



**Allergan  
Aesthetics**  
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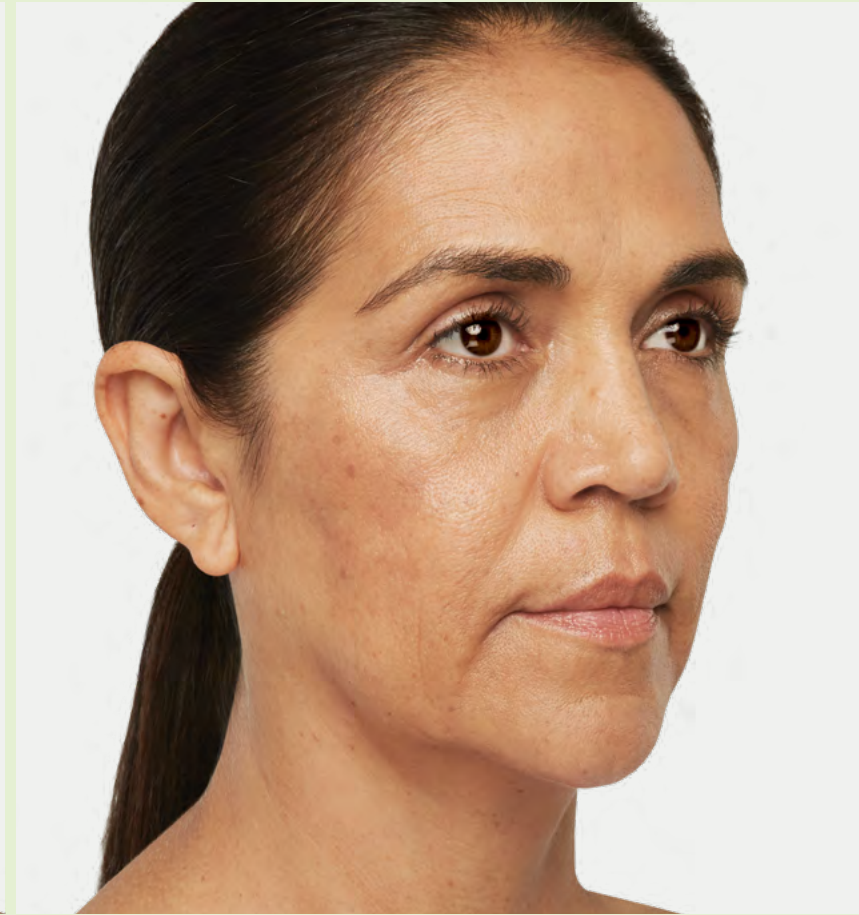
# FACIAL ANATOMY & AGING

**DAUGHTER** AGE: 31

**MOTHER** AGE: 55



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**GENETICS PLAYS AN IMPORTANT ROLE IN AGING.** How your mother ages can provide a glimpse into how your face may change over time.

As we age and lose facial volume, the contour of the face changes, causing shadow patterns to develop while youthful highlights fade. We're going to see these changes, layer by layer, starting with the skin.

You and your aesthetic specialist can then decide on the best treatment options to address your individual concerns.

# WHAT IS THE TRIANGLE OF YOUTH?

**IN OUR YOUTH,** facial features are defined and well contoured. This is commonly described as the triangle of youth.



HIGH CHEEKBONES

FULL CHEEKS

DEFINED JAWLINE

**SKIN TONE** and **FACIAL STRUCTURE** often delay the outward signs of aging.

TRIANGLE OF YOUTH

**DAUGHTER** AGE: 31

# WHY DOES THE TRIANGLE INVERT WITH AGE?

**AS WE AGE,** facial bone changes, soft tissues (like fat-pads) deflate and fall due to gravity, and skin sags and droops downward. Facial fat-pads shift, while the fat-pads beneath the chin can increase in prominence, causing fullness between the neck and chin, also known as a double chin, and jowling.



