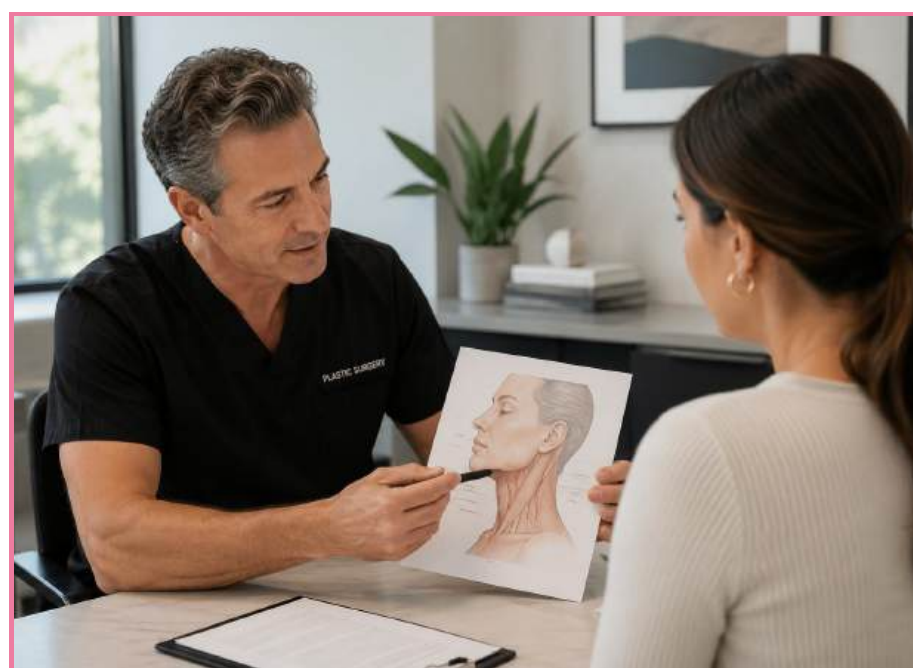
3. When Should You Consider Surgery?

Surgery is worth considering when non-surgical results fall short, when changes to the skin and underlying tissues are more permanent, or when you want a long-lasting solution. It addresses both skin and deeper structures to restore profile and enhance facial balance.



4. Surgical Options That Can Help You

The right surgical approach depends on the root cause. Neck liposuction removes excess fat for a more defined jawline; a neck lift tightens loose skin and muscle laxity for a firmer neckline; and a lower facelift restores structure along the jawline, often combined with a neck lift for the most balanced, natural-looking results.



5. Rejuvenation That Works With You

Finding a double board-certified plastic surgeon is the essential final step. A qualified surgeon can advise on the best treatment for your anatomy and goals, but the decision is ultimately yours, based on your comfort level, concerns, and what kind of results you want to achieve.

