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There are ways to regain those youthful looks

BELLEVUE — No one has to stand idly by as their youthful skin slowly loses its luster and volume. There's a plethora of options available that can help maintain or recapture those looks.

From non-surgical treatments such as microneedling, to the use of fillers, to surgical treatments such as facelifts, there are several options available for anyone wanting to recapture their youthful volume.

Reverse the hands of time by trying one or more of these anti-aging treatments.

Microneedling: This treatment helps combat fine lines and wrinkles, uneven skin texture, and reduced elasticity. It also helps reduce the appearance of scars, stretch marks and pores. A skin specialist performs the minimally-invasive procedure using a medical device to cause tiny, invisible injuries to the skin. This stimulates the growth of new, firm collagen-rich skin tissue.

Sculptra: This is an FDA-approved injectable that helps replace lost collagen over time to restore desired facial volume. Sculptra softens the appearance of wrinkles and folds. A skin specialist injects Sculptra, a poly-L-lactic acid collagen stimulator, under the skin. This helps stimulate the skin's own natural collagen production and works, slowly, to improve the appearance of laugh lines, folds and wrinkles.

Juvéderm: The Juvéderm collection of FDA-approved nonsurgical fillers can provide subtle lift, increase fullness in the lips, soften the appearance of laugh lines and restore mid face volume loss. Juvéderm is a smooth injectable gel composed of hyaluronic acid. The injection of hyaluronic acid into deep facial wrinkles, creases and folds adds facial volume and fullness.

Botox Cosmetic: Botulinum toxin, the neurotoxic protein more commonly known by the brand name Botox, is the only FDA-approved treatment to temporarily improve moderate to severe forehead lines between the brows and crow's feet in adults. It works by blocking nerve impulses to the injected muscles, reducing the muscle activity that causes lines to form. Botox can be used to treat several types of wrinkles, including crow's feet, forehead wrinkles and laugh lines.

Dermaplane: This is a safe, non-invasive treatment to get rid of the thin, top layer of dead skin cells and fine vellus hair (peach fuzz) on the face. The treatment exfoliates skin to reveal the smooth areas of clear, undamaged skin underneath resulting in softer, smoother, brighter skin.

IPL (intense pulsed light) skin rejuvenation: This laser treatment will gradually restore even skin tone, resulting in a more youthful, healthy-looking appearance. IPL skin rejuvenation is a non-invasive skin treatment that uses light energies to treat skin imperfections.

CO2 Laser resurfacing: This laser treatment is used to penetrate the superficial and/or deep layers of the skin to treat fine lines, scars, and discoloration. Healing time will vary depending on the person.

Facelift: This surgical procedure can address problem areas like the cheek, jowls, neck and jawline. Today's modern tissue repositioning techniques provide youthful-looking fullness and contours, not the pulled look of the past. Facelifts can be performed in the clinic under local anesthesia, offering patients a shorter recovery period.

Consult a skin specialist or plastic surgeon if considering any of these treatments for skin care needs.

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About BayCare Clinic

BayCare Clinic, baycare.net, is the largest physician-owned specialty-care clinic in northeastern Wisconsin and Michigan's Upper Peninsula. It is based in Green Bay, Wisconsin. BayCare Clinic offers expertise in more than 20 specialties, with more than 100 physicians serving in 16 area communities. BayCare Clinic is a joint partner in Aurora BayCare Medical Center, a 167-bed, full-service hospital. Follow BayCare Clinic on [Facebook](#) and [Twitter](#).