

**(Parkland Life Column for June 2010)**  
**“Daddy Makeovers” Gaining Ground**

By David J. Levens, MD, PA, FACS

Mom's not the only one getting makeovers these days. While the recession produced a 2% overall reduction in cosmetic surgical and non-surgical procedures nationwide last year, cosmetic procedures for men jumped by 9%.

The most popular surgical procedures among men were liposuction, nose reshaping, eyelid/browlifts, breast reduction and liposuction. Most popular non-surgical procedures were Botox/Dysport, laser hair removal, facial fillers, microdermabrasion and laser skin resurfacing.

One of the concerns many men have regarding cosmetic procedures is the appearance of telltale scars. For example, browlift scars are often concealed in the hairline, an option that won't work for men with high potential for balding, or who are already bald. But not to fear. In such cases, incisions are placed directly at the eyebrow or within a deep forehead crease.

Some male patients have voiced concern about whether microdermabrasion, peels or laser skin resurfacing will affect the normal growth of facial hair. Actually, just the opposite is true. These types of corrective skin treatments produce a healthier, more even skin surface, which reduces the incidence of ingrown hairs and other disturbances, and enhances the ability to get a smooth shave.

As for facelifts and necklifts, which are also gaining ground with men who have excess, sagging skin on the neck or at the jawline, the placement of the facelift incision can be altered to maintain the sideburn hairline and beard hairline in a "normal" position. This prevents them from being raised up or pulled back to the ear. The trade-off is possibly a more visible scar concealed just at the hairline or at the border of the hair-bearing beard line. All placement options should be discussed before surgery.

Liposuction for men is most often performed in the abdominal and "love handle" areas. Scars for these procedures are concealed within the umbilicus, in the pubic area and in the lower back/hip area. The scars are very small--less than 1/4 inch long--and as with all scars, they become less and less visible over a period of months. Various topical scar treatments are very effective. Avoiding strong sun exposure for several months also helps scars fade faster.

So Dads, if some "makeover" magic is what you'd really like to get for Father's Day, go for it. You're certainly not alone. #

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