



## Ask Dr. Zimbler

### A New Nose And The Dreaded “Waddle” Neck

**Q** I am a 22-year-old woman and I have never been happy with the shape of my nose, which is long, slightly crooked and has a prominent bump toward the top. I have always wanted to get it fixed, but I worry that I could end up with an artificial looking nose that is even worse than the one I have now. I am also concerned that if I change my nose, my face will lose all its character.

**A** You are certainly not alone in your worries about the aftermath of a rhinoplasty, more commonly known as a “nose job.” But improved technology has allowed more and more people to put their fears aside and undergo the rhinoplasty, after putting it off for years.



It used to be that people were very nervous when they came in to talk about rhinoplasty. They worried that the procedure would leave them looking like Michael Jackson or Miss Piggy. That's largely due to the fact that in the 1970s, when rhinoplasty was practically a rite of passage for teenaged girls looking to improve their appearances, most surgeons employed a technique that left patients with a turned up nose and ski slope profile. But with improved technology and surgical skill, I can now tailor each nose to the face and desires of the patient, with an emphasis on natural looking results. I always make sure that, following the procedure, the nose is harmonious and proportionate with the rest of the face. Because I have been trained in both facial plastic surgery and ear nose and throat medicine, it's fair to say I know quite a bit about noses and I've been quite successful in attaining results which have pleased my many rhinoplasty patients.

As far as diminishing the character of your face, you must understand

that it's not necessary to make dramatic changes. I work with the noses people have and simply make refinements to keep them looking natural without taking away from the uniqueness of the individual face.

**Q** I am a 58-year-old man and was recently divorced. I just lost a lot of weight in anticipation of getting back into the dating world and I am probably thinner than I've been in 20 years. Despite my new fit physique and the fact that I make a decent living, I cannot seem to get women in their 40s and early 50s to go out with me. I have become somewhat self-conscious about the loose skin in my neck, which gives me a “waddle” and makes me look older than I am. Is there anything I can do to tighten the skin around my neck?

**A** You are certainly not the first man around your age to worry about the dreaded “turkey waddle.” Excess, loose hanging skin often appears in the neck area and jaw line following a big loss of weight. The waddle can also be caused when the sheet of muscles under the skin of the throat grows lax which causes the skin to hang. Tightening the skin around the neck is relatively easy. I recommend a neck lift. Three possible neck lift procedures include liposuction, which is used to remove the excess fat, platysmaplasty which is used to remove or tighten the neck muscles and a mid-neck lift in which an incision is made in the midline of the neck to remove excess skin, muscle and fat. This procedure is done almost exclusively on men because the scar heals beautifully on the bearded skin: Most neck lift procedures are performed on an outpatient basis, which means, in all likelihood, you'll be home the day of the procedure. A neck lift will make you look years younger, and, I am certain it will do wonders for your dating life.

*Marc S. Zimbler MD, FACS is a board certified Facial Plastic & Reconstructive Surgeon. Dr. Zimbler's practice is limited to aesthetic facial plastic and reconstructive surgery, including facelift, rhinoplasty, eyelid surgery, nonsurgical facial rejuvenation and cancer reconstructive surgery. Dr. Zimbler is the Director of Facial Plastic & Reconstructive Surgery at the Beth Israel Medical Center in Manhattan His office is located at 990 Fifth Avenue, New York, NY, 10075. He can be reached at 212-570-9900. Please visit his website at [www.marczimblermd.com](http://www.marczimblermd.com).*