FLATTENED CHEEKS/  
DROOPING SKIN IN  
THE CHEEK

DEEPENING  
NASOLABIAL FOLDS

LIPS LOSE VOLUME  
AND PROJECTION

LESS DEFINED CHIN/  
JOWLING

FULLNESS BETWEEN  
THE NECK AND CHIN  
("DOUBLE CHIN")

**VOLUME LOSS BELOW THE EYES** in the cheek area is one of the most common signs of aging.

INVERTED TRIANGLE

**MOTHER** AGE: 55







# SKIN AND AGING

- Youthful skin is soft, supple, smooth, and well hydrated
- As we age, we lose moisture, collagen, and elastin, which can lead to sagging
- Sagging skin may lead to the formation of dynamic and static wrinkles

**DYNAMIC WRINKLES**—formed by everyday, repetitive facial movements, such as smiling, laughing, frowning, or squinting.

**STATIC WRINKLES**—dynamic wrinkles that are gradually etched into the skin over time since the skin is no longer able to bounce back as it did in our youth.

**MANY FACTORS IMPACT THE WAY OUR SKIN AGES.** Some people experience premature-onset aging of their skin, and potentially, at a fast rate of progression.

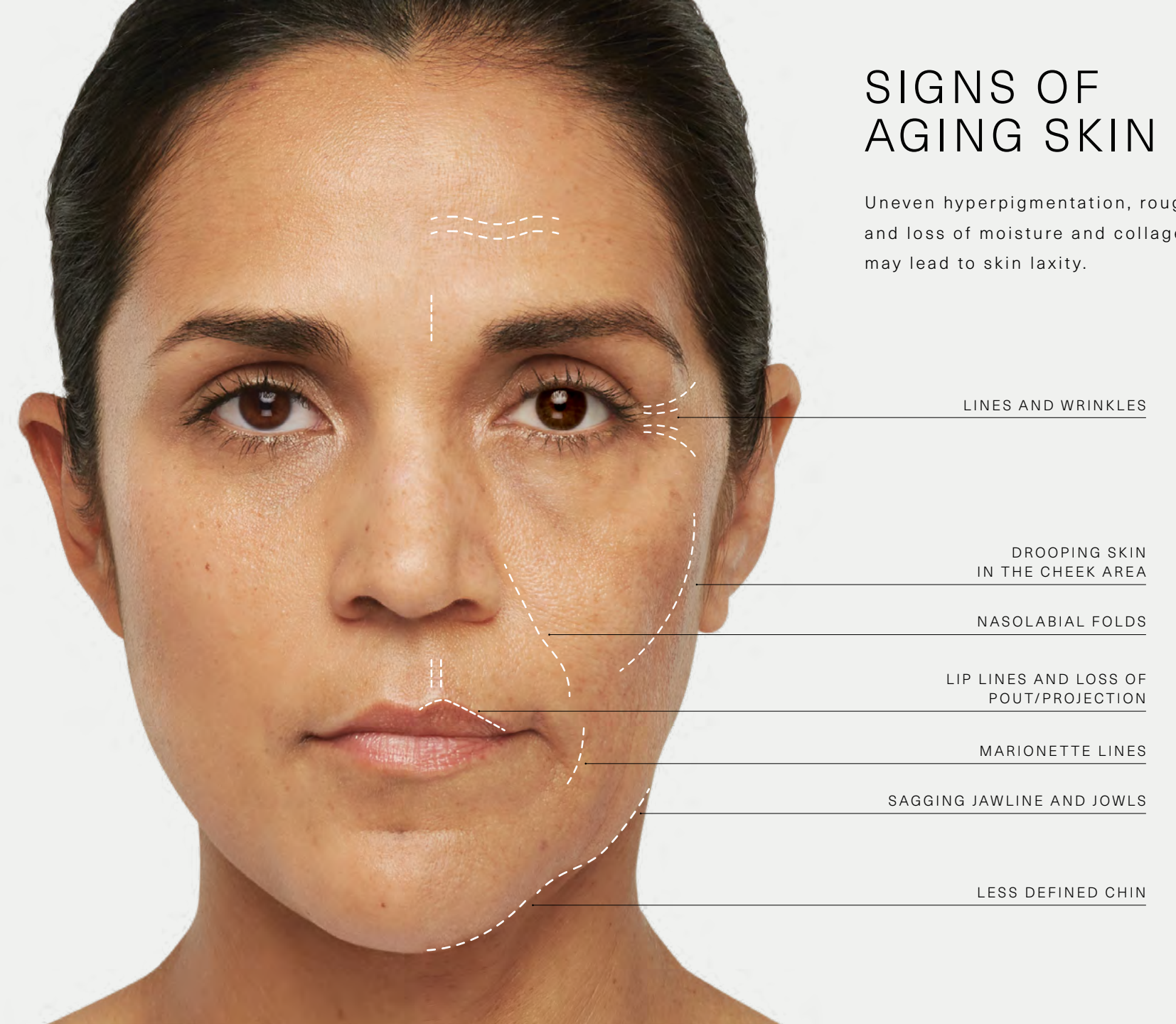
FACTORS	GENETICS	LIFESTYLE CHOICES				
	 IMPACTS ALL LAYERS OF THE SKIN	 SUN	 DIET	 ALCOHOL	 SMOKING	 STRESS

