

EXPERT ADVICE FROM A FACIAL PLASTIC SURGEON

The aesthetic industry has expanded very rapidly, leading to exaggerated marketing, confusion, poor results, and fears of looking “fake” among patients who want to enhance or rejuvenate their appearance. However, it is possible to get high-quality and natural results by avoiding the gimmicks, learning about the procedures, and carefully choosing the proper providers. This monthly series focuses on providing helpful information about the various aspects and procedures of facial aesthetics.

3 MAIN AREAS OF FACIAL AGING

WHAT HAPPENS AND WHAT CAN BE DONE — PART 1

SKIN CHANGES

- Loss of elastin, collagen, hyaluronic acid, and other components leads to thinner, crepe, and less elastic or “bouncy” skin. This can be demonstrated by pinching the skin and watching how quickly it returns to normal
- Pigment changes lead to uneven, blotchy tone
- Surface texture changes with fine irregularities of the surface and increased pore size
- The neck skin is usually the first and most affected area as it is where we have the most movement and relatively thinner skin.
- The under eye area is another example. As we smile, the cheek lifts up, scrunching up toward the eye. Instead of contracting, aged / thin skin wrinkles.
- There is no single “one best treatment”. Options include lasers, microneedling, & biostimulators. Prevention with sun avoidance, good nutrition, and skin care are vital.

VOLUME LOSS

- We begin to lose volume from our faces as early as in our 20’s. Initially this is seen a maturing face, but around the 30’s this begins to contribute to the undesirable signs of aging
- Volume is lost in terms of fat and bone, leading to a variety of aesthetic issues:
 - Hollowing / Recession (ie. temples, marionette lines, Nasolabial folds)
 - Contour changes (ie jawline angle, outer cheek, brows)
 - “Pseudo-ptosis”: Laxity and dropping due to deflation
- This is where a trained and aesthetic eye comes in handy. It’s important to spot the exact issues in order to treat them specifically, rather than treat everyone the same, which leads to over inflation.
- Treatments include replacing volume with fillers, biostimulators, fat, and implants.

LAXITY

- The soft tissues of the face begin to drop with age.
- When facial features assume a lower position, they can give a more tired, aged, and sad appearance.
- Eyebrows and the upper lip are very common areas that tend to drop with age.
- When fat pads drop, they take away volume from areas where we want the volume, and add them to areas where we do not. (ie cheek dropping over nasolabial fold and jowls)
- Treatments for laxity are primarily surgical, including facelift, browlift, and lip lift

**NOTE: More details on treatments in part 2 (Jan. 2025 issue)*



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