Seven out of every 10 Americans are considering a cosmetic procedure. Of these, over half are considering treatment because they are bothered by their wrinkles. The good news is that there are many great procedures to improve wrinkles with very high satisfaction rates thereafter.

**What causes wrinkles?**

**Age**
With age and due to genetics, some people lose collagen and elastin in their skin. These two proteins give skin its elasticity, plumpness and youthful appearance. This – combined with loss of fat and bone density over time – leads to skin wrinkling and sagging.

**Sun exposure**
Ultraviolet light from the sun penetrates into the deeper layers of skin where it breaks down collagen and elastin and prevents the body from fixing the damage. This thins the skin and decreases its elasticity, which causes wrinkling.

**Facial expressions**
Certain facial expressions cause the skin to wrinkle onto itself. Over time, as these expressions are repeated the wrinkles become ironed in and are present even at rest. A good example of this are smile lines around the eyes.

**Smoking**
The nicotine in cigarettes causes narrowing of the blood vessels in the skin. This impairs blood flow and prevents the skin from getting nutrients it needs to stay healthy. Chemicals in cigarette smoke also damage collagen and elastin. This not only leads to “smokers’ lines” around the mouth but also increased aging to the overall skin.

**How to prevent wrinkles?**

Sun protection and smoking avoidance are very important to prevent premature aging of the skin. Anti-aging creams and topical products can also help prevent the formation of fine lines and wrinkles.

**What are the treatment options?**

**Anti-aging creams**, both over-the-counter and prescription, can help to soften fine lines and wrinkles. Most of these creams help to stimulate collagen and elastin production.

**Chemical peels** remove the outer layers of the skin. New skin then forms and creates a smoother texture and reduces fine lines.

**Neuromodulators** are injections that help to soften muscle movements. This helps with wrinkles caused by facial expression.

**Soft-tissue fillers** are injections that are used to plump the skin and directly fill in wrinkles and folds.

**Microneedling** is a procedure that uses tiny needles to create microinjury to the skin. As the skin heals, new collagen forms which increases skin elasticity and improves fine lines.

**Laser resurfacing** uses a laser to remove the upper layers of damaged skin. New, healthier skin replaces the old skin and new collagen is formed.

**Ultrasound and radiofrequency devices** deliver focused energy deep into the skin to increase collagen and tighten loose, wrinkled skin.

Consult your board-certified dermatologist to discuss which treatment options may be best for you.