**SKIN TENDS TO BE THICKER AND HEAVIER** than lighter skin and has a higher concentration of melanin, which blocks UV rays, protects against sun damage, and **DELAYS SOME OF THE SIGNS OF AGING.**

Skin becomes less elastic, which may be more **NOTICEABLE IN THE EYE AREA, CHEEKS, AND NECK.**

# SIGNS OF AGING SKIN

Uneven hyperpigmentation, rough texture, and loss of moisture and collagen which may lead to skin laxity.



# FAT-PADS AND AGING

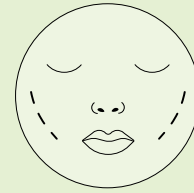
FAT-PADS ARE LOCATED BELOW THE SKIN'S SURFACE AND HELP PROVIDE:



VOLUME



FACIAL CONTOURS



FULLNESS

AS WE AGE, FAT-PADS GET THINNER AND DESCEND, WHICH MAY CAUSE:

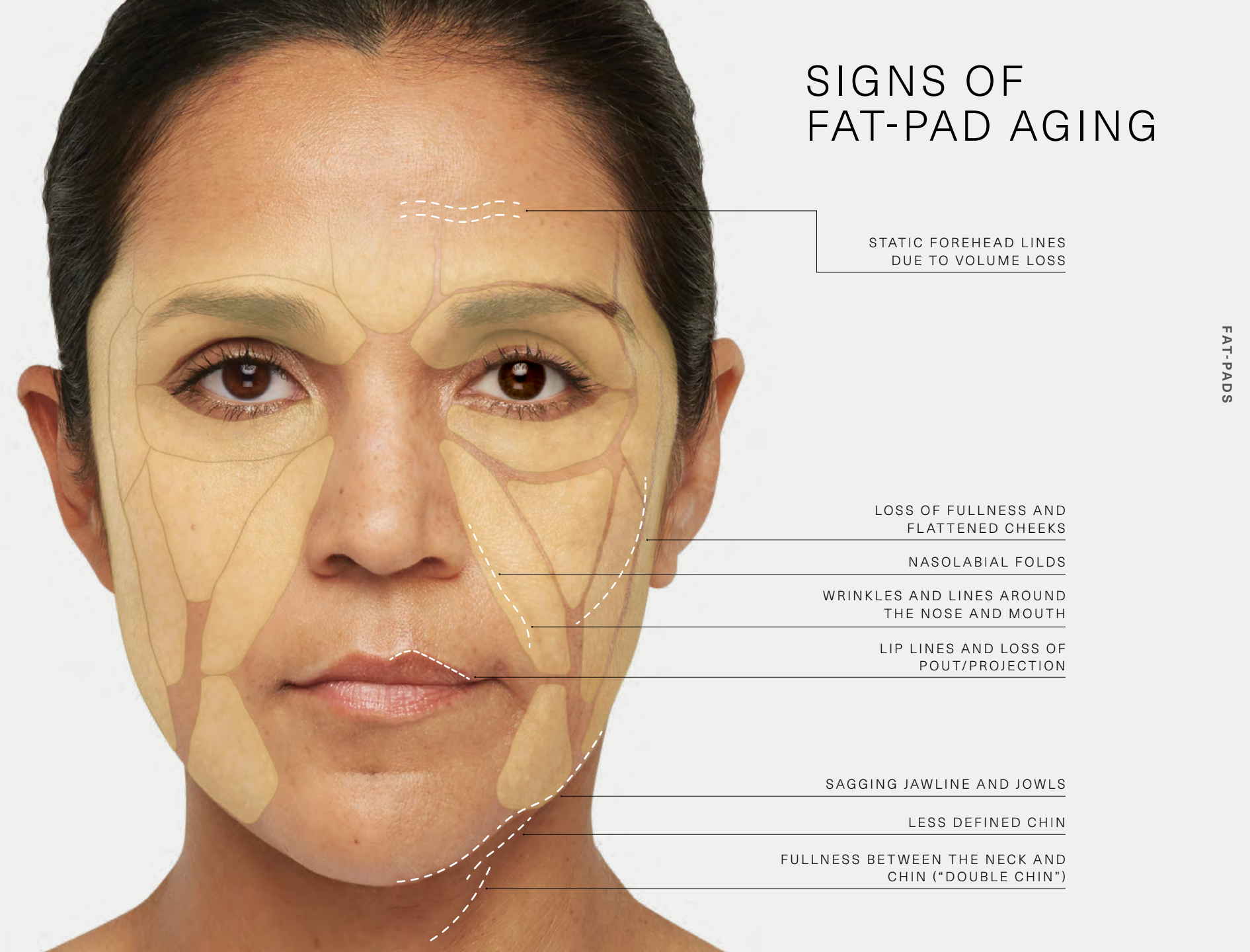
- A less firm and sunken face compared to our youth
- Hollows to form beneath the eyes
- Lines around the nose and mouth (“nasolabial folds”)
- A sagging jawline and jowls
- Increased fullness under the chin (“double chin”)

Structurally, soft tissues and overlying skin tend to be thicker, acting as an “envelope,” which helps **MAINTAIN A MORE YOUTHFUL APPEARANCE.**

Aging may cause pockets of dense fat-pads to fall, which **FLATTENS THE FACE** and may lead to **DEEP WRINKLES AND FOLDS IN THE CHEEKS.**

Cheeks begin to hollow with age, causing bony anatomy to stand out more, **CREATING A TIRED LOOK FOR SOME INDIVIDUALS.**

# SIGNS OF FAT-PAD AGING



STATIC FOREHEAD LINES  
DUE TO VOLUME LOSS

LOSS OF FULLNESS AND  
FLATTENED CHEEKS

NASOLABIAL FOLDS

WRINKLES AND LINES AROUND  
THE NOSE AND MOUTH

LIP LINES AND LOSS OF  
POUT/PROJECTION

SAGGING JAWLINE AND JOWLS

LESS DEFINED CHIN

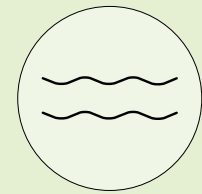
FULLNESS BETWEEN THE NECK AND  
CHIN (“DOUBLE CHIN”)

