Mansfield Cosmetic Surgery Center Highlights Top Five Cosmetic Procedures Men Are Choosing in 2026

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Cosmetic plastic surgery and aesthetic procedures are no longer considered the domain of women alone. A growing number of men are pursuing surgical and non-surgical treatments to enhance their appearance and confidence, according to a new article released by Mansfield Cosmetic Surgery Center titled 5 Most Common Cosmetic Procedures for Men. The article outlines the top five procedures male patients are requesting, reflecting a shift in attitudes toward cosmetic enhancement and a broader cultural acceptance of aesthetic self-care among men.

Dr. Michael L. Thornton, a double board-certified cosmetic surgeon and Diplomate of the American Board of Cosmetic Surgery, reports a steady increase in male patients seeking discreet yet effective treatments to combat signs of aging, refine body contours, and achieve a more youthful, energized look. These procedures range from minimally invasive neurotoxin injections to comprehensive surgical procedures.

The article highlights gynecomastia surgery, or male breast reduction, as one of the most requested cosmetic procedures for men nationwide. Often driven by hormonal changes, genetics, or weight fluctuations, gynecomastia can create an enlarged chest area that is difficult to address with diet and exercise alone. At

Mansfield Cosmetic Surgery Center, gynecomastia surgery is customized to each male patient and may include chest liposuction, glandular excision, or excess skin removal to deliver a flatter, more masculine chest with lasting results.

Another highly sought-after procedure is Vaser assisted liposuction, which uses ultrasound-assisted technology to break up and remove stubborn fat. This method offers greater precision and less trauma than traditional liposuction, making it ideal for areas like the abdomen, love handles, and chest. Men often choose Vaser assisted liposuction to enhance muscle definition and create a more athletic contour. As noted in the article, results are long-lasting when supported by a healthy lifestyle.

For men who have experienced significant weight loss, skin removal surgery such as male abdominoplasty is becoming increasingly popular. Also known as a male tummy tuck, this procedure removes excess skin and fat from the midsection while tightening the underlying abdominal muscles. Dr. Thornton performs this surgery for male patients who have achieved a stable weight but are left with sagging skin that affects both appearance and comfort. The result is a firmer, more contoured abdomen that reflects a patient?s hard-earned transformation.

Non-surgical treatments also feature prominently in the article. Botox injections?frequently referred to as ?Brotox? when administered to male patients?are used to smooth dynamic wrinkles in the forehead, frown lines, and crow?s feet. With a quick 15-minute in-office procedure and no downtime, Botox remains a favored option for men seeking subtle yet noticeable facial rejuvenation. Because male facial muscles tend to be stronger, Dr. Thornton notes that dosages are carefully adjusted to achieve natural results.

The fifth most requested procedure is CO2 laser skin resurfacing, which uses light energy to remove damaged outer layers of skin and stimulate the growth of new, healthier tissue. At Mansfield Cosmetic Surgery Center, this treatment is commonly performed on men with sun damage, rough texture, acne scars, or visible signs of aging. Laser skin resurfacing can be combined with other facial plastic procedures like eyelid blepharoplasty or submental liposuction to further improve outcomes and is gaining popularity among male patients.

The article emphasizes that today?s male patients are not necessarily looking for dramatic changes. Instead, they are choosing procedures that help them look refreshed and feel more confident in both professional and personal settings. Dr. Thornton works closely with each male patient to develop a customized treatment plan that aligns with lifestyle, goals, and recovery preferences.

This shift in cosmetic preferences reflects broader trends across the industry. According to data from the American Society of Plastic Surgeons, male interest in cosmetic procedures continues to rise, with body contouring, facial rejuvenation, and skin treatments all seeing growth. Mansfield Cosmetic Surgery Center

remains at the forefront of this movement, offering advanced techniques and personalized care for men seeking high-quality cosmetic outcomes.

For more information, visit Mansfield Cosmetic Surgery Center or read the full article 5 Most Common Cosmetic Procedures for Men.

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Mansfield Cosmetic Surgery

Mansfield Cosmetic Surgery Center was established in 2008 under the surgical directorship of Dr. Michael L. Thornton, a fellowship-trained cosmetic surgeon and Diplomate of the American Board of Cosmetic Surgery.

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