

LAPALME wanted to know more about why this change has occurred, have technologies made this transition easier for men, or is male aesthetics just more widely accepted as the new “normal”? We sought out the expertise of three top male doctors who specialize in male surgical procedures and modern male aesthetics. Our experts enlightened us on the latest, effective most popular procedures, patient care, and the secrets behind creating longevity and youth in the male physique. In our efforts to seek out this knowledge, we wanted to make sure we would have opinions that spanned coast to coast as well as an international look at **what is hot and now!**

Are things really so different coast to coast? It turns out there are differences in what guys are seeking as far as treatments and surgeries! According to **Plastic Surgery Specialist, T.Y. Stephen Ip, M.D.** who has practices in New York and California; on the east coast, male patients tend to get more facial procedures like rhinoplasty, whereas the west coast based patient is definitely more body conscious and looking to do procedures like gynecomastia and liposuction.

Yoel Shahar, M.D. another one of our plastic surgeon experts who also practices in New York and Tel Aviv, Israel agrees with Dr. Ip. He also points out most men these days are self aware and are wanting to stay ahead of aging and on top of their professional game by doing procedures such as: blepharoplasty, fat injections and facelifts. In Israel many of Dr. Shahar’s patients are interested in treatments to reverse sun damage. He suggests medical grade chemical peels as a way of reversing damage to the skin. Peels are a great and effective way of encouraging much needed exfoliation and in addition will stimulate the body’s own collagen growth.

Male patients are looking for easy, simple solutions resulting in natural looking enhancement. Dr. Shahar tells us the male blepharoplasty and fat injection procedures are quite different than when he works with a feminine face. Not only does this procedure require the technical skill to perform the actual surgery but an artistic eye to customise a masculine look. Dr. Shahar is careful not to elevate the lateral areas in the eyebrow which can create a more feminine appearance. The best part is the recovery is generally less than two weeks.

In considering what is right for you, there are many technological advancements in how we address the aging male face, **Shawn Abrishamy, M.D. non-surgical aesthetic and dermatological specialist** based out of Los Angeles, tells us. His male clientele gets really excited when he mentions the gold standard in laser treatments. There have been many advancements in Co2 Laser treatments (Carbon Dioxide Lasers). If downtime is not a factor, and you are looking to tighten skin, virtually eliminate sun damage, brown spots, improve texture and potentially prevent certain type of skin cancers, then this treatment is for you. It is less recovery than a full facelift, but at least 14 days of downtime depending on your skin type, age and overall bodies ability to heal. Results can be very dramatic and it’s an excellent alternative to surgery if you are determined to be a good candidate for Co2.

Now to the down and dirty, what is the quickest way to look refreshed and be a better version of yourself? Hands down it’s going to be an application of Botox or Dysport. These are two neuromodulators that are wonderfully consistent in how they relax the muscles on your forehead, between your eyes, and crows feet Dr. Abrishamy tells us. Collagen stimulators are another stealthy way to create volume and soften wrinkles on heavier, thicker male skin. An application of these products will keep the face looking natural and not fake or overfilled. Men don’t like to fuss over looking younger says Dr. Abrishamy, they just want consistent results.

It was unanimous in all of my discussions with these amazing practitioners, that they all had such concern for their male patients and how the patient felt about themselves. Handsome, hot and sexy in their own skin is generally the common goal. As professionals, I asked them how do they manage expectations of patients. A thorough consultation is absolutely required says Dr. Ip. He likes to review their concerns, educate and discuss outcome and overall results to make sure post-procedure expectations are met. Dr. Abrishamy tells us it’s the hardest and most important part of his job. He tells patients expect improvement, not perfection. Dr. Shahar tells us it is a good practice to explain limitations of each procedure. We agree! Being well informed sets the stage for both a happy patient and a successful procedure.