



Tired of looking *Browbeaten?*

Sadly, even if we get our recommended dose of shut-eye every night, lead a relatively stress-free life and follow a healthy lifestyle, there are plenty of other reasons why we might still look tired and downtrodden.

DR DEBBIE NORVAL discusses valuable aesthetic remedies designed to refresh your looks.

“ **Y**ou're looking tired!" These supposedly caring words from a concerned friend are unlikely to make you feel better. In fact, even if you were feeling on top of the world, being told you're looking tired suddenly makes you feel exhausted.

It's not surprising then that most of my patients are looking for treatments to help them look less tired and haggard. This is the secret to good aesthetic medicine: not trying to change a patient's authentic and natural features, but aiming for a refreshed, healthy look.

Contributing factors to a tired-looking appearance

SKELETAL CHANGES

There are several factors that contribute to a tired-looking face.

One of the most significant and overlooked factors relates to the skeletal changes in the face with age. Certain areas of the facial skeleton undergo resorption with ageing. Recession of the forehead bone above the eyebrows contributes to the concertina effect of skin on the forehead.

The skeleton in the midface region including cheeks and lower eye sockets recedes with age, resulting in dark circles under the eyes and hollowed, tired-looking cheeks. So in order to restore a patient's natural, youthful appearance, it is important that the aesthetic practitioner understands and addresses skeletal changes.

One such treatment that has proven successful in counteracting the effect of bone resorption is the strategic and deep placement of

dermal fillers. An ideal dermal filler to address skeletal ageing is the new-generation, longer-lasting bio-stimulator Ellansé®.

SOFT TISSUE CHANGES

Other than skeletal changes, there are also soft tissue changes in the face that come with age – for instance, the loss of fat pads around the eye area, which results in a deepening of the eye socket. The various fat pads in our cheeks tend to reduce in size, separate and move inwards and downwards.

This results in hollow-looking cheeks and heaviness around the nasolabial areas and jowls – which tends to drag a viewer's eye downwards, giving the impression of tiredness. An experienced aesthetic practitioner will use dermal fillers to help restore lost volume in the fat pads of the cheek, aiming to lift the features upwards and outwards, restoring the classic triangle of youth. Voluma® from Juvederm is an ideal dermal filler for this area. Meanwhile, threading techniques using resorbable sutures, such as the anchored and barbed



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PDO sutures and Silhouette Soft®, are great tools to help lift a tired-looking face without any surgical intervention.

SKIN CHANGES

Skin changes also contribute to a tired face. Pigmentation in the tear trough and upper cheek sometimes exaggerates the shadows that are caused by the above-mentioned skeletal and fat pad changes. A blotchy skin with sun spots, veins, blemishes and uneven texture does not give the impression of health and vitality. Addressing skin tone, texture, pigmentation and blemishes is vital to restore a glowing, fresh-looking skin. Chemical peels such as the Skin Tech® peels, micro-needling with Dermapen®, the use of platelet rich plasma, redermalisation with Hyalual® and carboxytherapy are just a few of the effective collagen induction therapies (CIT) available. Lamprobe® is an effective

scarless device that safely removes skin blemishes, spider veins and lesions that make a face look weathered and worn.

CHANGES IN THE EYE AREA

The area around the eyes is a key area in the treatment of a tired-looking face. Deepening of the tear trough with a violet-blue shadow is a result of bony, soft tissue and skin changes under the eyes. In addition, loss of collagen and elastin results in crêpiness and heavy eyelids, making the eyes look tired and heavy all day long.

The infra-orbital septum (which is the structure that holds the eye structures in place) gets weaker with time, resulting in puffiness and bulging under the eyes. A consultation with your aesthetic practitioner is essential before doing eye treatments, as it is important to first treat the thinning skin with CIT before being tempted with the "quick fix" of dermal fillers. Done prematurely, dermal fillers in the under-eye area can make the area look even worse!

Although there are non-surgical devices, such as PlexR®, available now for a non-surgical blepharoplasty, your aesthetic

practitioner will advise if surgery is the most appropriate treatment for heavy lids and loose skin around the eyes.

FACIAL MUSCLE CHANGES

As we age, the muscles in our faces become more hyperdynamic, tighter and shorter. This results in permanently etched lines that can contribute to tired or negative emotions. The most obvious are the parallel frown lines between our brows – making us look worried and careworn.

In the lower face, overactive muscles can pull the corners of the mouth and neck downward, contributing to a sad or washed-out look. Botulinum toxin is an effective muscle relaxant that will help soften the frown lines, while reducing the downward pull on the corners of the mouth and neck.

Take-home advice

It goes without saying that treatment of any underlying nutritional, hormonal or medical imbalance is essential to looking and feeling well. But it's great to know that a few subtle and purposeful aesthetic interventions will help you look refreshed, energised and glowing with health. **A2**



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