

Contents

1	Facial Aesthetics in Male Patients.....	1
1.1	Introduction.....	1
1.2	Facial Landmarks.....	1
1.3	Golden Proportion.....	4
1.4	The Facial Aesthetic Units.....	4
1.5	Men and Women.....	6
1.5.1	Eyebrows.....	6
1.5.2	Eyes.....	6
1.5.3	Cheekbones and Mandible.....	8
1.5.4	Nose.....	9
1.5.5	Lip–Chin Complex.....	9
1.6	Ageing.....	10
1.7	A New Trend?.....	13
1.8	The Goal of Cosmetic Procedures in Male Patients.....	17
	References.....	18
2	The Ageing Process in Men.....	19
2.1	The Genetic and Environmental Ageing Process in Men.....	19
2.2	Intrinsic Ageing.....	19
2.2.1	Genetics in Ageing.....	19
2.2.2	The Phenotype of Intrinsic Skin.....	20
2.2.3	Histology of Intrinsically Aged Skin.....	20
2.3	Extrinsic Ageing.....	21
2.3.1	Photoageing.....	22
2.3.2	The Pathophysiology of Photoageing.....	23
2.3.3	The Phenotype of Photoaged Skin.....	23
2.3.4	The Histology of Photoaged Skin.....	23
2.3.5	Other Factors Affecting Extrinsic Ageing.....	26
2.4	Classification of Ageing and Wrinkles.....	28
2.4.1	Classification of Ageing.....	28
2.4.2	Classification of Wrinkles and Volume Loss.....	28
2.5	Prevention of Ageing.....	28
2.5.1	Avoidance of Excessive Sun Exposure.....	28
2.5.2	Avoidance of Smoking.....	32

2.5.3	Topical Substances	32
2.5.4	Too Many or Less Calories.....	33
Appendix.....		35
	Fitzpatrick Skin Types	35
	Glogau's Classification.....	35
	Fitzpatrick Classification of Facial Lines.....	35
References.....		35
3	Patient Selection	39
3.1	Introduction.....	39
3.2	The Male Cosmetic Business	40
3.2.1	The US-Experience	40
3.2.2	Ethnic Differences.....	41
3.3	Adolescents and Cosmetic Procedures.....	41
3.4	The Male Adult.....	42
3.5	Men or Women?	43
3.6	The Metrosexual Man and the Adonis Complex.....	44
3.7	Western vs. Non-Western Men.....	45
3.8	Men and Hair Loss.....	45
3.9	Male Satisfaction with Cosmetic Procedures.....	46
3.10	Body Dysmorphic Disorder	47
3.11	Marketing for Male Patients.....	48
3.12	The Other Side of the Media	48
References.....		49
4	Common Skin Problems	51
4.1	Dry Skin	51
4.2	Oily Skin	51
4.3	Acneic Skin/Acne.....	52
4.3.1	Comedonic Acne	53
4.3.2	Papulopustular Acne.....	53
4.3.3	Severe Acne (Nodular or Conglobate)	53
4.4	Scarred Skin	54
4.4.1	Atrophic Acne Scars	54
4.4.2	Hypertrophic Scars and Keloids.....	55
4.5	Sweaty Skin (Hyperhidrosis)	56
References.....		59
5	Common Hair Problems: Dandruff and Androgenetic Alopecia.....	61
5.1	Dandruff.....	61
5.1.1	Goals of Treatment.....	61
5.1.2	Topical Treatment Options	61
5.1.3	Systemic Treatment Options	62

5.2	Androgenetic Alopecia	65
5.2.1	Background of Androgenetic Alopecia	65
5.2.2	Goals in Treatment	66
5.2.3	Topical Treatment Options	66
5.2.4	Systemic Treatment Options	66
5.2.5	Hair Transplantation	67
	References	69
6	Chemical Peeling	73
6.1	Introduction	73
6.2	Indications for Chemical Peels	74
6.3	Classifications of Chemical Peels	76
6.4	Superficial Peels	76
6.5	Medium-Depth Peels	79
6.6	Deep Peels	79
6.7	Interaction of the Chemical Agent and the Skin	80
6.8	Skin Pretreatment	81
6.9	General Rules and Technique	82
6.9.1	AHA Peels	82
6.9.2	Jessner's Solution	83
6.9.3	Superficial TCA Peels	83
6.9.4	Medium-Depth Peels	85
6.9.5	Deep Peels	87
6.10	Wound Healing	88
6.11	Complications	89
6.11.1	Hyperpigmentation	89
6.11.2	Hypopigmentation	91
6.11.3	Scars	91
6.11.4	Infections	92
6.11.5	Persistent Erythema	93
	References	94
7	Lasers	97
7.1	Introduction	97
7.2	Lasers	97
7.2.1	Ablative Resurfacing	97
7.2.2	Carbon Dioxide Laser	98
7.2.3	Er:YAG Laser	102
7.2.4	Nonablative Skin Rejuvenation	103
7.2.5	Skin Tightening	104
7.2.6	Wrinkles	104
7.3	Fractional Technology	105
7.4	Radiofrequency and Light	107

