

» THE NEW FACE OF MEN

BY DR. RYAN GREENE



Some people are surprised when I tell them that male patients make up a significant portion of my practice. As a facial plastic surgeon, I see male patients for both reconstructive and cosmetic concerns. But for many men who do not desire surgery, there are a number of less invasive options available.

First and foremost, all men should be aware that protection from sun exposure is the least expensive and most non-invasive way to care for the skin. This is the single best way to prevent aging changes in the skin. Ultraviolet-induced sun damage will not only accelerate aging, but can also promote very common skin cancers, like basal cell carcinoma and malignant melanoma. Men who already have a high degree of sun damage in their skin should see a dermatologist regularly. But there are also treatments that can help to reverse the cosmetic changes caused by the sun.

There are a number of low downtime procedures available to rejuvenate the skin, while maintaining a natural look. One of the most effective non-surgical options is laser resurfacing. An effective fractionated resurfacing laser, such as the Lumenis UltraPulse, can eliminate sun damage and return the skin to a healthier state. An additional benefit is that treatment can also remove some pre-cancerous lesions. The laser works by causing changes in the collagen within the skin; this transformation of the collagen translates into smoother, healthier appearing skin and decreased wrinkling. Other elements of sun damage, such as brown spots or pre-cancerous actinic keratosis are also targeted.

Laser resurfacing with a fractionated laser isn't for everyone. For instance, patients with very dark skin tones are often not good candidates. But fractionated lasers for me are 'wonder devices' because of the wide breadth of conditions they can treat. Because they are effective for acne scars and other traumatic scars, these lasers can be useful for all ages. The Lumenis UltraPulse was actually featured due to its ability to even treat burn scars.

Just like with any technology, it is exciting to consider the possibilities for the future role of lasers in health care.

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