

The Non-Invasive Treatments and Surgeries That Make Men Feel More Confident According To The Experts

COSMETIC TREATMENTS, DOCTOR'S TALK August 6, 2019 Alejandra Tenorio

Many men have personal insecurities about their skin or overall appearance, especially as they age. Dr. Ariel Ostad offers a range of treatments, from non-invasive treatments to surgeries, that treat these concerns to make men feel confident.



Hair loss can be treated with [Platelet-Rich Plasma \(PRP\) for hair rejuvenation](#) or a hair transplant. PRP injects the patient's own Platelet-rich Plasma into the scalp to promote hair growth, as well as thickening of the existing hair. The hair transplant procedure quite literally transplants existing hair from the body or back of the hair to the area of concern.

Another option to treat hair loss is [Follicular Unit Extraction \(FUE\)](#), a proven, minimally invasive procedure in which follicular unit grafts, consisting of a small number of hair follicles, are individually removed from the genetically stronger areas of the scalp and specifically restored to the areas that have hair thinning.

[Botox](#) is a go-to treatment to address fine lines and wrinkles. Many men receive the injections in their forehead, crow's feet area by the eyes or even palms to alleviate clammy hands and sweat.

[Dermal fillers](#) are a great option to treat anti-aging, filling in wrinkles, folds, and replacing lost facial volume. Fillers are minimally invasive, convenient and long-lasting, and Dr. Ostad offers microcannulas to inject patients with dermal fillers, rather than needles. Microcannulas can be used for the lips, under eyes, nasolabial folds and marionette lines. Microcannulas are blunt instruments, requiring only one insertion into the patient, and significantly reduces patient bruising, bleeding & swelling. Microcannulas allow for less bruising, swelling, and little to no recovery time.

[Lasers](#) can treat a variety of concerns, including sun damage, rosacea, wrinkles and scars including those from acne. **The Cutera Genesis laser** or the **Cutera Excel V laser** treat facial redness, visible blood vessels, broken capillaries, and other symptoms of rosacea. Laser therapy can also help prevent mild rosacea from progressing. In addition to in-office treatments, we help patients learn to identify triggers and optimize their habits to avoid flare-ups. **The Genesis laser** can also restore skin tone and treat fine lines and wrinkles, scars, large pores and active acne to boost collagen growth resulting in a more youthful skin tone and texture. This laser promotes collagen stimulation to reduce fine lines and wrinkles, shrinks oil glands to treat acne and help prevent future breakouts, also improves scars, rosacea and redness. The procedure takes at most 20 minutes and has a recovery time of none to 15 minutes. The [Fraxel Dual](#) or the [Fraxel Co2](#) can reduce the appearance of wrinkles and acne scarring, both have minimal downtime and fast results! The [PicoWay](#) is best for someone who is interested in tattoo removal, targeting sun spots, or treating signs of sun damage. PicoWay is an advanced laser that uses ultra-short picosecond pulses to the skin and eliminates skin issues with no downtime.

Dr. Ostad offers an innovative technique of performing a neck lift, called the [anterior neck lift](#). His procedure eliminates scars, swelling and bruising by lifting beneath the muscle and trimming excess tissue, resulting in a younger-looking neck.

[Blepharoplasty](#) is a surgical technique for eyelid revision. During this procedure, excess skin and other tissue are removed, and displaced tissue is restored to its optimal location. Using precise techniques and tiny incisions, Dr. Ostad achieves natural, youthful-looking results without noticeable scarring on the patient.

Sometimes, the battle of the bulge is not as simple as maintaining a healthy lifestyle, some people see results from just diet and exercise and some are predisposed to obesity due to genetic factors. [Tumescent liposuction](#) is a precise and minimally invasive fat removal procedure that is done under local anesthesia. Liposuction can end the frustration of fighting against genetics to contour your body. It actually removes fat cells, for permanent results. Even if you gain weight after your treatment, it will not be distributed in the same way because you will now have fewer fat cells in the treated area. Tumescent liposuction is an outpatient procedure and does not require general anesthesia allowing for shorter recovery time and less scarring.

Men who are looking to tone with a non-invasive treatment can turn to [CoolSculpting](#) or [CoolTone](#) for body contouring. The innovative and non-invasive Cool Sculpting technology uses temperature, rather than needles or knives, to eliminate unwanted fat, while CoolTone uses magnetic muscle stimulation technology to strengthen, tone and firm muscles.