

Wrinkles

Overview

Wrinkles are a normal part of aging. However, many people would rather avoid them to continue having a youthful appearance. Now more than ever, anti-aging treatments are a part of public discourse, and Botox, creams, and spa skin treatments that may reduce the appearance of wrinkles are widely available.



What are Wrinkles?

Wrinkles are creases and lines in the skin that develop over time because of various factors. They can be fine lines or deeper creases and grooves in the face. They tend to be most noticeable around the eyes, mouth, and neck.

How do Wrinkles Develop?

Factors like your family's genetics, skin tone, eye color, whether you smoke, and how

you move your face all play a role in the kinds of wrinkles you may develop. Skin becomes less elastic and stretchy as we age. The skin also becomes thinner and produces less natural moisture with age, making skin wrinkle easier. Exposure to ultraviolet light from the sun speeds up the natural aging process because it breaks down collagen and elastin tissues, making the skin less flexible and strong. Smoking cigarettes or being around secondhand smoke frequently can also cause wrinkles to develop faster.

Can You Prevent Wrinkles?

Wrinkles are a natural part of aging, but there are steps you can take to slow down the crinkling of your face.

Avoid exposure to the sun

Wear a hat while outdoors to cover your face, wear clothing with SPF in the material, and use sunscreen on your face and exposed areas daily. Reapply sunscreen often, up to every 90 minutes if you're outside and active.

Avoid smoking and secondhand smoke

Cigarette smoke slows down the production of collagen, which makes a person more at risk of wrinkles and premature skin aging.

Eat a healthy diet

The science behind this is still ongoing, but generally, signs of aging are thought to occur slower with a healthy diet full of ample vitamins and minerals.

Most Common Treatments for Wrinkles

While wrinkles are a normal part of life, a few treatments may work to reduce their appearance or slow down their progression.

Moisturizing creams

Using a moisturizer may not prevent wrinkles, but creams often improve the appearance of fine lines and wrinkles. They keep moisture in your skin to keep it hydrated and make the wrinkled and lined areas look better but will not prevent or remove wrinkles.

Retinoid creams

Many teenagers use these creams to decrease acne, but they have also proven effective at treating wrinkles if used regularly for several months. They may stimulate more collagen production and make skin look red and irritated.

Dermabrasion

This option exfoliates and removes the top layers of skin with a device that rotates rapidly. It is usually performed by a dermatologist or someone medically trained in the procedure.

Laser treatments

These can be done at medical spas or dermatologist offices. There are many brands of laser treatments used to improve the appearance of the skin. Generally, the laser uses pulsating light to remove the top layers of damaged skin and reveal the healthier-looking skin below.

Injectables

Common brands of injectables include Botox, Dysport, and Juvéderm. They have slightly different purposes but generally are placed into areas of the face most prone to wrinkles. They prevent that area of the face from moving as freely and plump out lines and wrinkles to reduce their appearance.

Cosmetic surgery

A plastic surgeon can be consulted for procedures like brow lifts or facelifts when dramatic changes in appearance are desired.