

Facial Anti-aging Treatment

Facial muscle rehabilitation treatment: A new magic horizon for facial anti-aging

Chan-Woo Jeong, M.D.

JF Dermatology & Anti-aging Aesthetic Surgery Clinic

When we talk about facial aging treatment, we should not limit our focus to skin condition, sagging, and volume condition. In this subject, I will be introducing a new concept of anti-aging treatment that can improve a patient's facial condition through a comprehensive three-dimensional approach.

If we were going to define facial aging in terms of aesthetics, it would mean the appearance of wrinkles, uneven surface, sagging, and change in contour due to the aging of the four tissues: bone, muscle, fat, and skin, as well as one's facial expression habits. Among these factors, the core cause of aging is change in facial contour.

However, why is it that the degree of clinical aging process differs from one individual from another and why do some people's face look and feel different from others of similar age?

Although the effect of UV exposure on photoaging and how general lifestyle choices impact aging are well known facts, how facial expression habits cause certain muscles to be developed and some to be regressed and thus impact aging is less understood.

The mid-face and the inner structure consisting of skin, fat, muscle, and bone gradually lose volume and elasticity. Once the skin, fat, and bone decrease in volume from aging, they rarely regenerate, but it is proven fact that facial muscles do not change structurally or functionally from aging.

The mid-face facial expression muscle originates from the malar bone and is inserted around the skin around the nasolabial fold, and when it contracts it elevates the skin above nasolabial fold, hence the name 'elevator muscle'. It is also called 'smile muscle' because it is used when we smile.

This mid-face muscle becomes very distinguishable in terms of development or regression depending on the amount of usage.

Therefore, if we increase the power and muscle tonicity, the mid-face muscle will shorten and help maintain tension and volume, not to mention the lifting effect.

Furthermore, since our facial expression and emotion are closely interrelated, the act of augmenting the mid-face smile muscles will weaken the frowning muscles such as mentalis, depressor labii inferioris, depressor anguli oris, platysma, risorius, and orbicularis oris.

And thus developing the mid-face smile muscles can reduce wrinkles and eye-brow depression, and even naturally improve lower-face wrinkles, and sagging of the mouth corner and jowl, proving its importance in the anti-aging treatment.

In this subject, I will be introducing the concept and mechanism of 'facial expression muscle rehabilitation treatment' to prevent and treat aging, using the distinct characteristics of facial expression muscles.