

Interested in the potential results of the next level of minimally invasive techniques, I went to speak with **Dr. Paul Jarrod Frank**, founder and director of The Fifth Avenue Dermatology Surgery and Laser Center. I was especially interested in **UltraTight**, a neck and jowl-tightening procedure he developed and trademarked. A modification of neck liposuction, UltraTight removes fat from the neck and jowl area while simultaneously and internally tightening the area with ultrasound technology.

The main concern with traditional neck liposuction, explains Dr. Frank, was always “what happens to the skin after you remove the fat?” With UltraTight, after an injection of local anesthesia, a Q tip-sized ultrasonic wand — a Vaser (which Dr. Frank helped develop) — is inserted through two very small slits that close without sutures. The Vaser melts the fat and heats up the dermis from the inside to help tighten it. The fat is then removed under suction with a micro cannula.



Dr. Paul Jarrod Frank: The key thing to remember with any kind of treatment and particularly so with skin tightening is there's no best. It depends on the patient – their skin color, their age, their laxity, their tolerance for downtime, their pocketbook. You get the best results by playing jazz with different instruments. So with the 25-30 different technologies I have, I get optimal outcomes by combining several small procedures like ultrasound, radiofrequency and microneedling rather than doing one single procedure. It's my Tighten, Lift and Tone (TLT) protocol.

Dr. Frank equates the experience to going to the dentist. "I would say the recovery during the weekend is like getting a tooth pulled, having a root canal. There's really no bruising, just puffiness," he says. "It's a weekend recovery. I've never had a patient in the ten years I've been doing it who couldn't go to work on Monday." So, how does this compare with competing non-invasive methods like [Kybella](#), a fat-busting injectable and the fat freezing CoolSculpting?

The problem with procedures like Kybella and CoolSculpting is that they don't treat the jowl area. "You can't do CoolSculpting and you can't inject Kybella in the jowls because there's a very important nerve that is affected when you do something like that," reveals Dr. Frank. "With UltraTight, I can etch out the jawline all the way to the ear." Furthermore, Kybella causes a considerable amount of swelling, resulting in more downtime. It also requires multiple visits while UltraTight is a one-time procedure. "Most people end up paying less money and have less downtime with this one-time treatment," reveals the dermatologist. "Unfortunately, a lot of people don't get to me until after they spend time, money and downtime with things like Kybella or CoolSculpting."

Not everyone is a candidate for UltraTight, however. Those with waddling skin are better served by surgery. But, if you are anywhere between 25-55 years old, have pinchable fat and are just looking for some definition in the neck and jowl area, UltraTight which has also enjoyed popularity among Dr. Frank's male patients, may be the answer. Costs range from \$5,000-\$6,000.



UltraTight is a popular procedure among both male and female patients.