FAT-PADS

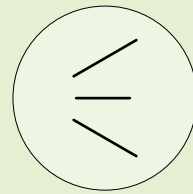
# MUSCLES AND AGING

**OUR FACIAL MUSCLES LIE BENEATH OUR FACIAL FAT-PADS.**

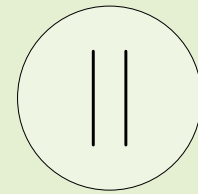
**AS WE AGE,** loss of facial fat, combined with gravity and repetitive muscle activities (eating, laughing, smiling, frowning, etc), can lead to deep wrinkles in the face. As a result, we see more:



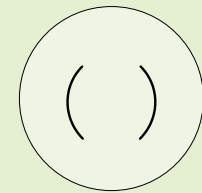
FOREHEAD LINES



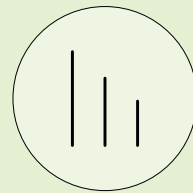
CROW'S FEET LINES



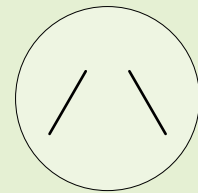
FROWN LINES



FOLDS AROUND THE NOSE AND MOUTH



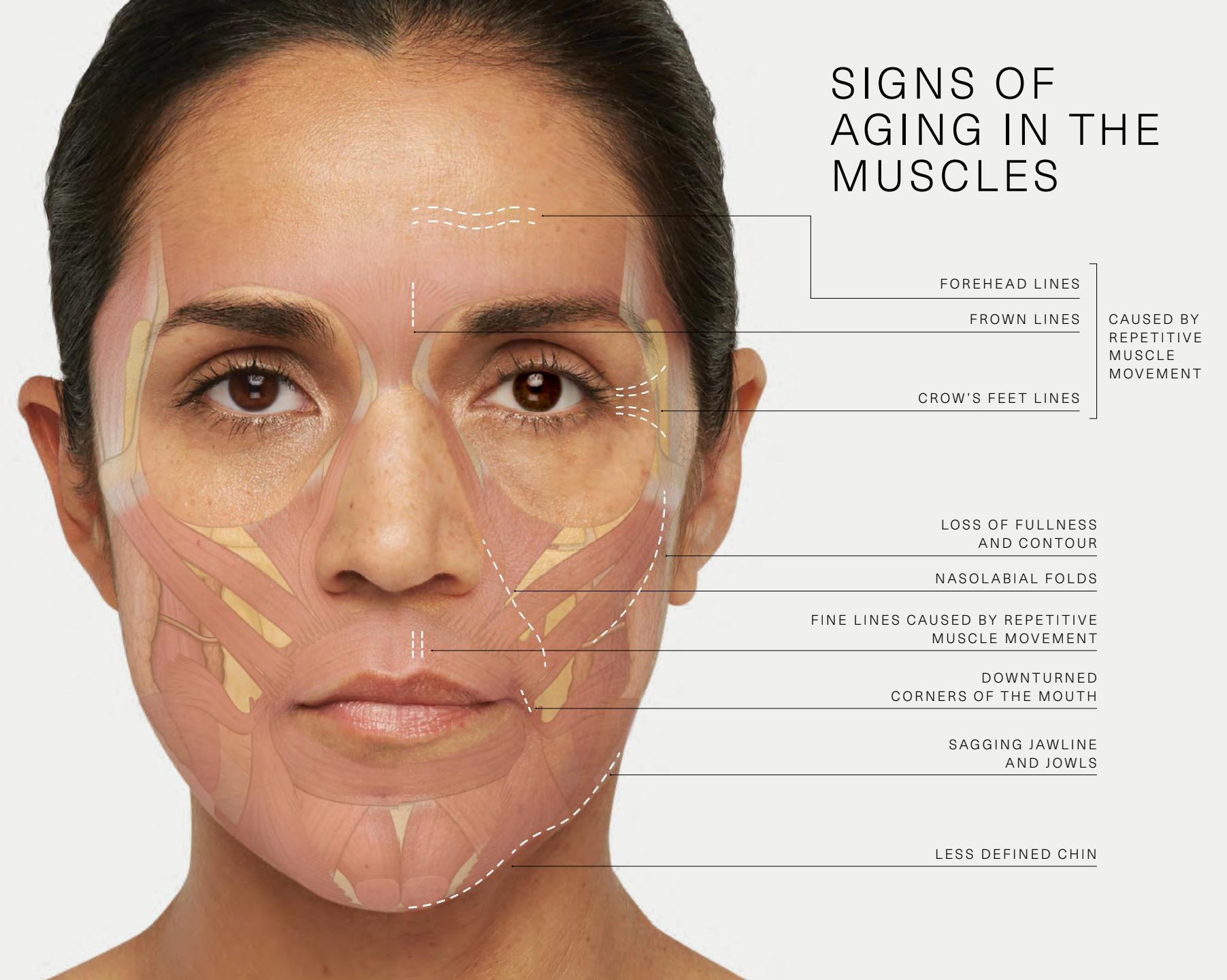
FINE LINES AROUND THE LIPS



MARIONETTE LINES ON THE CHIN

