

# Doctor Bernard Hayot

## DÉCRYPT'ÂGE

aesthetic solutions at any age



In his book « A new outlook on facial rejuvenation », Dr Bernard Hayot provides an overview of facial rejuvenation techniques and shows that it is now possible to look younger without systematically opting for surgery.

However, some questions still remain. What is the right age to have treatment ? Which treatment is the most effective ? Should we use the same treatments for those in their 20's, 30's, 40's and 50's and above ?

« Mirror, mirror on the wall,  
What is the best treatment of them all ?! »

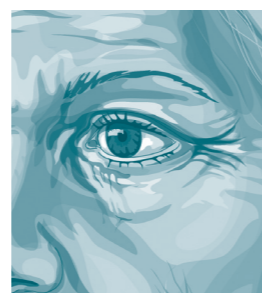
## DÉCRYPT'ÂGE

by Doctor Bernard Hayot

Genetics do have their role to play in the aging process,  
but they are not the only factor.

Time inevitably leaves its mark on the skin, gradually affecting it in stages.

In summary: each age group is affected differently by the aging process.



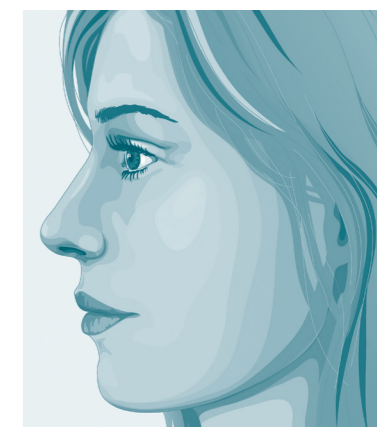
### At 20 : the fullness of youth

The face at 20 is full of volume and perfect contours: a smooth forehead free from expression lines, serene eye contours without lines or dark circles; high cheekbones, well-defined facial contours and a perfect neck due to good muscle tone. The skin is smooth and free from blemishes and skin texture is fine and tight.

At this age, possible initial treatments are predominately concerned with improvements or prevention. As such, hyaluronic acid injections could be used to plump up a lip which is too thin, or to restore volume to flat cheekbones. In terms of preventative measures, the only beneficial treatment is to protect yourself from the sun, the worst enemy of premature skin aging.

However, this is also the age where we can begin several medical cosmetic treatments to give the face the “healthy glow” effect. For example :

- Mesolift: mesotherapy treatment with micro-injections consisting of a mixture of hyaluronic acid and vitamins. Ideal for dry or dehydrated skin.
- Fruit acid skin peels and dermatological skin cleansing: suitable for oily skin or acne-prone skin.



### At 30 : the first signs of aging

After age 30 the first signs of aging become apparent. The first expression lines appear on the forehead between the eyebrows and the eyes. The upper eyelid and the ends of the eyebrows begin to droop slightly. The skin loses tone and the volume around the temple and cheek area begins to reduce. The beginnings of jowls also appear and the contours of the face become less well-defined. Finally, the nasolabial folds deepen and fine lines begin to appear on the upper lip. We often see the first appearance of dark circles; the hollow circles which form around the orbital rim, starting from the base of the nose and ending in the malar region, the area most commonly referred to as the “tear duct”.

At this age prevention is considered to be the best remedy for slowing down cell

aging and the appearance of wrinkles. Excessive sun exposure and smoking must be avoided as far as possible and a healthy diet and proper hydration should be a priority. To prevent the premature appearance of fine lines and wrinkles the use of targeted cosmetics are recommended which, unlike cosmetics recommended in the industry, are heavily fortified with active ingredients (Vitamin C, hyaluronic acid...).

In terms of aesthetic medicine, the time has come to consider your first injections and peelings :

- Botulinum toxin injections (Botox): for the effective treatment of expression lines.
- Hyaluronic acid injections: administered in contact with the bone, for in-depth treatment of your first dark circles.
- Fruit acid skin peel: for cell regeneration and to restore radiance to dull skin and even out your complexion and tighten pores.
- Glycolic acid skin peel: to remove small pigment imperfections, wrinkles and acne scars.



## At 40 : Loss of volume and sagging skin

Often aggravated by extreme sun exposure or smoking, the loss of skin elasticity begins to become apparent at this age, most notably through :

- a deepening of the nasolabial folds and creasing between the eyebrows,
- a “frowning-sun” effect around the mouth.

The signs of a loss of volume are often accentuated by weight loss which is particularly visible in the following areas :

- malar reduction (cheekbones), responsible for increased dark circles and the aggravation of the nasolabial folds,
- malar reduction (cheekbones), responsible for increased dark circles and the aggravation of the nasolabial folds,
- the start of irregularities in the contours of the face.

The first signs of “photo-aging” also appear and result in dull skin, age spots and vascular imperfections. 40 is an age where you can, look beyond injections, to other aesthetic medicine treatments, such as laser treatment.

