

# Younger Looking Hands

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## Overview

It comes as no surprise that aging is accompanied by many changes in our skin. As we age, our skin becomes thinner, looser, and more frail. Even minor trauma can lead to bruising, scratches, or cuts which can take longer to heal. Accumulated sun damage can result in wrinkles, dryness, and the development of new skin growths such as age spots.

If the back of your hands are looking worn and old, a board-certified dermatologist can find ways to help rejuvenate your hands, giving it a more youthful appearance.

## Causes of Aging Hands

Here are some common reasons why the skin on your hands is revealing your age:

### **Thinning, Loosening, and Sagging Skin**

As we age, our skin becomes thinner and more transparent. We also experience the loss of fat below the skin. The veins, tendons, and bones on the back of our hands become more visible. With time, your skin also loses two important components called collagen and elastin which are essential in maintaining the firmness and elasticity of skin. With the loss of collagen and elastin, the skin becomes loose and starts to sag.

### **Age Spots**

Primarily caused by sun exposure, age spots (also known as sun spots, liver spots, or solar lentigines) present as flat, tan or brown discoloration of the skin. They can appear as round, oval, or irregularly shaped lesions of various sizes. Frequently found on the back of the hands, age spots are quite common and can contribute to the aged appearance of our hands.

### **Wrinkles**

Wrinkles are lines or creases that appear in the skin. They are a natural part of aging, but can be exacerbated by environmental factors such as sun exposure and smoking.

### **Dry Skin**

As we age, our skin produces less oils and we become more prone to having dry skin.

## Hand Rejuvenation

Treatment options are available to give your hands a more youthful appearance. They include:

### **Filler injections**

Filler injections can be done to restore the plumpness and volume on the back of the hands.

### **Laser therapy or Intense Pulsed Light Therapy (IPL)**

Laser treatments and IPL are common cosmetic procedures that help fade or eliminate unwanted brown spots such as age spots. These procedures can also provide rejuvenation- giving skin a more youthful appearance.

## **How Can I Keep My Hands Looking Young?**

To help maintain a youthful appearance, dermatologists recommend diligent sun protection and sun avoidance. Sun exposure accelerates the aging of our skin. Moisturizing regularly can also help as dry skin tends to accentuate fine lines and wrinkles. Lastly, don't smoke. Smoking is thought to promote skin wrinkling and speed up the aging process.