



Wrinkles



Overview

Wrinkles are creases in your skin. They're a natural part of the aging process. Almost all of us experience them as we get older. We tend to see wrinkles on the face and neck, but they can form anywhere on the body.

Causes

What causes wrinkles? As you age, your skin becomes more thin and dry. It loses some of the fat cells that previously kept it plump and smooth. It begins to hang more loosely. Aging skin also makes less collagen and elastin. These are fibers that give skin its elasticity. Together, these changes set the stage for wrinkles. Often, we first see them on the face. That's because the muscles that control your facial expressions move and tug on your skin. This causes folds and creases that, over time, leave lasting marks. Things like sun exposure and smoking make wrinkles worse.

Prevention

How do you prevent or minimize the formation of wrinkles? You need to protect your skin from sources of damage. Wear sunscreen and protective clothes when you're going to be in the sun. Avoid sunbathing and tanning booths. Moisturize your skin, and eat a healthy diet to give your skin the nutrients it needs. And don't smoke.

Treatment

How do we treat wrinkles? Once they've formed, we may recommend things like medicated creams and other products to help moisturize your skin. You may benefit from injections or fillers that help smooth your skin. You may benefit from a resurfacing procedure, a face lift or some other option. Your doctor will create a plan that's right for you.