7.5	Acne and Scars Treatment	108
7.5.1	Hemoglobin and Melanin	110
7.6	Vessels Removal	110
7.7	Pigment Removal	111
7.8	Tattoo Removal	113
7.8.1	Q-Switched Lasers	114
7.8.2	Q-Switched Ruby Laser	114
7.8.3	Q-Switched Alexandrite Laser	114
7.8.4	Q-Switched Nd:YAG Lasers	115
7.8.5	Dye Laser	115
7.8.6	Posttreatment	115
7.8.7	Amateur × Professional Tattoos	116
7.8.8	Traumatic Tattoos	116
7.8.9	Complications	116
7.9	Hair Removal	120
7.9.1	The Human Hair	121
7.10	Laser Lipoplasty	123
	References	124
8	Botulinum Toxin in Men	127
8.1	Dilution of the Two Main Products	127
8.2	Estimating the Right Dosage	127
8.3	Treatment Recommendation	129
8.3.1	Forehead	129
8.3.2	Complications of the Forehead Treatment in Men	132
8.3.3	Glabella	137
8.3.4	Complications of the Glabella Treatment in Men	138
8.3.5	Crow's Feet	139
8.3.6	Other Areas	142
8.4	Topical Botulinum Toxin A	142
	References	147
9	Fillers	149
9.1	Introduction	149
9.2	The Role of Injectable Fillers	150
9.3	Hyaluronic Acid	150
9.4	Collagen	152
9.5	Calcium Hydroxylapatite	154
9.6	Polymethylmetacrylate	155
9.7	Poly-L-Lactic Acid	157
9.8	Anesthesia for Injectable Fillers	158
9.9	Forehead and Glabella	159
9.10	Eyebrow	160
9.10.1	Cheekbones	160
9.10.2	Cheek	161
9.10.3	Tear-Trough	162

9.10.4	Nose.....	163
9.10.5	Nasolabial Fold.....	165
9.10.6	Lips.....	167
9.10.7	Marionette Lines	172
9.10.8	Mandible and Chin Reshape	172
9.11	Adverse Reactions.....	173
	References.....	174
10	Combination Therapy.....	175
10.1	Ageing Signs	175
10.2	BoNT-A and Fillers	177
10.2.1	Glabella Lines	179
10.2.2	Horizontal Forehead Lines and Brow Ptosis	179
10.2.3	Tear-Trough and Crow's Feet.....	180
10.2.4	Cheek Bones.....	181
10.2.5	Nasolabial Fold.....	181
10.2.6	Nose.....	182
10.2.7	Perioral	182
10.3	BoNT-A and Resurfacing	185
10.4	BoNT-A and Sub-Ablative Systems.....	188
10.5	BoNT-A and Chemical Peeling	190
10.6	Fillers.....	193
10.7	Fillers and Chemical Peels	195
10.8	Fillers and Light Systems.....	196
10.9	Fillers and Mini and Microlifts	198
10.10	Ablative Lasers and Minilifting.....	200
	References.....	203
11	The Male Microlift and Surgery in Male Patients.....	205
11.1	Introduction.....	205
11.2	The Male Microlift	206
11.2.1	Technique.....	208
11.3	Lipoplasty in Male Patients.....	210
11.3.1	Fat Grafting	210
11.3.2	Anaesthesia.....	211
11.3.3	Fat Retrieval	211
11.3.4	Neck Liposuction	211
11.3.5	Fat Processing.....	212
11.3.6	Fat Transfer.....	213
11.3.7	Complications	214
11.4	Eyebrow Lifting	215
11.5	Eye Surgery	217
11.6	Face Lifting	220
11.7	Other Alternatives	226
11.8	Percutaneously Placed Suspension Sutures.....	226
	References.....	227

12 Complications: How to Avoid and Treat Undesired Results..... 231

12.1 Undesirable Result 231

12.1.1 Misunderstanding Between the Patient and the
Aesthetic Physician 231

12.1.2 Dysmorphia as a Base for Misunderstanding 231

12.2 Avoidance of the Undesirable Result 232

12.2.1 Patient Information and Informed Consent..... 232

12.3 Adverse Event 232

12.3.1 Overtreatment..... 232

12.3.2 Real Adverse Events..... 233

12.3.3 Avoidance of Adverse Events 233

12.4 The Doctor as a Risk Factor 234

12.5 Dealing with Undesirable or Adverse Events 234

References 236

Index..... 237