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HOW TO TREAT SMILE LINES

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There's always a reason to smile! However, many of our clients come to us feeling unhappy about their smile lines. Smile lines (also known as laugh lines, parentheses or nasolabial folds), are the wrinkles that run from the side of the nose to the corner of the mouth. Those unwanted wrinkles around the mouth can cause you to look aged, tired, and sad. Drs. Cohen and Swartz have several excellent non-surgical options to help you look younger and more refreshed.

WHAT CAUSES SMILE LINES?

There are several factors that can cause smile lines. As we age, our faces naturally lose some of its fullness and our skin loses elasticity. Just like the muscles throughout our body, our facial muscles can weaken over time, resulting in folds around our mouths. Heredity can be an influence as well. If your parents or other family members have smile lines, there's a good possibility you will develop them. Last but not least are two unhealthy factors: smoking and skin damage from the sun.

SMILE LINES TREATMENT

Dermal fillers are the safest and most effective way to reduce and soften smile lines between the nose and mouth. These fillers are crystal-clear gels which are the same as a natural skin substance called hyaluronic acid. Hyaluronic acid is a "water-loving" molecule found naturally in the human body that keeps skin full and hydrated. Replenishing hyaluronic acid rejuvenates and adds volume to the skin, diminishing the appearance of lines and wrinkles and leaving patients with natural looking results.

We typically use **Juvederm**, **Restylane**, Defyne or Vollure for these wrinkles, but as with any treatment, your unique needs dictates the product we use. To determine which filler is best for your smile lines, we'll examine the depth of the lines and other aspects of your facial anatomy during your consultation

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After numbing the area to be treated, Drs. Cohen and Swartz will inject small amounts of the gel into the skin. This provides a natural fullness which lifts and smoothes the skin. These “lunch time” non-surgical treatments take approximately 15 minutes.

One great advantage of dermal fillers is that they are long- lasting but not permanent. You can see the results immediately, and most people enjoy the results for 6 to 18 months (much longer than collagen).

THE BEST WRINKLE IS THE ONE YOU NEVER GET

Sunblock is one of the best ways to protect and prevent your skin from aging prematurely. Sun damage happens year-round, and you should wear sunblock every day – whether it’s sunny, hot, cloudy, or cold outside. When you need to be in the sun, wear a wide brimmed hat, sunglasses with 100% UV protection, and a quality sunblock.

Our **Swan Sunblock**, a light, aloe-based sunblock with SPF 30, delivers high UV protection with wrinkle-fighting peptides and antioxidants including Green Tea and Lipoic Acid, leaving skin clear and fresh.

In addition to daily sunblock, prevent future lines by following a **skin care regimen** that’s customized to your skin’s needs, drink plenty of water, and eat lots of antioxidant-rich foods. Taking these measures early on can help you keep your skin supple and youthful longer.

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