

For Men, It's the Midsection or Face that Often Prompts Action

Spare tires helping to car-trip it, not around men's waists.

Men naturally store fat in the abdominal area. That spare tire is not just unattractive, it's unhealthy.

Our male patients tell us that no matter how much they work out and keep their weight under control, they just can't get rid of that roll around the middle.

Fortunately, cosmetic surgery procedures can help men look as fit and as young as they feel.

About 10 percent of plastic surgery patients are male. Men frequently come to us for liposuction to get rid of their abdominal fat.

Body lifts, male chest tissue reduction and eyelid surgery also are common procedures for men.

Typically, the surgeries are outpatient procedures so the patient can go home the day of surgery.

For best results, consult with a board-certified plastic surgeon and make sure that all procedures are performed only in accredited surgery centers.

Deflate That Spare Tire

In the right patient, liposuction is usually very effective because males retain skin elasticity longer than women do. The most common areas for liposuction for men are the abdomen, flanks, chest, chin and neck.

"L-traitorine" liposuction is often the preferred method for performing this procedure on men.

The surgery removes fat deposits with a tube and vacuum device. It takes about one to two hours, and patients can return to work in several days. Full recovery from swelling and bruising takes less than a month.

Many patients, like "Stan," are thrilled with the results.

"I was not large, but I couldn't get rid of the thickness around my waist. I wanted my clothes to fit better. The doctor removed more than five pounds of fat. I was out of work for only three days. I had an excellent experience," he said.

Some men opt for lower body lifts, which remove excess skin and fat in the buttocks, abdomen, waist, hips and thighs. The surgeon



repositions and tightens tissue to restore body shape, skin appearance and skin tone.

Male chest tissue reduction (gynecomastia) is another common procedure. It reduces enlarged breasts by removing excess fatty tissue. The surgery takes one to three hours and patients can be back at work in several days.

Look Rested, Younger

Men who want to restore a more youthful, rested appearance are taking advantage of a number of cosmetic procedures, including partial face lifts.

One of the most popular facial procedures for men is eyelid surgery (blepharoplasty), which corrects drooping upper eyelids and puffiness below the eyes by removing excess fat, skin and muscle.

The surgery takes one to three hours. Patients can resume reading as early as the next day and return to work in 5 to 7 days. Bruising and swelling can take several weeks to disappear.

Sometimes it is possible to camouflage bags below the eyes non-surgically with injectable fillers.

Increasing numbers of men are now opting for face-lifting, less invasive procedures such as BOTOX® treatments and dermal fillers to reverse the signs of aging.

Just remember, the goal with all cosmetic procedures is improvement, not perfection.

Discuss your expectations with a board-certified surgeon to help ensure best results.



Love Your Look is a column by Dr. Thomas Albert, Dr. Howard Hepple and Dr. Harold Hunsica, the board-certified plastic surgeons of Plastic Surgery Services of Frederickburg. For more information, please call www.loveyourlook.info call (800) 783-7730 or email linakey@loveyourlook.info. For a free consultation with one of our doctors, just mention this story.

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