



Smother Hands Can Make You Feel Younger!

From facelifts to creams, the face has traditionally received the majority of attention by adults wishing to look more youthful. However, people are now paying more attention to another body part that tends to show a person's years: the hands.

“With aging hands, the skin thins and loses elasticity and tends to wrinkle, and we can often see the outline of the underlying bones and tendons,” says Dr. Drew Kreegel, a plastic surgeon with Kreegel Aesthetic Surgery Center.

Older hands can also have brownish spots brought on by sun overexposure that are called “age,” “sun” or “liver” spots, says Dr. Kreegel. There are several options for adults who want their hands to look a little younger, he says.

To reduce wrinkling skin, patients can have fat from another part of their body injected under the skin of the hands, and they can undergo photo rejuvenation, also known as phototherapy or Intense Pulsed Light treatments, to improve the elasticity and the surface of the skin. Both treatments have a relatively short recovery period, he says.

Topical creams can also be used to improve skin quality and appearance.

Some patients may need a combination of treatments to get the look they desire, says Dr. Kreegel. “There is an increasing desire for many to have something done to the face and body, but then they look at their hands,” he says. “It kind of completes the picture when they address their hands.”

To make an appointment with Dr. Kreegel, call 239-343-9777.