

# The Aging Face - How, Why And What To Do

by Dilip D. Madnani, MD, FACS



Patients regularly ask me to help understand what causes their face to age. Why do I have all this extra skin, more lines, dark circles?

I find pictures to be a wonderful tool in helping demonstrate the effects of aging so I encourage my patients to bring photos of themselves from 5-10 years ago, so we can have a 'visual' discussion of these changes.

Usually, there can be a loss of volume. This is more noticeable when you look at the area under the eyes and cheeks. You can see the space between the lower eyelid and the 'apple of the cheek' gets longer. This does not occur from the cheek dropping, but from a loss of fat under the skin. Think of a balloon stuck to a wall slowly deflating; overtime, you will see increased lines and sagging on the balloon. The amount of 'skin' has remained the same, but the volume has gone, so it appears 'older'. This is why we get hollowed under the eyes and the lines around the mouth become deeper. Other areas where we lose volume are in the temples, cheeks and lips.

This volume loss usually starts in our 30's and 40's and continues as we age. What can be done? Well, this is what drives the whole 'injectable filler' market, a couple syringes of filler can refresh and rejuvenate ones appearance immediately, with little downtime, making you appear less tired and more youthful. When performed correctly, increasing facial volume can have the added benefit of lifting the soft tissues of the cheeks which can soften the lines around the mouth (nasolabial lines and marionette lines). Fillers can vary from temporary injectables to a more permanent

solution with lipotransfer or even implants. Examples of temporary fillers I commonly use are Juvederm, Voluma, Belotero and Radiesse. Each filler has different properties, require different techniques to inject and work best in specific areas of the face so a detailed knowledge is required by the treating physician.

You will also see increased lines and extra skin around the eyelids, mouth, jawline and neck. An example as to why this may happen is to think of a rubber band. Initially the band is nice and taut. As time and use increases it eventually loses its elasticity. The repeated use is every day life; smiling, laughing, turning our heads, etc. Other habits such as increased sun exposure, smoking or just genetics further contribute to this.

These changes are addressed using a variety of techniques; laser skin resurfacing can even the skin tone, tighten skin and removes fine creases and wrinkles, injectables (as mentioned above) are used to fill lines and lift cheeks and lifting procedures are performed to tighten underlying muscles and remove excess skin- eyelid lift, facelift or a neck lift.

The pattern of aging is relatively predictable and the process is well understood. As a facial plastic surgeon, I have resources available to address every aspect of facial aging to 'lift', refresh and renew ones appearance. Visit [www.drmadnani.com](http://www.drmadnani.com) to view before and after pictures and watch my video on facial aging.

I will be discussing 'Current Techniques in Facial Rejuvenation' and be available for questions at our 'Evening of Beauty' Event on Jan 6th in Long Island and Jan 15th in Manhattan.

Please call 212 203 8591 or email [info@drmadnani.com](mailto:info@drmadnani.com) for more information.

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