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To redefine the look of aging cheeks, New York dermatologist Hooman Khorasani, MD, recommends using a two-step approach—one that utilizes a laser to resurface skin texture, followed by fillers to restore volume. "Before focusing on inflating the cheeks, fine lines and wrinkles need to be treated." After the texture has been corrected, fat loss can be addressed. Dr. Khorasani prefers to use, "Juvéderm Voluma XC because it lifts the area, volumizes and can last up to two years." For serious sagging, a facelift may be necessary.

"A facelift will elevate the cheek pad to create natural volume and a smoother contour," says Palo Alto, CA, facial plastic surgeon Jill L. Hessler, MD. "Fat transfer can be performed at the same time for additional enhancement."

FOOLPROOF TRICKS FOR MORE DEFINED CHEEKS

Most of us assume the eyes are first to show signs of aging. But, the cheeks are one feature that can make you look older than you really are. Skin becomes wrinkled and there's a loss of volume, giving them an ill-defined appearance. But, it doesn't have to be a losing battle if you know how to treat them.

WRITTEN BY NICOLE WIEDER