

# Facial Volume Loss After GLP-1 Weight Loss

## WHAT PATIENTS SHOULD KNOW

GLP-1 medications such as semaglutide and tirzepatide have transformed the treatment of obesity, helping many patients achieve meaningful, life-changing weight loss. Alongside these benefits, however, dermatologists are seeing a growing concern: facial volume loss following rapid weight reduction.

Patients often say, "I love the weight loss, but my face looks tired." This change is not caused by the medication itself, but by the natural loss of fat that occurs throughout the body, including the face. Because the face is especially sensitive to volume changes, the effects can appear quickly.

As facial fat diminishes, particularly in the cheeks and temples, skin may not contract at the same pace. This can lead to hollowing, increased under-eye shadowing,

more prominent smile lines, and early laxity along the jawline. The result is often a deflated or fatigued appearance, even in patients who feel healthier than ever.

This has created a new category of aesthetic patients. These individuals feel confident in their bodies but want their appearance to reflect that same vitality. Addressing these changes is not about vanity, but alignment.

The good news is that facial volume loss is both predictable and treatable. Early intervention is key. When addressed gradually, results can be subtle and natural-looking.

Treatment options include dermal fillers to restore structure and volume, biostimulator injectables to rebuild collagen over time, and skin-tightening technologies to improve laxity.

Neuromodulators may also be used to soften downward pull and restore a more refreshed expression. Most patients benefit from a conservative, combination approach.

With modern techniques and expert guidance, patients do not look different. They simply look like themselves again, rested, balanced, and in sync with how they feel.

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