



When it comes to beauty, nothing looks more desirable and beautiful than a glowing complexion and youthful skin – free of wrinkles and age spots. Hence skin care plays such an important role in any one's beauty regime. While most women concentrate on facial skin care, the hands are often ignored in the average woman's skin treatment and beauty regime. This is really unfortunate because, hands down, it gives our age away before our faces do. No woman wants to betray her true age with a simple handshake or casual gesture - which is why hand rejuvenation has become a popular way to wage the ongoing war against ageing. Cosmetic hand rejuvenation may sound like an unnecessary procedure, but because our hands are the tools we use to do just about everything, like any well used tool, they can get worn out and begin to show the signs of ageing all too quickly.

The most common signs of ageing in the hands are skin related. Age spots and discoloration from sun damage, scarring from old injury, loss of fatty tissues, and enlarged veins can all make hands look older than the rest of our bodies. Luckily, there are several skin treatments used to rejuvenate hands and restore the youthful colour and contour we once had.

The objective of rejuvenating the hands is to add fullness to the skin and subcutaneous tissue. There are a number of treatment options available to help make hands look younger.

Retin-A, and glycolic acid derivatives can be applied to the hands topically. This process causes "age" spots to fade and tissue appears less transparent. Retin-A, is the first product ever scientifically proven to significantly effect the ageing process. Topical applications of Retin-A, can repair sun-damaged skin and stimulate the production of collagen, which is the underlying supporting structure of the skin.

Chemical peels are another option. Chemical peels can be performed on the face, neck, chest, hands and even arms and legs. Depending on your skin type and the desired results, your physician may recommend a superficial, medium or deep chemical peel. Your surgeon will select the proper chemical or mix of chemicals (glycolic acid or TCA) and apply the solution to various areas of skin. Once applied, the chemicals produce a separation and peeling of the outer layers of the skin. This stimulates the production of new skin from beneath.

## Skin care – Hands on approach

However, if chemical peels do not appeal to you, you could always try laser treatments. Laser treatments can remove 90-95% of age spots most effectively. CO2 and Erbium laser skin rejuvenation gives your doctor precise control as the procedure gently removes the damaged skin or "age" spots to reveal smooth, fresher-looking hands. Spots are removed in a precise, rapid, bloodless fashion achieving excellent results. Laser hand rejuvenation can be performed with local anesthesia, Can't read this section in copy due to background – it needs to be changed.

When it comes to unsightly veins on the hands, this problem can be treated by conventional sclerotherapy. During the procedure a sclerosing solution is injected into the vein through a micro-needle. The tiny needles generally cause very little pain. The sclerosing solution causes the vein to blanch (turn white), and then gradually disappear. A typical treatment may last for 15 to 20 minutes and consists of multiple injections.

As for obtaining hands that are lovely, firm and youthful looking, natural or synthetic soft tissue fillers can be used to plump up the skin, giving it a more youthful appearance. Soft tissue augmentation is most frequently performed with fillers such as Juvederm, and Radiesse. Utilising the appropriate filler for you, your doctor will inject it under the treated area. Results are immediate. The duration of the improvement depends on the size and location of area treated, as well as on the material used.

Combinations of these treatments can be used to rid the hands of a skeletal look and reverse the signs of aging. During the consultation with your doctor, explain your goals and expectations of the treatment. Your doctor will assess the nature of your hands, your expectations and explain the probable outcome of your procedure.

You may be shown several before and after treatment photographs of patients with similar hands, and your doctor will explain the procedure you can expect to receive and the result that you can anticipate. All of the procedures discussed are on an outpatient basis and are performed with local anaesthesia.

Dr Anushka Reddy from the Medi-Sculpt Clinic explains to ASM how to improve the appearance of ageing hands.

### Treatments for

- Wrinkles using Botox / Fillers
- Uneven Skin Tone
- Thin Lips
- Cellulite
- Spider Veins
- Weight Loss
- Flat Eyebrows
- Sunken Cheeks
- Dull Complexion
- Excessive Sweating
- Drooping corners of mouth

### COMPLIMENTARY FACIAL SCAN

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