



BY MALE STANDARD / GROOMING, INTERVIEWS, SKIN CARE / AUGUST 22, 2014

# COSMETIC DERMATOLOGIST DR. PAUL JARROD FRANK ON MEN'S ANTI-AGING PROTOCOL



**C**ultivating a sophisticated clientele, Dr. Paul Jarrod Frank, Cosmetic Dermatologist, is world renowned for his expertise in minimally invasive cosmetic surgery. An authority on age prevention vs. anti-aging procedures, he uses the latest and greatest techniques in laser resurfacing, fat reduction, hair removal and more. Throughout his career, Dr. Frank has lectured extensively and authored several articles pertaining to cosmetic surgery in both professional and consumer literature. Additionally, he has been featured in several beauty and fashion magazines as a skin expert and has been appeared on various shows including Access Hollywood, Entertainment Tonight, CBS Morning Show and Good Morning America. His book, [TURNING BACK THE CLOCK WITHOUT LOSING TIME: A Complete Guide to Quick and Easy Cosmetic Rejuvenation](#), was published by Random House and has become the doctor's first "bible" for the consumer.



*Cosmetic Dermatologist Dr. Paul Jarrod Frank*

### **What can guys do now to prevent wrinkles down the road?**

Lifestyle choices are also key in keeping skin looking youthful. Dehydration from alcohol and an excessive amount of sugar in one's diet can affect the skin and cause wrinkles down the line as well as smoking. Maintaining a healthy lifestyle is very important which means not smoking, drinking alcohol excessively, sleep, exercise, and using sun protection. Diet is also very important; reducing sugar, dairy, and carbohydrates such as bread and wheat products also influences aging.

### **What skin care products should guys be using each day?**

Men should keep their regimen as simple as possible. Wearing a sunscreen daily is a good place to start. I also recommend a good moisturizer because men are always complaining about dry and irritated skin. I generally recommend lab series products. Their [AGE RESCUE+ WATER-CHARGED GEL CREAM](#) is ideal for extra hydration in winter months.



### *AGE RESCUE+ WATER-CHARGED GEL CREAM*

**Are at home products okay to use after a cosmetic procedure?**

Yes, they are but should be recommended under the guidance of your dermatologist.

**What are the common procedures men are asking for?**

- **Filler for Tired Eyes** – Done in just minutes, men turn to fillers to help them look refreshed and awake. Commonly underneath the eye in the hollow Restylane gives immediate, painless results that can last up to a year. You will leave that same day looking like you got 10 hours of sleep.
- **Botox® for a Youthful Appearance** – For men searching to get rid of their fine lines, this FDA approved muscle relaxer helps to clear the face of unwanted lines and wrinkles. It can tighten the neck, remove forehead, jaw and frown lines, and crow's feet, to take years off your face. Patients can be treated within minutes and with no downtime. Fully reversible, Botox® is safely absorbed and requires re-treatment every 4-6 months.

- **Fraxel for a Clear Complexion** – This procedure can help those concerned with uneven skin tone and texture, as it helps to remove age spots, wrinkles, and sun spots without causing discomfort. There are no open wounds created with this treatment and it targets a specified area without affecting the surrounding skin. Healing time is between 1-3 days.
- **Lightsheer Desire Laser for Excess and Unwanted Hair** – The chest, neck and back are the most popular areas men grow unwanted hair. The new Lightsheer Desire Laser is the fastest, most painless, and versatile laser on the market for hair removal and permanent hair reduction. Men can have hair removed in under 10 minutes without any pain or gels.

### **How can men choose a qualified surgeon?**

Look for a Board Certified Dermatologists that are qualified to perform the procedure of choice and have specific experience with men, which are obviously quite different than women.

### **What can men expect to experience during a consultation?**

Men (like women) often fear that they will look like they had something done. My approach is step by step...doing simple things first and gradually make small changes over time. I often see patients every 2 weeks until we get things perfect.

### **What questions should men prepare to ask their doctor?**

They should ask about risk, downtime and frequency to main look are the basics they should be asking.

### **How soon can men return to work after a procedure?**

Depending on the procedure, some can return to work immediately or the next day.

### **How long do the results of cosmetic surgery last?**

Depending on the procedure, results can last up to a year.

### **What is your Male Standard?**

Looking youthful is not about looking pretty for a man – it's about looking energetic, vital, competitive and confident. The best cosmetic work you never ever notice – one just assumes the man is exactly what his appearance exudes.

## **About Dr. Frank**

Dr. Frank is a Board Certified Dermatologist and Dermatologic Surgeon, a Diplomat of the American Board of Dermatology, and a fellow of both the American Society for Dermatologic Surgery and the American Academy of Dermatology. He is also on the Board of Directors of The American Academy of Cosmetic Dermatology and Aesthetic Surgery. He trained in Internal Medicine at New York's Columbia Presbyterian Medical Center and completed his Dermatology residency at NYU Langone Medical Center where he is a Clinical Assistant Professor and director of a cosmetic surgical clinic for training dermatologists.

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