

Non-Surgical Cosmetic Procedures for Men

By Staff Editor

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(HealthNewsDigest.com) - The desire for self-improvement in men has steadily increased over the past decade. The prevailing youth culture combined with increased competition in the workplace has resulted in a greater presence of men in the plastic surgeon's office. The minimal downtime procedures performed today make their acceptance very high by busy professionals.

New York Plastic Surgeon Dr. Bryan G. Forley says that, "the most frequent non-surgical procedures men are having done in our office are BOTOX® Cosmetic, injectable fillers, and Ultherapy®, the new tissue tightening and firming treatment."

Botox® Cosmetic improves your appearance by selectively blocking the underlying contraction of the facial muscles responsible for crow's feet, laugh lines, and frown lines. The treatment lasts from 4-6 months and is performed 2-3 times per year to maintain skin that is smooth and youthful looking.

Dr. Forley believes that many of the early signs of aging in men are due to changes in the position of facial volume in the cheek as fat and skin shifts towards the lower part of the face. He says that "by adding volume with injectable fillers such as Juvederm™, Restylane®, and Perlane®, wrinkles and folds appear smoother and youthful facial contours can be restored for up to 12 months."

Sculptra® Aesthetic is used by Dr. Forley to stimulate the production of the skin's own collagen. The gradual deposition of the new collagen over a 3 month period, "allows for a very natural appearing restoration of facial volume that has shifted or atrophied for up to 3 years. The fact that this change occurs over a period of months is very appealing to men who don't want any sudden changes in their appearance," according to Dr. Forley. Generally a series of 2-3 treatments at 6-week intervals are necessary to achieve the desired result.

Ultrasound energy is used in a new type of non-surgical treatment called Ultherapy® in which the deep layers of the face and neck are targeted by heat-producing sound waves. "The energy absorbed by the collagen and muscle layers stimulates an improvement in elasticity and firmness, that develops over 3-6 months, and produces an uplifting effect on your appearance," says Dr. Forley, who adds, "Men are happy to undergo a lifting procedure with no downtime from work and without surgery." The duration of results can vary but you can generally expect up to 2 years of benefits from Ultherapy®.

About Dr. Forley

Bryan G. Forley, M.D., F.A.C.S. is a board certified plastic surgeon who specializes in aesthetic facial, breast, and body contouring surgery as well as Fraxel® laser resurfacing, Ultherapy®, BOTOX® Cosmetic, and injectable fillers.

Dr. Forley was voted one of New York Magazine's "Best Doctors" and listed as a "Super Doctor" in the 2011 Guide to the Top New York City Physicians. He is also listed annually in the Castle Connolly "Top Doctors" and "America's Cosmetic Doctors" guides. Dr. Forley has been quoted in numerous publications including Vogue, Allure, Time, The New York Times, The Wall Street Journal, The New York Post, Tatler, Men's Health, Business Traveler International, and WebMD.

For further information, go to: www.drforley.com