

Cosmetic Surgery For Men

In today's business world, men wear their résumés on their faces. It's not enough to be qualified for the job --- you have to look qualified as well.

Many people automatically think of women when they hear of someone having cosmetic surgery, but recent statistics would suggest that more and more men are having cosmetic facial surgery to improve their overall appearance, professional image and self-esteem. What was once felt to be a foolish and often frivolous practice of movie stars, wealthy debutantes and public figures has in recent years become an accepted form of self-improvement for millions of average Americans. Men, in particular, are showing an increased interest in cosmetic facial surgery for a variety of reasons.

In a recent nationwide study of cosmetic surgery in America, 40% of the males surveyed were dissatisfied with the shape of their nose and 25% were dissatisfied with the appearance of their eyelids and chin. These numbers differ very little from the women surveyed, but in terms of motivation for surgery, men seem to be more interested in cosmetic surgery as a means to maintain a competitive image in the workplace than women.

Consider These Statistics:

- **More than 1.2 million men had cosmetic plastic surgery last year, representing approximately 15% of the total cosmetic plastic surgery population.**
- **The number of men having cosmetic plastic surgery increased 28% from last year.**
- **Reshaping of the nose (rhinoplasty) was the most popular surgical cosmetic procedure for men, with over 130,000 rhinoplasties performed last year. Men made up over 36% of all nose reshaping procedures performed.**
- **84% of the men surveyed believed that physical attractiveness was important for power and success on the job.**
- **42% felt that improving one thing about their face would help their career.**
- **32% agreed that if they had a more healthy and youthful appearance it would positively impact their job success.**

It appears evident from these statistics that a growing number of facial plastic surgery patients are men who believe that cosmetic changes may help and certainly cannot hurt their chances for career advancement. With a greater number of younger, aggressive businessmen and women competing for a limited number of available positions, it has become more and more important for people to use everything they have in order to compete. These studies would indicate that men, in particular feel that one's appearance is just as important as one's resume.

The types of cosmetic facial procedures that are common among men are those that provide a younger, stronger and more refreshed look. Men tend not to be as concerned about the fine wrinkles as they are about a tired, aged or weak appearance. In this regard, the most common procedures among men include tightening of the upper and lower eyelids (blepharoplasty), creating a stronger, straighter nose (rhinoplasty) and correcting a weak chin or neck line (mentoplasty).

Fortunately, with the heightened interest and popularity in these procedures has come added safety, availability and affordability. These procedures are characteristically performed on an outpatient basis under “twilight” anesthesia (local anesthesia with mild sedation). Post-operatively, patients can expect some swelling and bruising which usually subsides with 7 to 10 days. There may be mild discomfort for a short time after surgery, but this easily controlled with medication. Most patients may return to work within a week, although strenuous activity should be avoided for 3 or 4 weeks.

In summary, cosmetic facial surgery is gaining increased popularity and acceptance among men who wish to improve their overall appearance, professional image and self-esteem. The decision to pursue cosmetic facial surgery should not be taken lightly, however, and should only be performed after extensive research and formal consultation with an experienced, board certified facial plastic surgeon.
