



## Beautiful, Young-Looking Hands

For years, women have been combating the signs of aging by focusing on their face, eyes, and neck. Hands were an afterthought. The reality is that hands not only are susceptible to the first signs of aging, but very often age even faster than the face. The skin on the back of the hand is much thinner than the skin on the face and there is very little fat on the backs of the hands, so when even a small amount of collagen or elastin fibers begins to break down – which is part of the normal aging process and sun exposure - it's going to have a noticeable impact on your hands. The end result is wrinkly, crinkly, crepe-like skin texture and noticeable appearance of bulging veins, which also grow larger over time. Additionally, sun exposure and aging also brings out brown spots, know as liver spots – pigmentation problems that give away your age. But you don't have to throw up your hands and give in without a fight, help is at hand!

### Advanced Home Treatment Options

If you're like many women, your at home hand care is limited to maybe a drugstore hand cream now and then. But with a bit more effort, you can improve the appearance of your hands right now – and 20 years from now. There are products and key ingredients that can make a difference in how your hands look and there are some exciting advances that could help make a real difference in your skin's health. Topical creams such as Retin-A, glycolic acid, and bleaching creams can help fade age spots and improve texture. Among the newest advances are creams containing tissue growth factors, mostly derived from plants. These are creams that appear to promote new collagen formation and while you're not going to get the same results as you would from a medical procedure, it's not a

bad idea to begin using these creams every night starting at around age 40. Cost can reach \$100 per bottle depending on the concentration and type of active ingredient. These higher grade of cosmeceuticals are typically available at aesthetic plastic surgeons offices.

If you prefer to skip pricey creams, aim at least for daily use of a simple moisturizer with sunscreen. Doctors agree that the key to keeping young hands looking young is to avoid direct sunlight. The next best thing is to protect your hands with a good sunscreen several times per day. That alone can improve the appearance of your hands by allowing you're skin time to heal itself without the accumulation of any additional damage.

**Although your hands may reveal more about your age than you desire, the good news is that there are remedies.**

### Hand Rejuvenation Treatments

Not quite satisfied with the results of your at-home hand care? You may be ready to consider professional options. Some of the most exciting non-surgical plastic surgery anti-aging advances of the face and neck are turning out to be amazing treatments for the hands as well. Hand rejuvenation procedures are as quick as a manicure and focus on three areas: color, texture, and volume. Done in your plastic surgeon's office, there is minimal down time. The results last for months and in some cases, years depending on filler selected. Some women want only the fillers while others with skin discoloration or hyper-pigmentation might try photo-rejuvenation or other resurfacing techniques. Cosmetic plastic surgery has



*Left: before fat injection.*

*Right: after fat injection.*

finally reached the ends of the arms. Hand rejuvenation is the new must-have procedure.

### Restore Volume

Because the skin on the back of the hands is

extremely thin, losing even a minimal amount of fat padding creates a crepey, aging look. That's why the number 1 professional hand care treatment to date is medical fillers, those same wrinkle-filling injections used on the face. However, unlike the face, where you are filling a line, when you treat the hands you're filling space, adding volume, and putting back some of the cushion under the skin that has been lost through the years. Among the most popular fillers are Radiesse, Sculptra, and Juvederm but your own fat is also an excellent filler material and in some cases the longest lasting. Once injected, the filler is massaged across the back of the hand and "fanned" out. The treatment takes less than 20 minutes and results are visible immediately. The results one to two years, and may even stimulate the body's own production of collagen and elastin. So as time goes on, you may need less filler, less often to maintain the youthful look. Cost varies depending on how much is needed and which filler is selected for the best aesthetic result. Men usually require three injections per hands, women about two. Costs range from \$800 to \$4000 per pair.

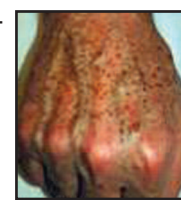
### Reduce Brown Spots and Improve Texture

For those who are needle-shy, Intense Pulse Light (IPL) and Laser treatments can stimulate collagen and elastin, lighten or remove dark spots

and help re-texture the skin itself. Your hands look younger and fresher almost instantly. Your new collagen and elastin are permanent but since the aging process and sun exposure continue to break down, lasting effects will vary. The effects of both lasers and light sources on the treated spots

are also permanent as long as you use sunscreen regularly. However, since the induction time for a brown spot is 20 to 50 years, other brown spots could, and do appear as time goes on. Touch ups may be necessary. Costs for IPL average \$250 per session, with up to three IPL sessions needed for maximal fading of brown spots. Cost of laser treatments are approximately \$750 per pair of hands, per treatment.

Whether you're greeting people or expressing yourself, your hands are always on display. Although your hands may reveal more about your



*Top: Before Pulse Light Treatment.*

*Bottom: Four weeks after Pulsed Light Treatment*

age than you desire, the good news is that there are remedies. A good medical skincare regimen that focuses on the hands can be highly effective in maintaining skin thickness and fullness. Non-surgical procedures like laser treatments and pulse light treatments can reduce age spots. Your own fat or other fillers can be injected to plump up hands and reduce the visibility of veins. You can now throw away your gloves. Thanks to this latest focus in plastic surgery, your hands will never give away your age again.

With the increasing popularity of these and other minimally invasive cosmetic procedures, it is important that the prospective patient research and understand what the procedure can and cannot treat, inherent risks, costs, and other factors. Keep in mind, non-surgical does not mean non-medical. When considering this or any other cosmetic procedure, we recommend that you consult a qualified provider with significant experience. Visit [www.surgery.org](http://www.surgery.org) for referrals to American Society of Aesthetic Plastic Surgery (ASAPS) Member Surgeons and to learn more about hand rejuvenation and other cosmetic plastic surgery.

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