

Treating the visible signs of ageing



Ageing is inevitable, but there are some simple tips to slow down the visible signs, and treatments to help prevent and reverse ageing that has already taken place, as **Hayley Jordan**, lead prescribing nurse at ASC, explains

Face

The obvious tips are to stop smoking, eat healthily, exercise sensibly, slap on the sunblock, use good skincare products and get enough sleep and relaxation. In addition, the below treatment examples can help where age-related changes have already started...

1. Replacing lost volume with dermal filler can restore support and reduce wrinkles.
2. Energy-based treatments can stimulate collagen and tighten muscle laxity.
3. Peels and resurfacing lasers can remove and reverse sun damage.
4. Injectable treatments can soften wrinkles and lift brows to restore freshness.

Neck

Sun protection here is an absolute must. New treatments such as proffilo and skin-boosting injections can smooth texture and reduce lines, whilst resurfacing treatments can remove stubborn pigmentation and tighten skin. Where fat pockets collect under the chin and jowls, injections can be used to dissolve the fat and improve jawline contours, having a positive effect on the neck. Where skin is extremely lax sometimes surgical intervention is the only answer, and that's why it is always important to get an honest opinion from an experienced practitioner when committing to any treatment.

Decolletage

Fractionated resurfacing treatments in this area have been a game changer because skin heals quickly with minimal downtime. Gentle peels and intense pulsed light treatments can also make big improvements to sun spots and broken capillaries.

Hands

This is still a hard area to achieve great results, so avoiding damage with frequent sun protection is still a must. Wearing gloves will help avoid irritating chemicals and regular hand cream will replace lost hydration. Skin booster injections can help replace lost volume and where sunspots are present, topical prescription skin care and resurfacing lasers can certainly help.

Arms

Protecting arms in the sun, maintaining good muscle tone and a stable weight will help stave off ageing in this area. Skin-tightening lasers can help firm up collagen and injections like proffilo can improve the appearance of crepey skin.

If you would like further information on any of these treatments, contact the Aesthetic Skin Clinic or book a complimentary consultation, where I would be delighted to listen and talk through how ageing is affecting you and how we might be able to help. It is always important to provide age-appropriate advice and treatment options that look natural and suit an individual's lifestyle and needs.



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