

NECK LIPO SUCTION IS STARTING TO REALLY TAKE OFF TODAY IN THE MALE SECTOR. ARE YOU FINDING THAT MEN ARE PREFERRING THE PROCEDURE OVER THE PROCESS OF WEIGHT LOSS?

It is true that liposuction has become a popular method to reduce the extra wattle below the chin and to sculpt an otherwise soft jawline. While cosmetic surgery of this sort seems like a quick fix, it does not allow men to short-circuit the process of weight loss. Body contouring surgery of any sort is best if performed after men attain a stable, healthy weight; the surgery is easier and the results longer-lasting and more predictable.

WHY DO YOU THINK MEN ASPIRE FOR A DEFINED JAW-LOOK WHEN IT COMES TO PLASTIC SURGERY? HOW DO YOU GO ABOUT ACHIEVING THIS PROCEDURE WHEN JAW DEFINITION IS SOMETHING THAT STEMS FROM GENETICS?

The features of the male facial skeleton are, by nature, heavier and more defined than in women. These differences develop due to the actions of the male hormones and, whether appropriate or not, have become culturally associated with masculinity, virility, and strength. It is for this latter reason that both men and women generally find a strong, chiseled jawline attractive. There are many options available to enhance the male jaw, both surgical and nonsurgical. Simple augmentation with injectable fillers has become the most popular in my practice. More permanent solutions include implants or actual reshaping of the bone. Alternatively, some men benefit from careful liposculpture to remove excess fat and thereby unmask the underlying jawline.

HAIR TRANSPLANTS ARE AMONG THE LESS DRASTIC PROCEDURES OUT THERE FOR MEN, DOES THAT MEAN THAT THERE IS NOT A COMPLICATED PREPARATION FOR THIS PARTICULAR PROCEDURE?

Modern hair transplant procedures have improved dramatically, becoming a comfortable, safe and effective process. For most men the preparation is straightforward and largely directed toward establishing reasonable expectations. Another important aspect is to halt the hairloss problem itself and prevent further thinning. This goal is usually achieved with medication such as Minoxidil which the client must take long-term or all of the protective benefits are lost.

IF YOU DO A COMBINATION OF AN EYELID LIFT WITH A FOREHAND LIFT, DOES THE OUTCOME STAY MORE PROMINENT FOR A LONGER AMOUNT OF TIME?

Sometimes the appearance of excess skin of the upper eyelid is actually a consequence of a fallen eyebrow. An experienced surgeon will identify this problem prior to eyelid surgery. In this situation a forehead lift, to reposition the eyebrow, is essential for an optimal result. The combination of an eyelid lift with a forehead lift, in appropriate patients, will fully restore a youthful appearance to the eyebrow and eyelid region and provide a much longer-lasting improvement than eyelid surgery alone.

HOW DO YOU GO ABOUT SELECTING A SUPERIOR SURGEON THAT CAN PERFORM A SUCCESSFUL HAIR TRANSPLANT PROCEDURE THAT HAVE NO NEGATIVE POST SURGERY EFFECTS?

Fortunately, complications are extremely rare after hair transplant procedures. But there is no surgical procedure, even routine ones performed by “the best,” which can be guaranteed to be free of negative post-surgery effects. Clients should be extremely wary of any surgeon who provides a risk-free guarantee, or fails to engage in any discussion of this sort prior to treatment. As with other cosmetic surgery procedures the experience of the surgeon is a major contributor to a successful outcome and reducing risk. Clients should inquire about the number of cases the surgeon has performed, review a portfolio of before/after results, and consider interviewing previous clients. A superior surgeon should willingly provide information and also discuss a strategy to handle negative post-surgery outcomes, however unlikely.

EYELID SURGERY IS ONE OF THE MOST COMMON SURGERIES PERFORMED TO MEN. IT IS A GREAT PROCEDURE THAT CAN ALLOW MEN TO APPEAR MORE YOUTHFUL, RESTED, AND ALERT. WHAT DO YOU RECOMMEND MEN SHOULD CONTINUE TO DO POST-SURGERY TO MAINTAIN THAT LOOK?

Although it's typically very effective and long-lasting, several simple, non-surgical treatments can help to maintain a youthful appearance in the eye region for years afterward. Botox™ is a great way to achieve subtle lifting of the eyebrow and softening of laugh lines. The deep grooves below the eyelid are reduced with lower eyelid surgery but sometimes benefit from a top-up with injectable fillers. Rejuvenation of the skin, either by fractional laser or other resurfacing technique, is valuable to improve texture, lighten skin, and reduce fine wrinkles.

WHY DO YOU THINK MEN ARE INVESTING MORE MONEY OF PLASTIC SURGERY THESE DAYS, WHEREAS WOMEN HAVE BEEN FOR YEARS NOW?

The stigma has declined over the years; men realize that they can invest in their appearance and still remain masculine. There are also options for men that are less-invasive, but effective, safe, and offer minimal downtime. The internet has allowed men to research these options anonymously, and conveniently. Another stimulus for men to fresh, vibrant, and confident is the changing landscape in the job market. More men are delaying retirement, working longer, and striving to remain competitive with younger candidates. Many believe that male plastic surgery is solely targeted to the metrosexual demographic.

FROM YOUR OWN PERSONAL EXPERIENCE, DO YOU FEEL IT APPEALS TO ALL?

Male consumption is spreading beyond the traditional urban hipster or celebrity. I am seeing more men from less typical demographics including retirees and those from rural locations. I do believe that there will be individuals and groups who would never undergo plastic surgery regardless of how safe or effective it may be. I cannot single-out any particular demographic, some men simply do not consider enhancement of physical appearance a priority.

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**DR.
PETER
BRAY**

[HTTP://DRBRAYPLASTICSURGERY.COM/](http://drbrayplasticsurgery.com/)