

Turn back the clock

Common cosmetic procedures for men

by Dr. H. Christopher Coley

Last year, there were more than 900,000 cosmetic surgical procedures performed on men in the U.S., an increase of 8 percent from 2008, according to recent statistics.

Of these procedures, the most common surgical procedures included liposuction, rhinoplasty, eyelid surgery,

breast reconstruction and hair transplantation. Common nonsurgical procedures included Botox and Dysport, injectable fillers, and laser hair removal.

These days, more men of all ages are using surgical and nonsurgical cosmetic surgery to keep and restore a youthful appearance. Here are brief descriptions of

these common procedures.

Surgical procedures

Liposuction is the most common surgical procedure performed for men. The most common areas are the abdomen, love handles, breasts and double chin. During liposuction, the abdomen can be further



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contoured to enhance the abdominal musculature, giving a six-pack look. Liposuction also gives remarkably long-lasting results with little downtime.

Rhinoplasty — a delicate outpatient surgical procedure — also is a popular procedure for men. The nose is the central focal point of the face, and changing its shape can have dramatic results. The most common areas of the nose to be corrected include a dorsal hump, which is noticeable from the side view, and a round, large nasal tip.

Male breast surgery is another common procedure. The male breast is composed of both fatty tissue and breast tissue, similar to a woman's. Some men simply have larger breasts that develop during puberty, leaving them more self-conscious. Treatment is determined by the cause and can involve direct breast tissue excision through an inconspicuous incision or liposuction of the excess tissue.

Eyelid surgery continues to be a popular procedure for men troubled by excess skin above and below the

eyes. This procedure, known as a blepharoplasty, can make a dramatic functional and cosmetic improvement in rejuvenating the upper face and creating a more rested look. It's a simple outpatient procedure with little downtime and minor bruising and swelling.

Nonsurgical procedures

Men are taking advantage of Botox and Dysport to soften and temporarily relieve stubborn wrinkles and lines in the forehead, around the eyes, and between the eyebrows. Proper treatment of these areas can significantly improve and even subtract years without creating a frozen look. Results with these simple, in-office injections generally last three to four months.

Injectable fillers take the process of gaining a youthful appearance one step further and improve static lines, as well as augment and fill areas on the face. Static lines are wrinkles and folds that are present and visible when the muscles of facial expression are at rest, such as those from the base of the nose to the angle of the lips and depressions under the eyes. Fillers such as Restylane, Juvéderm and Radiesse give remarkable results with little to no downtime.

Laser hair removal for men can be a life-changing event. This can be performed on any area of the body but is commonly performed on the back, neck, ears, and face. This is a process, however, and can take several treatments. Hair grows in cycles, with only about 30 percent of the hair that we see in an active growing phase; this is the phase the laser treats. After one treatment, it can take weeks before any new hair growth is noticed. The procedure also has little to no downtime.

Skin care products also are a vital component for renewing and maintaining a youthful appearance. A simple, medical-grade skin care regimen that includes a sunscreen can help stop the clock. ☼

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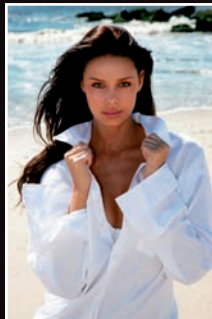
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