

REVIVE

ANNUAL JUST FOR MEN ISSUE

HEALTH • BEAUTY • FITNESS • FASHION

Annual **Just for Men** Issue

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Face Lift Surgery For Men

By: Dr. Andres Gantous



The majority of face lifts are performed on women, but we find that about 15 to 20% of these cases are now being done on men. The changing nature of society, the competition in the work force and the fact that we are now living longer and healthier lives has brought on a change in the acceptance of reju-

venation surgery for men.

Face lift surgery can be designed and focused to treat men in order to improve the unwanted changes brought on by age, stress and sun damage. The results achieved are similar to those in women, but there are differences in expectations and techniques that potential patients should be aware of.

We normally want to minimize and improve the effects of time that males face. There is a loosening and sagging of the skin around the cheeks, neck and jaw line. It is important to be conservative and not overdo the lift. A very tight and stretched look is undesirable in anyone, but particularly in men who usually do not want anybody to know that they have had surgery. We want to improve the facial appearance by creating a younger and more energetic look.

The main differences in male and female face lifts are: facial hair and the increased thickness and heaviness of the male skin. This makes the placement of the incisions of critical importance and may decrease the flexibility and options that we have in female face lift surgery. In the end, patients want well hidden and practically invisible scars in order to not advertise they had surgery. The direction of pull when excising skin during the operation will mean that some hair bearing skin may be pulled into areas where there usually is none (i.e. behind the ear) and patients need to be informed of this possibility. Finally, it is important to caution prospective male patients that the results of face lift surgery in males are usually not as dramatic as those achieved in women. The thicker, heavier and more flexible skin does not remain as taut as it does in women.

The results of a successful operation should make our male patients feel younger, refreshed and more handsome than they have in a long time. The key to a successful result is striving for a natural result

that improves the patient's outlook and confidence.

In general, face lift surgery takes about three to four hours to perform and can be done under general anaesthesia or local anaesthesia with sedation. The recovery time is about two to four weeks of swelling, bruising and some bumpiness in the surgical area. It may take up to three months for the feeling of tightness to subside. The risks of face lift surgery can be bleeding, infection, hair loss, abnormal scarring and nerve damage, but these are all uncommon complications.



Before (above) and After (below) surgery



A frank and clear talk with the surgeon can define if one is a candidate for face lift surgery, what the potential improvement can be and what possible risks there are.

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