

**Stigma, what stigma?** Just take the leap, men should not feel self-conscious about doing surgical or non-surgical procedures. One of Dr. Ip's favorite procedures is gynecomastia surgery, due to the advancement in the lasers he is now working with. There is laser liposuction and ultrasonic liposuction. The Vaser and Power Assist Liposuction or (PAL) works similar to a power tool in the way the laser moves. These lasers facilitate the removal of tissue in the breast, and the method chosen generally depends on the patient's tissue density. So think customizable for your own body type which leads to the best result for the patient.

Ever wonder how some men have the "silver fox" look perfected? It is likely they started maintenance early, from diet, lifestyle, skincare, sun protection and aesthetic treatments. Dr. Abrishamy tells us topical pharmaceutical grade Retinols and topical Vitamin C's do help to maintain the dermis and encourage much needed exfoliation. It makes sense to seek professional opinions and create a maintenance plan as early as your mid to late 20's. Once you wait too long, the remedy to treat the aging process becomes more apparent and noticeable. Men should start to think about doing facelifts in their 50's and 60's for best results.

**Here's looking at you kid!** There is no better time than now to consider what is possible for the best version of you. Skincare is a start, but surgical and aesthetic procedures will give you the best lasting overall results. Most consultations are complimentary and our experts agree the male patient is an exciting and welcomed addition to their practices. The important take away is to know your surgeon or doctor. Having a trusted provider and building that relationship gets you to your goals.

Photographer: Christian Alexander Photo  
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