

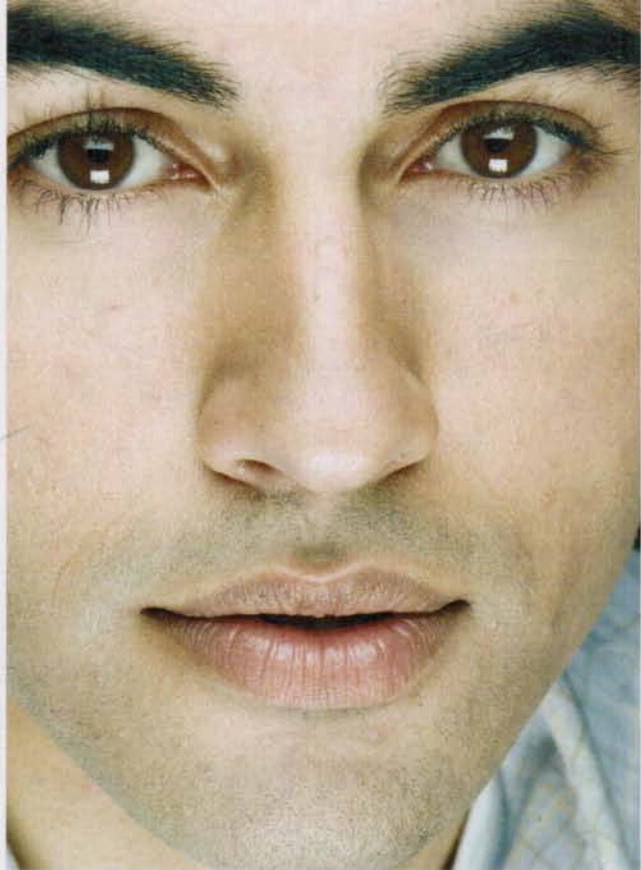
In this method, ultrasound energy is first applied to the areas of fatty deposits being treated. This dissolves fat cells, allowing the liquefied fat to be easily sucked out using conventional liposuction techniques.

Treatment of gynecomastia

Gynecomastia refers to a benign enlargement of the male breast. This can be caused by hormonal abnormalities, drugs and certain medical conditions. However, in most cases no specific cause can be identified. "Surgical reduction of gynecomastia can be accomplished either by excision or by liposuction," said Dr Tay. "If the enlargement is predominantly due to soft, fatty tissue rather than hard, glandular breast tissue, reduction can be done by liposuction or ultrasound-assisted liposuction. Excision, or cutting away of the excess tissue, is necessary if the enlargement is due to hard, glandular tissue that cannot be otherwise removed by liposuction. This is usually done through an inconspicuous scar placed at the edge of the areola."

Treatment of scars and skin resurfacing

Men often seek treatment for scars, which are commonly due to acne or old injuries. Acne scars can be treated with a variety of techniques. "Chemical peels can be useful for treatment of mild scars, while deeper scars are best treated by laser resurfacing or subcision. This technique involves making small



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cuts to detach the scar from deeper tissue, causing the surface to become more level," said Dr Tay.

Eyelid surgery or blepharoplasty

According to Dr Tay, "men commonly seek eyelid surgery for several reasons. In older patients, upper eyelid surgery is often done to remove droopy skin that occurs

with aging, while younger patients often undergo surgery to create or enhance the upper eyelid folds." He added that men seeking to reverse the signs of aging in the lower eyelid area can undergo lower blepharoplasty, a procedure to tighten loose skin and remove excess fat (eyebags).

Nose surgery or rhinoplasty

Rhinoplasty is surgery to reshape the nose. "A nose can be enlarged, the bridge made higher, and the shape of the tip enhanced. This is usually done by insertion of a silicone nasal implant. Alternatively, some patients undergo surgery to reduce

the size of their noses, by removing and reshaping the bones and cartilage in the nose. Men with existing deformities of the nose, for example due to old injuries, often request to have these corrected."

Facial rejuvenation – lifts, botox and fillers

Finally, a wide variety of methods, both surgical and non-surgical, are available to treat the signs of aging. Dr Tay said in closing that surgical methods such as the face-lift and brow-lift can produce dramatic improvements, while non-surgical methods, such as lasers and radiofrequency, tighten up the skin and reduce signs of aging, "with little or no downtime."

So as you can see, with so many options available to make men look good, perhaps just being 'manly' just isn't as good an excuse anymore. And now that you know guys too can also have "a little work done", can you tell who has had it? LW