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(HealthNewsDigest.com) - Your hands age along with your face. Due to the constant daily exposure to ultraviolet rays, your hands may reveal your true chronological age even more than other parts of your body. The aging process in the hands is characterized by wrinkled skin, increased pigmentation, and prominent veins and tendons as soft tissues break down. These frequently neglected visible signs of aging can be a stark contrast to a more youthful appearing face that has benefited from the many available options for surgical and non-surgical rejuvenation.

A key component in rejuvenating the hands is to restore the fullness that has diminished over time. This is the result of a dual aging process that mirrors facial aging: progressive thinning of the skin and loss of the fatty tissues under the skin. In my practice, we offer a program of non-surgical procedures to combine volume replacement with skin rejuvenation. I see many patients who are unaware of the significant improvements that can be achieved in the hands with minimal downtime. They are very pleased with the dramatic results we can produce with these innovative techniques.

To replace lost volume, Sculptra® Aesthetic, a biocompatible material that stimulates the production of collagen in the skin, can be injected into the hands. As a result, a thickening of the dermis or deeper layers occurs that can reverse some of the effects of aging by making the tendons and veins less visible. The process of collagen stimulation occurs over a period of several months and produces a gradual and very natural looking restoration of skin thickness. Generally a series of 2-3 treatments at 6 week intervals is necessary to achieve the desired effect. The improved skin texture that is achieved can persist for up to 3 years, at which point maintenance treatments can be done.

Another filler we use to thicken the tissues of the backs of hands is Radiesse®, which consists of calcium-based microspheres suspended in a gel that instantly restores volume when injected into the skin. It has a collagen stimulating effect and may produce results of up to one year in most patients. Over time, the microspheres degrade naturally into calcium and phosphate ions that are safely metabolized by the body.

Another hand rejuvenation technique that we are using is the Fraxel® re:store laser in conjunction with Sculptra® Aesthetic or Radiesse® to enhance surface texture of the skin and lighten brown spots. Although volume restoration is a critical factor in making the hands look softer and plumper, rejuvenating the skin complements the overall effect by reversing cumulative sun damage. A series of 4 Fraxel treatments once per month is needed to achieve the desired effects. The energy is delivered in "fractional" zones of heating so that every microscopic zone is treated with the energy and the surrounding skin remains unaffected. The result is a rapid initial healing with short-term redness and swelling over the first several days. Volume restoration combined with skin resurfacing offers an ideal one-two punch to takes years off the appearance of your hands.

To maintain the results of hand rejuvenation treatments, I recommend the use of skin lightening agents such as hydroquinone, kojic acid, and the new and highly effective skin brightening peptide technology Lumixyl ™. These anti-aging topical formulations work to preserve more even pigmentation and minimize the recurrence of brown spots on the hands.

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