**FACIAL MUSCLES ALSO GET WEAKER OVER TIME.** The loss of muscle tone and thinning skin can give the face a loose, sagging appearance. Our jawline loses its contour, and our chin profile becomes less defined.

# SIGNS OF AGING IN THE MUSCLES



FOREHEAD LINES

FROWN LINES

CROW'S FEET LINES

CAUSED BY REPETITIVE MUSCLE MOVEMENT

LOSS OF FULLNESS AND CONTOUR

NASOLABIAL FOLDS

FINE LINES CAUSED BY REPETITIVE MUSCLE MOVEMENT

DOWNTURNED CORNERS OF THE MOUTH

SAGGING JAWLINE AND JOWLS

LESS DEFINED CHIN

MUSCLES

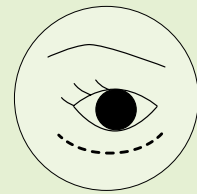
# BONES AND AGING

**FACIAL BONES PROVIDE THE FOUNDATION FOR MUSCLES, FAT-PADS, AND SKIN.**

**YOUTHFUL BONE STRUCTURE:**

- Full and high cheeks
- Defined brow bones
- Less sunken eye areas

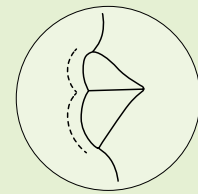
**AGE-RELATED FACIAL BONE LOSS** may lead to:



