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FACIAL AGEING - PREVENTION AND TREATMENT

a) **Ageing of the surface of the face:**

Intrinsic ageing is associated with reduced collagen replacement and inelasticity, resulting in fine lines and dilated capillaries. This is accelerated in fair skin by UV exposure, which also causes brown sunspots (dyschromias).

b) **Ageing of deep facial tissues:**

Underlying the superficial subcutaneous fat is the superficial musculo-aponeurotic system (SMAS) which has connections to the deep fascia (fibrous envelope) in the form of the "retaining ligaments of the face". The deep fat is below the SMAS and above the periosteum, which covers the bone. Thinning of subcutaneous tissues (mainly fat and bone) and loss of tissue tone are associated with secondary tissue descent and consequent alteration of facial form. Bony loss from the rim of the orbit (eye socket) results in recession of orbital contents. Widening of the piriform aperture (the bony aperture under the nose) and resorption of the maxilla (cheek bone) cause recession of the alar base (base of the nostrils) and deepening of the groove between the cheeks and the lip. The retaining ligaments are resistant to loss of tone and suspend the drooping tissue at the tear groove, midface groove and pre-jowl hollow.

The ageing face can be assessed in thirds where subcutaneous changes cause:

a) **Upper third ageing:**

There is loss of eyebrow convexity, recession of the temples and bagginess of upper lids with recession of the contents of the eye socket

b) **Mid third ageing:**

Downward and forward displacement of intraorbital fat causes bagginess of the lower lid. Changes in midcheek bone and fat cause narrowing of the face and descent of the midface with lengthening of the lower eyelid. Grooves form between the cheek and upper lip.

c) **Lower third ageing:**

There is loss of the anterior projection of the lip and loss of lip volume. This causes collapse of the corners of the mouth. Midface changes including descent of cheek fat result in jowliness

Prevention and non surgical rejuvenation include:

- a) Preventative measures, esp UV avoidance and block and stopping smoking.
La Roche Posay Anthelios XL is a sunblock with an antioxidant
- b) Topical treatments for dyschromias and fine lines include antioxidants (mainly of vitamins C, E and niacinamide) or cell regulators (derivatives of vitamin A and the palmitoyl peptides)
Olay Regenerist Age Defying Cream contains niacinamide and pentoyl pentapeptide
Boots No 7 Protect and Perfect Serum contains retinol
- c) Peels for treatment of wrinkles and dyschromias
- d) Lasers and flashlamps) for removal of capillaries and sunspots
- e) Nonablative and ablative lasers (including fractional modalities) for skin texture and lines
- f) Injectable toxins for relaxation of wrinkles and manipulation of brow height
- g) Injectable fillers to wrinkles and for revolumisation of deep tissue loss