

Surgical Cosmetic Procedures for Men

By Staff Editor

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(HealthNewsDigest.com) - The interest men express in improving their appearance can frequently be satisfied with non-surgical procedures. However, there are situations where surgery is necessary to achieve the desired outcome. New York Plastic Surgeon Dr. Bryan G. Forley notes that, “when surgery is indicated in men, it often is performed to treat baggy eyelids, excess fat deposits, and male breast enlargement known as gynecomastia.”

Blepharoplasty (Eyelid Surgery)

Dr. Forley says that, “men decide it is time to do something about the appearance of their eyes when they have had enough of others asking them if they are tired or stressed. When the eyelids look baggy, it is interpreted as a sign of fatigue as well as of aging.” Blepharoplasty or eyelid surgery removes the excess loose skin and fatty tissue that produces sagging and heaviness of the upper or lower eyelids. The eyes will look more open, less tired, and brighter following the procedure. In some cases, fat grafts are also used to fill the sunken appearance or hollowing that is present at the lower eyelid-cheek junction.

Liposuction (Neck, Hips, & Abdomen)

Age, family traits, lack of exercise, and poor eating habits can be the enemies of a fit appearance. Liposuction is a contouring procedure that selectively removes excess localized fat deposits through tiny incisions to achieve a sleeker blending of body outlines. “Long lasting results are regularly achieved in men when the surgery is combined with a program of fitness and healthy eating,” according to Dr. Forley. Areas such as the neck, hips, and abdomen are the sites most requested by men.

Gynecomastia (Chest)

Men feel very self-conscious about the excessively large breasts present in gynecomastia. “Lifestyle choices and daily activities in men can be inhibited by the fear of exposing the appearance of their chest to public scrutiny,” observes Dr. Forley. In most cases, the problem starts during puberty due to glandular and fatty tissue enlargement and will often resolve spontaneously when men enter their twenties. It is typically a benign condition, but may need additional evaluation due to its association with hormonal abnormalities. Surgery for gynecomastia is usually a two-part process. The fatty component of the breast is first reduced using liposuction. This is followed by removal of the excess glandular tissue via a well-concealed incision at the lower edge of the areola. Skin excision is rarely necessary, as it will generally retract following the surgery.

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