

# Male Plastic Procedures

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I am always asked “Do men get Plastic Surgery?” The answer is a resounding “Yes!” Men are taking care of themselves more and more. Manicures, massages, tailored Italian suits and designer jeans have redefined manhood in ways that were unthinkable only a decade ago.

Males make up about 11-14% of all cosmetic patients. This number has been growing steadily in the last decade. But what do men get and why?

**Men under 20 years-old:** This group is mostly concerned about gynecomastia (enlarged breasts). Men in this age (especially teens) get ridiculed at school and are interested in eradicating this very embarrassing problem. If breast tissue is involved, this has to be removed surgically. Only a Plastic Surgeon can guide you through this diagnosis and full line of treatment.

**Men 20-30:** Treatments include Gynecomastia, Chin Liposuction, and Liposuction of the abdomen with Liposculpture. Chin Liposuction (submental fat) is becoming common in this group as our basal metabolic rate is slowing, causing deposits of fat where we did not have them before. The Smart Lipo is a wonderful outpatient tool in the removal of fat under the chin and takes about 9-12 minutes to perform. Abdominal Etching via Smart Lipo and regular Lipo (creating a “six pack”) is becoming more popular here to relive our teen bodies.

**Men 30-40:** This group is concerned with Gynecomastia, Chin Liposuction, Abdominal Liposuction + etching, and Botox for the frown lines as well as the underarms. Botox is a neurotoxin that binds to the muscles

of movement and helps to decrease the lines between the eyes, and forehead. Men increasing in socioeconomic status want to look younger. The underarm Botox helps to decrease or sometimes eradicate odor and wetness for 2-6 months at a time.

**Men 40-50:** This group is concerned with Gynecomastia, Chin Liposuction, Abdominal Liposuction + etching, and Botox for the frown lines as well as the

underarms. Eyelid surgery and mini-facelifts are becoming popular in this age group. Again, men compete with their younger counterparts and want to feel and look their best. Small eyelid surgeries as well as mini-facelifts (in the office) tend to refresh the face and mind. Men begin facial peels and CO<sub>2</sub> facial resurfacing to improve the texture of their face as well as wrinkles and acne.

**Men 50-60:** Chin Liposuction, Abdominal Liposuction + etching, and Botox for the frown lines as well as the

underarms. Eyelid surgery and mini-facelifts, facial peels, CO<sub>2</sub> resurfacing. Definitely a time of rejuvenation, men in this age group are stable financially and their children are leaving or almost out of the house. They enjoy a renaissance with their significant other and want to look good! More power to them.

Many men consider themselves too macho for cosmetic surgery. The common view of man is changing. We are becoming more aware of fashion, style, and a need for a youthful appearance. Let your imagination be your guide and call me for further information! **N**

*For more information, visit [www.drjenebyplasticsurgery.com](http://www.drjenebyplasticsurgery.com) or 210.270.8595.*

