

PUTTING YOUR BEST FACE FORWARD.

THE CORRECT SOLUTION FOR THE PROBLEM.

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As youngsters, our skin is blessed with a built-in sense of when the outermost layer of cells is no longer viable, no longer moist, and is ready to be ejected from the surface. This insures that the inner, more youthful, healthier appearing layer will be the one that is visible. This sits on a supportive layer of elastic and collagen fibers (the dermis). Our skin looks youthful, glowing, and healthy, as well as taut. In our

mid to late twenties, that top layer of skin forgets how to fall off and that is when the aging process begins. The skin becomes a bit thicker, covering that layer of healthy cells causing one to have a duller appearance. Sun damage can also start to set in causing changes in the dermis. At first minor lines and wrinkles can be seen, followed later by more major ones. With further aging, there can be some volume changes of the face as well. It may appear that the cheeks are not as full, or that facial lines have gotten deeper. Day to day muscle tension may pull on the skin of various parts of the face causing “worry lines.”

We all recognize our own unique aging process. Some changes are hereditary, others are earned. Some are inevitable; many may be delayed or avoided with proper skin care. It goes without saying that a healthy, active lifestyle, proper hydration, nutrition, and avoidance of smoking is the basic foundation for healthy skin. Avoidance of prolonged sun exposure and proper use of sunscreen are also mandatory.

Once faced with the need to give ourselves skin care, where does one begin, especially with so many options to choose from? Skin care specialists can recommend a logical and effective line of skin care products helping exfoliate the top layer of skin and restore a healthy glow to your skin, tighten the skin pores, and reduce fine lines as well as sun and age spots. Facials and mild skin peels as well as microdermabrasion can provide a quick boost so the daily

skin care systems can work better. For deeper fine lines, a slightly deeper skin peel or laser may be warranted.

Deeper lines between the eyes can be helped by the judicious use of Botox and filling in the lines with “tissue filler” which can reduce the lines immediately, providing a more relaxed look. These same fillers can be used to lessen the depth of the nasolabial folds, and those around the chin area, as well as restore or enhance the fullness of the cheeks.

For those instances where skin care products may not be enough, skin tightening procedures may be the answer. Skin looseness and puffy eyes causing a constant tired appearance can be addressed through an eyelid tuck, which can restore a natural, well-rested appearance. If skin laxity of the lower face is the issue, e.g. jowls and fullness or loose skin of the neck, a mini facelift may be the answer to restore the contour and neckline. Some of these procedures can be done under local anesthesia with minimal downtime. Yet for others with more advanced facial laxity, a full facelift may be the answer. This would be more involved with a slightly longer recovery, but the use of one procedure over another would depend on your individual needs. The desired result is one where you look well rested and refreshed, with improved facial contours—without that “operated upon” look. A discussion with your Plastic Surgeon can help decide which facial rejuvenation approach is the right one for you.

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