

5 Dermatologist-Approved Ways to Stop Forehead Wrinkles in Their Tracks

It's time to un-furrow that brow.



By [Ning Chao](#) and [Erin Meyer](#) Mar 13, 2018



In the interest of keeping things real, we regret to inform you that — if it hasn't already happened — one day, you'll look in the mirror and notice horizontal creases where your skin used to be smooth. But when those lines *do* show up, the good news is there are things you can do to make them far less noticeable. We talked to top derms about the latest tricks, tips, and treatments for minimizing this totally front-and-center sign of aging.

Change your habits

If you've ever wished for a simple, costless solution for preventing or minimizing a permanently-furrowed brow, we have good news: It actually exists! "People should be aware that there are everyday things they can do to avoid creating forehead wrinkles," says Dr. Franziska Ringpfeil of Ringpfeil Advanced Dermatology. She recommends managing stress with techniques like meditation, wearing sunglasses outside (even in winter!) and seeing the eye doctor regularly to make sure your prescription is up-to-date (to prevent squinting).

Staying hydrated is also key to minimizing fine lines in the long and short term. "Dehydration from alcohol and excessive amount of sugar in one's diet can affect the skin and cause wrinkles down the line as well as smoking," says Dr. Paul Jarrod Frank, celebrity cosmetic dermatologist and founder of the PFRANKMD brand and PFRANKMD Skin Salons. As painful as it is, consider reigning in your chocolate and rosé habit now to cut down on wrinkles later in life. Already have some lines you'd like to reduce? Make sure you're drinking enough water.

Use preventative skin care

You can't really erase your wrinkles, but retinoids are the next best thing. "Retinoids increase cell turnover, prompting new cell growth and collagen synthesis, so it can help smooth the appearance of wrinkles," says dermatologist Dr. Sejal Shah, founder of SmarterSkin Dermatology. If you're new to retinoids, FAB Skin Lab Retinol (\$58, [sephora.com](https://www.sephora.com)) is a gentle, yet effective option that won't irritate skin. You can also see your dermatologist for a prescription-strength retinoid that will give you more powerful results.

And don't forget the ultimate multitasker: SPF. "It's important to wear a sunscreen even in the winter and look for moisturizers that contain SPF," says Frank. "Look for one that says 'broad spectrum,' which means UVB and UVA coverage and SPF 30 or above." He suggests La Roche Posay Anthelios 60 Melt-In Sunscreen Milk (\$27, [amazon.com](https://www.amazon.com)).

Fill 'er up

Don't overlook injectables, even if the word "Botox" fills your head with visions of expressionless faces. When it comes to a semi-permanent solution to forehead wrinkles — or really *any* wrinkles — they are tough to beat. There are two different kinds to consider: neurotoxin and filler. "Forehead wrinkles are typically caused by movement of the underlying muscle; therefore, neurotoxins, like Botox, Dysport, and Xeomin, are a cornerstone of treating forehead wrinkles," Shah explains. "They reduce muscle movement, thereby softening the wrinkles. For deeper, etched-in lines, filler can be placed into the wrinkles to replenish volume and give a smoother appearance."

It's worth noting that you don't necessarily have to wait until wrinkles are deep to explore this option: "If you notice that you're starting to develop fine lines from consistently making a specific facial expression while laughing or frowning, neuromodulators [i.e. fillers and neurotoxins] can help eliminate those existing lines, or stop them in their tracks before forming," Frank says. To maintain results, he suggests getting injectables twice a year.

Get a lift

Thinking about going under the knife? A brow lift is your best bet. "This is a surgical procedure in which the skin is basically pulled up to raise the brows and smooth forehead wrinkles," says Shah. According to the American Board of Cosmetic Surgery, there are several types of brow lifts: endoscopic, which is the least invasive, temporal (often performed at the same time as eyelid surgery), and coronal, which is the most invasive. Brow lift will require the most recovery time of any other procedure on this list — about two weeks, according to the ABCS — but will also provide the longest-lasting results.