'Today' person seeks way to stay young

WHAT-IF, scenario that had been recurring in his mind for overa year became a plan for action on the morning that Sheldon Scott, 54, looked in his mirror and Maw "bags" under his eyes.

The Birmingham designer says the first time he saw the fatty pouches that gave his face a strained look he never depibted the time had come to do something before the results of the aging process became noticeable to everyone.

timing octore the results of the aging process bocame noticeable to everyone.

"Tim current," said Scott. "Tim today," if there are medical ways that can help me stay today, then why not try it? I am young inside. Why not stay young olitide as long as possible?

Scott is one of several hundred thousand American males who will undergo plastic surgery this year to correct noces they don't like, eyes that have grown pully from fat that has extruded from behind the honey wall of the skull, or jaws that have gooo slack with time. Facial plastic surgery, most often vasociated with women who want desperally to preserve an appearance of youth, has attracted an increasing himber of men, himself included, said Scott, According to a Psychology Today report, the figure leaped from 150,000 males a decade ago to an estimated 500,000 this year.

"Why do men such as Sheldon Scott succumb to the urge to alter their looks?"

succumb to the urge to succeed tooks?

"It's a mixed bag of vanity and self-improvement," said Scott, who underwent two hours of plastic surgery last month. During the procedure at Henry Ford-West Bloomfield, surgeon Dr. Jeffrey J. Colton removed excess flesh and fatty tissue surrounding Scott's eyes and repaired damage done to his nose during a previous surgery.

to his nose during a previous surgery.

SAID COLTON, "Since eyes play such an important tools in communication we think it's important for them took as good as they can. We tell our patients it's good as they can. We tell our patients in the morning tell our patie

by your best."

Brougest, for the 'syelid operation epharoplasty), he added, are second by to the number of people who ask, a urgical procedures to correct the peranner of their noses (rhinoplasty).

If since lifts, he said, are the next st popular 'stellar procedures. The rminogham practice be shares with the contraction of their processing of their processing of their process of their process of their process. The contract of their process of

Colton. "We refuse almost as many surger-ies as we accept. It's important for us to decide it his patient is a good cand-date for surgery. The patient who is too gemanding, or one with unrealistic ex-pectations, that's an unhappy patient. ""We really are not magicians," he said, quoting his partner Jan Beekhuis.

"THE DECISION made to proceed with the rhinoplasty and blepharoplasty, Collon turned Scott over to an assistant, Rhoda Tashijan, who took a scries of photographs that Colion will use to tailor the surgery to Scott's needs.

"In Sheldon's case," he explained, "the lower portion of the nose will be

Sometimes it's good to be vain

reahaped. We'll make the tip just a bit narrower. For his eyes we will remove a fold of kin over each eyeld."

The photographs completed, doctor and patient met once again for additional questions from Scott and more psychological pep talk from Colton.

"We emphasize that this is an upbeat expertace," said Colton. "We try to dwell on the fact that this is a vellness operation, you go somephace have the operation, go home, and go about your business. We flood that the out patient recuperates better at home."

The preoperative orientation continues over a period, of months. Scott learns that he is not to admitster aspirite with a such as a blood thinner, for a minimum of 30 days prior to aurgery. He does his own investigative search in addition to reading literature provided by Colton.

"I am naturally inoutifities, nartly."

addition to reading interaure parametry by Cotton.
"I am naturally inquisitive, partly due to my creativeness, and partly due to learn about the unknown in terms of things that I have personally not experienced." Scott said later. He decides to take 2000 cc. of Vitamin C daily, a fact he will later credit for minimal amounts of bruising he experienced after surgery.

amounts or bruising ne experienced ar-ter surgery.

"People have virtually no pain," Col-ton assures him.

AT LAST, the morning for surgery arrives. Scott's friend, Bob Hewitt, arrives at 518 am. to drive the slightly nervous patient to Henry Ford Hespital-West Bloomfield. Forewarned that symptoms of panic, of last minute filters, are normal, Scott nevertheless took a final look at himself in the mirror.

want the wrinkles out of my eyes. That's part of me. I don't want to be someone else.

"Also, I didn't want the wrinkles around my mouth disturbed, because that's part of me, too. You spend all the effort and years developing yourself, why have it taken away? This surgery, It's just improving me."

The friends leave for the hospital ambulatory surgery department, where a staff, including Rhoda Tashjian, waits to prepare him for surgery. Left behind are the telephone conversations and advice from friends, some merely curious, many encouraging, and still others from family and friends who questioned Scott's deciston.

"I was curious about my family's reactions," he explained. "My older brother Morton asked me why i wanted to do it. We we never locked our age, he said. I said, 'I know why.' I feel so vital. Why not postpoon the inevitable?"

Other friends were equally skeptical. "They said 'You don't need it.' But need its relative," he explained.

AS HE approached the bospital, Scott sald, he grew increasingly ner-vous. His skin itched from the Phisohex scrubbing he had been teld to give him-

wom. His skin liched from the Phisober seebbling he had been told to give himself the program of the section of the activity around him. He tells colten to pay attention to him and not the photographer who was recording the proceedings of time.

"It told him not to turn around and smile," he said.

"Subdon said he wanted to be in portrol," Colton explained. "We took that away from him with the anesthecia."

"But, I dad't, completely lose control," and the containty moved his feet and knees to help him too phis head perfectly still.

"It was going to fight off all kinds of medication smill is away from him with the anesthecia."

"Was a program of the program

though there was no pain at all." be says.

"I recall asking Jeff ts he really was going to break ny nose with that hammen," he said afterward. All the while, he said, he was being cataputted into space. "Space wasn't moving. I was headed for Saturn. The most spectacular shapes were flying with me, pyramids, triangles, reclarangles, bailt, squares in the most wivid primary colors I have ever seen in my life. The background was frozen white. It was setting it was seminal; it was cattrangant and it was seminal; it was cattrangant and it was seminal; it was cattrangant and to remark in

sensual."

Later, Colton was to remark in surprise that his patient could recall so much detail from the surgical experi-

ence.

"People react differently to anesthesis, that's why we hold them so long in post-op," he said. The rhinoplasty had produced considerable amounts

of blood, and required a more extensive procedure than anticipated, he added, but, by early afternoon, Scott was ready to be taken home.

"His nose was a bigger mess than I thought," Colton said. "He'd had a fair amount of trauma to the nose earlier." Other than a fair amount of black and blue, he said, Scott would be in little path, would remain fairly sleepy, and would be able to eat with little discomfort.

fort.
During the procedure, he said, he had
lowered the bridge of the nose a little
bit, cleared away debris from the pravious surgery, and narrowed the tip as
clanned.

on the ceased away userus arous me parvious surgery, and narrowed the lip as planned.

"When the cast comes off it won't look dramatically different; but over the course of a couple, of weeks the changes we made will show up."

Ten days later, Scott looked at himself again in the mitror, then commented, "I am pleased. When they took the tapes off me I was shocked at myself, I looked to me as I looked 10 years ago. The strain was gone from my face."

Were the results, the time spent, the amdely, and the money, \$2200 for his eyes, and \$2000 to \$2400 for his cose, worth the investment?

"I'm very much alive with the whole concept and the end result," he said. "I feel physically rejuvenated."

Then he added with a grin, "Of course that's a mental bluch."





The ordeal is over. Scott's trust in Colton was justified and he says he is happy







