

## **SHE FINDS**

### **3 Popular Anti-Aging Treatments That Can Treat Forehead Wrinkles And Fine Lines—#3 Is So Easy To Do At Home**

Marissa Matozzo | May 24, 2024



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If you've recently noticed some fine lines and wrinkles on your forehead and are less than pleased with them, don't fret – aging is a natural process that affects everyone's skin. As collagen production decreases from our twenties onwards, it's common to see the appearance of fine lines around the eyes, above the lips, or along the forehead in our mid to late twenties and beyond.

However, simply accepting these signs of aging isn't your only option. Dermatologists can provide insight into non-surgical treatments for forehead wrinkles and fine lines that you can explore. We checked in with skincare specialists to learn more.

Read on for tips, suggestions and insight from Dr. Dusan Sajic, MD PhD FRCPC FAAD ABAARM, a dual board-certified dermatologist and anti-aging medicine physician at DÉRMA Skin Institute and [Dr. Kimberly Lee](#), celebrity facial plastic surgeon and founder of Beverly Hills Facial Plastic Surgery Center, Dr. Elaine F. Kung, MD, FAAD, board-certified dermatologist and founder of Future Bright Dermatology and Dr. Jenelle Kim, skincare formulator and founder of JBK Wellness Labs.



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### 3 Ways To Treat And Smooth Forehead Fine Lines, According To Dermatologists

#### 1. Microneedling

Microneedling functions through the creation of controlled micro-injuries on the skin that activate the body's innate healing response, Sajic says. "This, in turn, leads to increased collagen and elastin production, improved skin texture and tone, and a reduction in fine lines and wrinkles," the expert explains.

This procedure is also effective for treating scars, according to Sajic. The number of sessions required depends on the extent of scarring and the desired results, typically ranging from three to six sessions. Lee agrees that it can treat acne scars, large pores, and fine lines while also creating a more radiant appearance from plumping the skin with very superficial swelling.

"Microneedling can help improve skin appearance, tone, and texture," Lee explains. "Microneedling can help break up superficial scar tissue to improve scars, wrinkles, and other skin texture concerns. I do our microneedling differently in that we either combine it with PRP or a collagen stimulating agent. These adjuvant treatments contain peptides and growth factors that maximize results."



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## 2. Daxibotulinumtoxin A (Daxxify)

Daxibotulinumtoxin A, also known as Daxxify, is a Type A botulinum toxin that incorporates a unique peptide excipient called RTP004. This substance is added to medications to prevent their active ingredients from destabilizing, according to Kung.

Unlike BOTOX, which utilizes human serum albumin as a stabilizing agent, Daxxify relies solely on RTP004 to remain stable at room temperature before reconstitution. Additionally, Daxxify is produced without animal products, Kung says.

According to Dr. Kung, the FDA has currently approved the use of Daxxify solely for the glabellar region due to the fact that the published clinical trial involved 2691 subjects in that area. As such, it can be utilized for the treatment of wrinkles on the forehead, between the brows, and around the eyes, which are similar areas to where Botox is administered. Nonetheless, there exist some variations. “Neurotoxins, including BOTOX, Dysport, Xeomin, and Jeuveau are only approved to be used in the glabellar area for reduction of wrinkles,” Dr. Kung explains.

“However, most aesthetic providers, including myself, commonly use neurotoxins in other regions that have dynamic wrinkles.” Kung has stated that clinical investigators and patient assessments have shown that Daxxify can maintain a positive response in glabellar lines (lines between the brows) for a median duration of 24 weeks (equivalent to six months). “It was observed that almost 10% of study patients had a good response in glabellar lines at 36 weeks (nine months),” she adds.

“I think aesthetic providers can only be confident in saying that Daxxify may last longer than BOTOX but we can’t specifically say how much longer. It may be one month. It may be more. We can’t say that all patients receiving Daxxify will have good results for six or more months.”



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## 3. Applying Retinol Serum Every Night

One way to prevent and treat forehead fine lines and wrinkles from the comfort of your own home is by applying retinol serum to your skin every night, Kim says. She explains that one of the most “important serums for anti-aging” is one that contains retinol. “Retinol is a derivative of

Vitamin A and is highly regarded for its anti-aging properties,” she says.

“It aids in reducing the appearance of fine lines, wrinkles, and uneven skin texture while promoting collagen production and cellular turnover,” she adds. While promoting collagen synthesis, it also “brightens the complexion, and improves skin tone and texture,” Kim notes. Retinol also accelerates the shedding of dead skin cells, she points out, resulting in a more even complexion as brighter, newer skin cells emerge beneath age spots and acne scars.

Kung concurs, and says that “retinol has been scientifically and clinically studied to help skin turnover and stimulate collagen.” She adds that “retinols in serum or cream form are probably in every dermatologists’ skincare routine because we know that long-term use helps prevent and treat skin discoloration, fine lines and wrinkles, and skin laxity.”



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## The Bottom Line

Undoubtedly, Botox has become the go-to option for individuals who desire instant gratification in their skincare routine and wish to get rid of wrinkles and fine lines. When injected into the forehead and around the eyes, the botulinum neurotoxin stops muscles from moving, which smoothens the skin and temporarily erases wrinkles, including the “11’s” between the brows and crow’s feet around the delicate skin of the eyes.

Interestingly, Botox is not only popular among celebrities but also among the masses, as evidenced by the 4.4 million procedures performed in 2020, making it the most preferred non-invasive cosmetic procedure, according to the American Society of Plastic Surgeons.

Although Botox delivers visible results within a few days, it can be expensive, costing anywhere between \$500 to \$600 and more, depending on where one resides and the practitioner visited.

Despite the results it produces, it is undeniable that shelling out a significant sum of money for a few months of satisfaction is quite exorbitant. Hence, we present two alternatives to Botox treatment, microneedling and Daxibotulinumtoxin A (Daxxify) as well as a retinol serum technique that can combat forehead wrinkles.

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