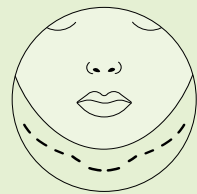
LARGER, MORE SUNKEN EYE AREA



FLATTENED CHEEKS



LOSS OF LIP PROJECTION



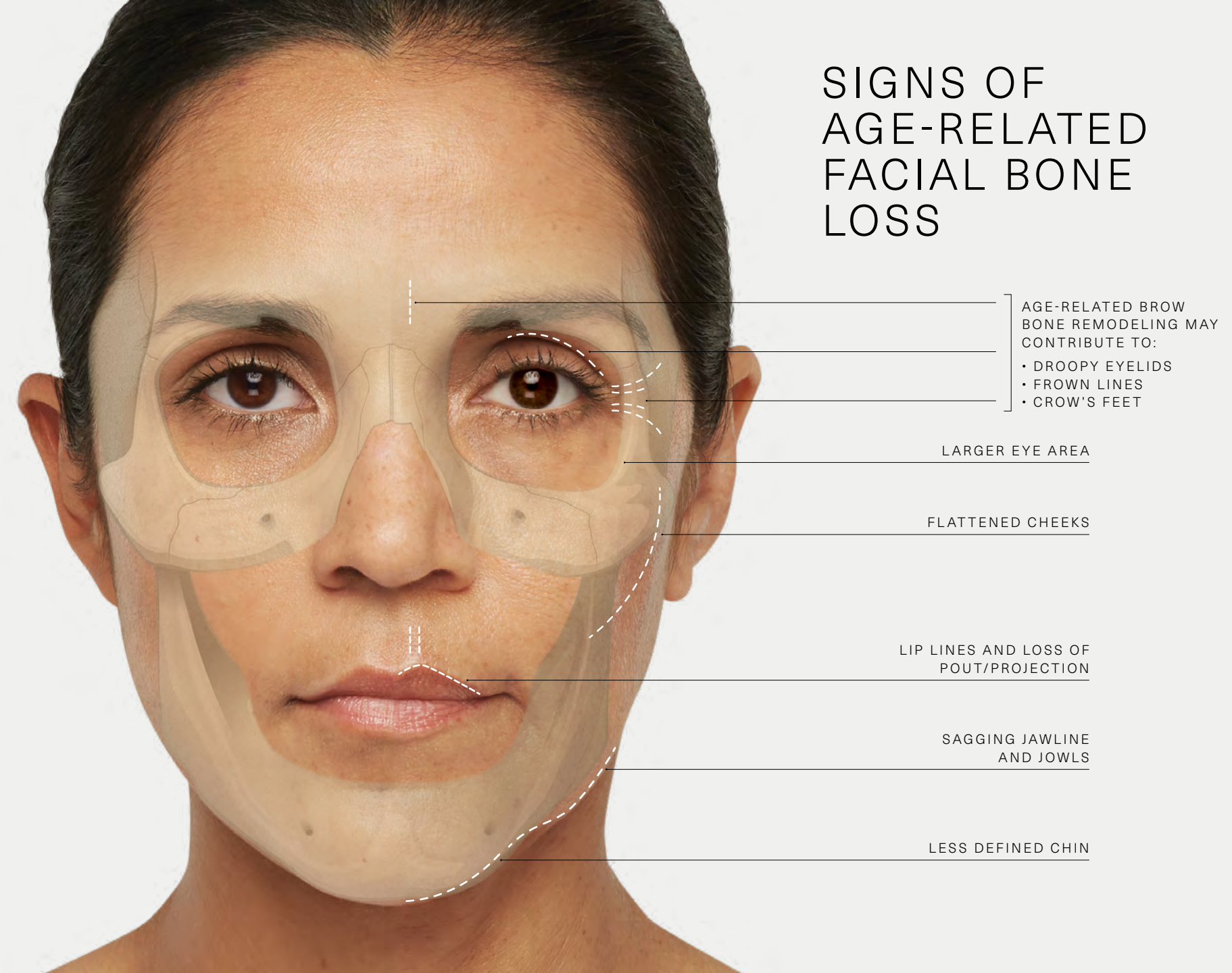
LESS DEFINED CHIN AND SAGGING JAWLINE

**BONE STRUCTURE** gives us our unique facial shape and contour.

Changes in the skeletal structure in the eye area, combined with thicker skin, may lead to **DARK CIRCLES UNDER THE EYES.**

The chin typically becomes less pronounced with age, giving the appearance of **EXCESSIVE OR SAGGY NECK SKIN.**

# SIGNS OF AGE-RELATED FACIAL BONE LOSS



AGE-RELATED BROW BONE REMODELING MAY CONTRIBUTE TO:

- DROOPY EYELIDS
- FROWN LINES
- CROW'S FEET

LARGER EYE AREA

FLATTENED CHEEKS

LIP LINES AND LOSS OF POUT/PROJECTION

SAGGING JAWLINE AND JOWLS

LESS DEFINED CHIN

BONES

# TREATMENT OPTIONS



*Aging-simulated image.*

## **GOALS OF FACIAL AESTHETIC TREATMENT:**

Temporarily restore age-related facial volume loss and improve the appearance of lines and wrinkles caused by repetitive muscle movement and skin laxity.

Ask about a full-face assessment to decide on your **CUSTOMIZED TREATMENT OPTIONS** to help address your facial concerns.



Talk to your aesthetic provider about your **CUSTOMIZED TREATMENT  
OPTIONS** to help achieve your desired aesthetic goals.