Some examples :

- Hyaluronic acid injections in the nasolabial folds to restore volume to the cheekbones and the temples (via a mini-cannula injection) as well as around the mouth which can be stabilised by a clever combination of hyaluronic acid and Botox.
- Botox injections for the effective treatment of forehead wrinkles.
- A mesolift to initiate cell regeneration and skin rehydration.
- Skin peels or a vitamin C mask to brighten or revitalise the complexion.
- Laser treatment to remove age spots, scars, rosacea and to combat skin sagging.

These various treatments, including photo-rejuvenation, vascular laser treatment, pigment laser treatment, fractional laser treatment, skin peel treatment, or mesotherapy provide effective and quick visible solutions to these skin quality issues.

## At 50 : the warning signs for surgery appear

In your fifties, a significant drop in fat levels can affect facial features, particularly around the tear duct, the area in which dark circles extend towards the upper part of the cheekbone.

This loss of fat, also referred to as a malar reduction, accentuates the dark circles by creating a shadowed area. The cheekbone also loses fat and no longer supports the nasolabial folds which become more and more prominent. At the same time, aging also begins to occur on the lower which become more and more prominent. At the same time, aging also begins to occur on the lower areas of the face, which have been spared until then.





It should be remembered that the menopause leads to a dramatic drop in female hormones. This causes the skin's support structures (collagen and elastin) to reduce, consequently causing less clearly defined facial contours, small jowls which frame and add weight to the chin, making it heavier and creating marionette lines which accentuate the corners of the mouth. The lips become thinner, the mouth appears less plump and the 'frowning sun' lines mark the upper lip.

This is a delicate phase given that the causes of aging previously mentioned combine together and become more potent. The skin becomes strewn with age spots.

The deepening of expression lines, loss of the skin's elasticity, sagging of facial features, loss of volume in the face and temples (which no longer support the tips of the eyebrows) are all worsened by the interference of hormonal imbalances.

The upper eyelid becomes damaged or collapses and is replaced by a 'hooded eyelid'. Bags are accentuated and become more and more visible as the dark circles continue to widen. The cheekbones continue to droop, highlighting the edges of the nasolabial fold further still.

At this stage, the combination of a laser blepharoplasty and a micro-lipostructure would provide the most optimal treatment of facial ageing, restoring lost volume (temples, cheeks, nasolabial folds), upper eyelid sagging, and the bags under the lower eyelids.

The post-hormonal deficit requires appropriate lifestyle changes and the awareness that nutritional supplements such as anti-oxidants, fatty acids etc., can be taken as part of any diet.

It is equally as important to follow, or even to intensify the aforementioned treatments in advance, such as mesolifts, skin peels and fractional laser or photo-regeneration treatments.

If severe skin sagging is found, surgery can be considered through a face-lift or mini face-lift.

## After 60 : overall ageing

After 60, ageing attacks all areas of the body; muscles weaken, loss of fat occurs and the skin loosens. Bones become very visible, especially around the temple which gives the true impression of 'old age'. The contours of the face become loose, with prominent jowls on each side of the chin. Double chins are common and in some cases the muscles loosen around the neck. Little by little, volume in the face will disappear entirely and the bone structure will deteriorate due to a lack of minerals. Ageing is particularly visible around the neck, with large horizontal circular wrinkles and very loose vertical neck muscles which make the neck very unsightly. However, the appearance of the face varies greatly depending on lifestyle, weight loss and individual susceptibility.

This is most often the time when surgery takes place with blepharoplasties, micro-lipostructures and mini facelifts. Linked to aesthetic medicine techniques and medical cosmetology, these procedures allow us to obtain natural rejuvenation which more often than not, goes unnoticed..



# A new outlook on facial rejuvenation

Surgery and cosmetic medicine :  
Doctor Bernard Hayot's methods

Exclusively specialised in the areas of eyelid and orbit surgery, trained by American pioneers in ocular-plastic and laser surgery, Dr Bernard Hayot is today one of the leading European eyelid surgeons. Currently considered to be one of the most experienced practitioners in the removal of lower eyelid bags through laser treatment, as well as being internationally recognised in facial rejuvenation.

Bernard Hayot ophthalmologist by training he has held internal roles in the Hospitals of Paris then as Clinic Head at the National Centre of Ophthalmology at the Hospital Quinze-Vingts.

“An ophthalmologist by training, with twenty years of experience performing eyelid surgery and cosmetic medicine, my experiences have given me a new outlook on facial rejuvenation.

Face lifts of the 70s have run their course!  
Gone are the days of over-stretched faces, expressionless and frozen features and high eyebrows.

It is now possible to look younger and remove imperfections through small, made to measure procedures treating each area separately with gentle, safe, trauma-free techniques, to obtain a natural, harmonious result which respects each individual's personality.

I offer my patients a personalised consultation adapted to any cosmetic issue they may come across throughout the course of their lives” B.H.

Find all Dr Bernard Hayot's advice in his book  
“A new outlook on facial rejuvenation”

Odile Jacob Edition. Public price : 15 euros  
Available to order.

[www.drhayot.com](http://www.drhayot.com)