

Contents

Preface

ix

Tom D. Wang and Brian W. Downs

Aging Changes in the Male Face

277

Paul L. Leong

Discrete anatomic differences exist between the male and female face that are relevant in surgical planning. Although the aging process of male and female faces share many common features, attention to the particular differences in the aging man is warranted. Gender differences in the male face include the presence of facial hair, increased facial vascularity, increased thickness, increased sebaceous content, hormonal influences, and potentially differing rates of fat and bone absorption during the life cycle. This article describes the anatomic characteristics of the male face that require attention as the facial plastic surgeon constructs a treatment plan for the aging face. Further investigation is required to describe in more detail the anatomic and biologic differences in male and female facial aging.

Considerations in Male Aging Face Consultation: Psychologic Aspects

281

Steven M. Daines and Steven R. Mobley

Historically, the male cosmetic surgery patient has been viewed as being highly psychopathologic. Recent studies have refuted this longheld belief. However, when conducting a male aging face consultation, it is important for cosmetic surgeons to perform a focused psychiatric assessment to screen for mentally-ill patients, who may not be good surgical candidates. Included in the spectrum of psychiatric diseases that should be recognized is body dysmorphic disorder, an illness characterized by distortions in body perception, which has a higher prevalence in the cosmetic surgery population. By taking a focused psychiatric history, the cosmetic surgeon can identify patients who have untreated psychiatric pathology and are not psychologically appropriate for surgery. These patients would instead benefit from consultation with a mental health professional.

Hair Restoration

289

Jeffrey D. Rawnsley

The impact of male hair loss as a personal and social marker of aging is tremendous and its persistence as a human concern throughout recorded history places it in the forefront of male concern about the physical signs of aging. Restoration of the frontal hairline has the visual effect of re-establishing facial symmetry and turning back time. Follicular unit transplantation has revolutionized hair restoration, with its focus on redistributing large numbers of genetically stable hair to balding scalp in a natural distribution. Follicular unit hair restoration surgery is a powerful tool for the facial plastic surgeon in male aesthetic facial rejuvenation because it offers high-impact, natural-appearing results with minimal downtime and risk for adverse outcome.

Rejuvenation of the Male Brow**299**

Ross A. Clevens

Rejuvenation of the brow is an integral component of surgery of the aging face. Browlifting in men poses challenges that are different from surgery on the female brow. The ideal shape of the brow in men is distinct from the shape of the female brow. The male hairline is often elevated or receding. Male skin is generally heavier, thicker, and coarser. Men generally have deeper furrows and creases. The purpose of this article is to delineate an approach that achieves optimal rejuvenation of the upper one third of the face in the male patient.

Management of the Lower Lid in Male Blepharoplasty**313**

Jose E. Barrera and Sam P. Most

Rejuvenation of the lower eyelid blepharoplasty in men requires consideration of different esthetic norms than those considered in women. Although both require a thorough understanding of anatomy, and the process of aging in each includes descent of the globe, pseudoherniation of the orbital fat, and skeletonization of the inferior bony rim, the goals for male blepharoplasty differ. The authors review the primary surgical approaches in lower lid blepharoplasty (transconjunctival skin-muscle flap) and the currently described techniques used to address displaced orbital fat, with special consideration of the male patient.

Midcheek and Lower Face/Neck Rejuvenation in the Male Patient**317**

Brian W. Downs and Tom D. Wang

Rejuvenation of the mid- and lower face in the male patient can be challenging. Historically, most of these procedures were performed on female patients. However, an increasing number of men are seeking rejuvenative procedures and because of this trend, it is imperative that facial plastic surgeons become facile with the nuances of male mid- and lower facial rejuvenation. Failing to understand the important differences between male and female patients can lead to pitfalls during the perioperative period. The conscientious surgeon should be mindful of these differences, beginning with the male cosmetic consultation and proceeding through to the postoperative period. The goal of this article is to review the principles of male mid- and lower facial rejuvenation.

Aging Male Rhinoplasty**329**

Andrew A. Winkler and Brian W. Downs

Americans over the age of 65 represent one of the fastest growing segments of our population. Rhinoplasty in the elderly man presents a unique set of obstacles. In addition to the typical forces of healing and scar contracture, the aging nose features the altered anatomy and physiology of aging added to an already complicated three-dimensional structure. The heavier, thicker, and more sebaceous skin of men can exacerbate the loss of support associated with aging, creating a scenario of worse functional issues in men as compared with their female counterparts. Approaching the aging nose requires an appreciation of the nuances of the preoperative, intraoperative, and postoperative phases of the patient interaction. Although functional issues predominate in this population, aesthetic concerns also need to be addressed.

Male Skin Care Needs 337

Stephen M. Weber and Kay Ford

Male skin care has undergone significant development over the past decade, with many companies now marketing skin care products directly to the male consumer. Despite the claims of many of these companies, few over-the-counter products have data to support their efficacy at a clinical level. A basic, effective regimen for preventive male skin care should include twice-daily facial cleansing and twice-daily moisturizer application, which should include sunscreen during the day. This article focuses on topical therapies directed at the maintenance and repair of photoaged male skin. The future holds promise for new developments in skin care. However, in the absence of significant scientific breakthroughs, the most cost-effective intervention will continue to be prevention.

Injectables and Fillers in Male Patients 345

Jess Dhaliwal and Oren Friedman

Traditionally, in facial plastic surgery, male patients were known to focus on function over form. Men typically did not consider rejuvenation surgery until they had advanced changes associated with aging, and it was often coupled with a functional concern. However, over the last several years, the number of men seeking minimally invasive cosmetic products, such as dermal fillers and injectables, has increased significantly. Motives include the desire to be more competitive and youthful in the workforce, the growing social acceptability of cosmetic procedures, and increased awareness of nonsurgical options. The optimal use of these products and procedures requires appropriate patient selection, knowledge of the products, and a thorough understanding of the regional anatomy and clinical applications.

Facial Resurfacing of the Male Patient 357

Samuel O. Poore, Liat Shama, and Benjamin Marcus

Cosmetic facial plastic procedures, surgical and nonsurgical alike, continue to increase in number. Recent statistics from the American Society of Aesthetic Plastic Surgery indicate that approximately 78% of the nearly 8.3 million cosmetic procedures performed in the United States each year are nonsurgical. Similar statistics have been demonstrated by the American Academy of Facial Plastic and Reconstructive Surgery who report that over the past 5 years there has been a 47% increase in nonsurgical procedures compared with a 19% increase in surgical procedures. The demographic of those seeking cosmetic procedures is dramatically changing also. Although cosmetic surgery was once predominantly sought by females, more and more male patients are now seeking treatment.

Index 371