



The Male Necklift & Midface Lift

Subtle Surgery That Delivers

By Elliot W. Jacobs, M.D., F.A.C.S.

There seems to be a worldwide boom in men secretly having cosmetic enhancements — and it's not just actors, news anchors or an occasional politician anymore. Past a certain age, men start to see things they don't like in the mirror and they are making the decision to do something about it.

The goal of cosmetic enhancement for a man — be it surgical or non-surgical — is what I call subtle surgery. It improves on what nature gave him and leaves him looking refreshed, vital, less tired and energized. Subtle surgery also avoids the telltale signs of surgery that should always be avoided, such as slanted, hollow eyes and pulled, overly-tight cheeks. Conservative surgery should be the mantra for male cosmetic surgery. I often customize a procedure to a specific zone of the face or neck. For example, most men tend to be bothered more by the aging changes that appear in the lower face and neck rather than the upper face and brow. And sometimes eyelid surgery alone can erase years from a man's appearance — while removing the tired, haggard, over-worked look at the same time. Procedures can be performed alone or in combination,

depending upon a patient's preference. Best of all, techniques have improved so tremendously that we can now offer out-patient surgery with minimal downtime.

A man's skin is approximately 20% thicker than a woman's. It is typically firmer and thicker because it is richer in collagen, elastin and hair follicles — but men experience a gradual thinning of the skin with increasing age of approximately 1% per year.

The distorted appearance of some well known male celebrities such as Mickey Rourke, David Gest, Bruce Jenner and Kenny Rodgers have scared many men off from considering facial rejuvenation surgery. However, with today's new techniques, we can perform subtle, natural looking midfacelift, face and necklift procedures through tiny hidden scars that produce results that are virtually undetectable.

With each passing year, our skin loses its strength, structure and youthful resiliency. Smoking, drinking and

sun exposure additionally contribute to skin aging. A man's skin tends to be more resistant than a woman's skin to the effects of the sun and other environmental factors, but aging is inexorable. Starting around age 40, the dermal layer of a man's skin will thin and the amount of collagen decreases naturally and consistently, thereby causing wrinkles to appear and eventually allowing the skin to droop. Expression lines form on the face and patches of discoloration, rough texture and areas of dilated blood vessels appear. Older men may have deep forehead furrows, vertical lines between the eyebrows, large lower eyelid bags and nose-to-mouth creases (naso-labial folds). Perhaps the worst offender is the "turkey gobbler" neck, which hangs over the knot of a tie and is loathed by all men.

THE MALE NECKLIFT — CURE FOR THE "TURKEY GOBBLER"



The standards for aesthetic surgery of the male face have changed. I now tailor my approach for men and aim to sharpen the angular structures of the jaw, neck and chin — with less emphasis on treating superficial lines, wrinkles and creases. When men have facelifts, their thicker skin requires a different surgical approach: less pulling of the skin itself (which tends to become overly thin and distorted when pulled) and more work to tighten the deeper tissues of the face. Then, liposuction is used to remove any excess fat beneath the chin and along the jawline. The appearance of fresher and crisper contours leads to a more youthful and assertive appearance — without any distortion which men want to avoid.

Men often have a concern about their neck only — a few lines on their face doesn't seem to bother them. A clean, taut jawline with tight neck skin and a strong chin are all very desirable masculine features — all of which silently speak of strength and assertiveness. To accomplish these goals for the neck and to avoid potential scars in front of the ears, I have developed my male neck lift.

This operation tightens the musculature of the neck, reduces excess fat under the chin and jaw line, gently tightens the skin and uses micro-liposuction to reduce jowls. The incision is carefully designed to follow the crease

behind the ear and then curls around the earlobe

On younger men in their 20s or 30s, who have thicker and more elastic skin, I often use liposuction alone to sculpt the neck and jaw line area — the skin will tighten by itself. Occasionally, if the chin is receding, I may recommend placing a chin implant at the same time to further enhance the jaw line.

Finally, for older men whose cheeks are drooping and who have significant jowls, a classic facelift may be the only alternative. The skin incisions in front of the ear are artfully concealed in a skin crease.

NO MORE TIRED EYES — THE MIDFACE LIFT TO THE RESCUE

Perhaps more than any other feature, the eyes reveals aging and fatigue. Low set eyebrows, overhanging upper eyelid skin and large, bulging bags of the lower eyelid all combine to provide a haggard appearance for a man. What can be done? Excess skin on the upper eyelid can be surgically removed — but to avoid a feminized look, a little bit of excess skin should deliberately remain. The scar is hidden in the remaining skin fold.



Male Midface Facelift — Before



Male Midface Facelift — After

The male midface, which is the area between the inner and outer corners of the eye and the corner of the mouth, is also an area of apparent aging. Large eyelid bags, a deep line between the bag and the cheek (the lid/cheek junction) and a deep crease between the side of the nose and the corner of the mouth are all features of concern. The midface lift, my signature operation, allows for simultaneous correction of all of these problems. It may be thought of as an extended lower eyelid tuck.

A new and sophisticated plastic surgical procedure – the midface lift – has emerged to address virtually all the problems of the aging eye in one operation.

The male midfacelift is performed solely through an incision immediately below the lashes of the lower eyelid and extends slightly down and out at the outer corner of the eye, thereby mimicking a crease line. Through this incision, the entire midfacial triangle of tissue is gently lifted vertically and secured to the bone at a higher level. It allows me to lift sagging tissues of the midface and elevate the fat and skin to the original position it occupied when a man was in his early 30s. With the midfacelift procedure that I have developed, the fat bags under the eyelids are eliminated, nose-to-mouth creases are softened, and the lid/cheek junction line is smoothed to create a more youthful appearance. Many sutures are utilized under the skin surface to produce and hold these changes in place. The skin incision itself is closed with fine surface sutures, which are generally removed within four to six days.

The result of a midface lift is a smoother lower eyelid. Fat bags are removed and the lid-cheek junction is softened, thereby avoiding an “operated upon” hollow-eyed look. Thicker tissues of the cheek are placed over the cheekbone, resulting in an enhancement of the cheekbone with the man’s own tissues. The nasolabial folds will also be softened.

To simulate the results of a midface lift, look in a mirror, place a finger on the cheekbone just below the outer corner of the eye and very gently elevate the tissues 90% upward and 10% backward. The results of a midface lift are subtle, which is what men are looking for. The object is to rejuvenate the midfacial area, not to change the

appearance. What will remain is a refreshed, rested, youthful appearance with no visible signs of intervention; the midface will be full, graceful, and smooth.

The midfacelift does not do it all, however. Note that the upper half of the nasolabial folds will be improved. The eyelid skin looks smoother and the fat bags are removed. It is important to understand that a lengthy nasolabial fold, which extends beyond and below the corner of the mouth, will not be totally improved with a midface lift alone. Jowls will not be improved either. These conditions would require additional procedures – in many cases, a traditional facelift. While the midface lift does not address all facial areas, when it is combined with a modern two- or three-layer facelift, it adds a degree of smoothness to the area around the outer corner of the mouth by providing a vertical lift with the midface and a lateral lift with the facelift. The net result is that the corners of the mouth and the cheek lines, wrinkles and jowls, are all improved to provide a very youthful appearance.

The midfacelift procedure can take years off a man’s appearance with minimal recovery and discomfort. It can restore self esteem and give a man the confidence to enjoy a more active, healthy, and rewarding life, both socially as well as professionally. ❖

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