

Hand Rejuvenation

RAYMOND METZ, JR., M.D.
CORE ORTHOPEDICS & SPORTS MEDICINE



Dr. Metz is a Board Certified Orthopedic Hand Surgeon who treats adult and pediatric hand disorders. Whether it is a cosmetic or an orthopedic condition, Dr. Metz utilizes the latest technology and techniques to give his patients the most optimal outcomes. Besides hand rejuvenation Dr. Metz treats all hand and wrist conditions such as fractures, nerve disorders, arthritis, and Dupuytren's disease.

His education and training includes: B.S., Wabash College, Cum Laude; M.D., Indiana University School of Medicine; Residency, Department of Orthopaedics, Indiana University School of Medicine; and Fellowship, University of Pittsburgh Medical Center-Hamot, Pa.

Dr. Metz is a member of the American Association of Orthopaedic Surgeons, the American Society for Surgery of the Hand, the American Association of Hand Surgeons, the Chicago Society for Surgery of the Hand, and the Chicago Medical Society.

Dr. Metz treats patients in both Hoffman Estates and Elk Grove Village, Ill.

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Aging is a part of life, and unfortunately it is inevitable. Aging has some beneficial aspects such as wisdom, true friends, and accumulated wealth. Despite these benefits, aging also has some downsides: wrinkles, lines, and age spots. As we entered into the 21st century, people began living longer and feeling more youthful later in life. People have been looking for the cure to aging for millennia.

Your face is the first thing that people see when they greet you. The second thing that people see are your hands. Shaking hands with someone, waving, or even drinking a cup of coffee display our hands. Let your hand's outward appearance be a reflection of your inner youthfulness. As we age, wrinkles, age spots and losing the fat layer of the hand changes the overall appearance, causing them to lose that youthful appearance.

Fat loss in the hands leads to prominent veins, visible tendons, and a sunken appearance of the back of hands. No matter how well one cares for their hands, fat loss occurs. There are surgical options to add fat to the backs of hands;

however, these are invasive, expensive, and can lead to more problems in the long term. These invasive procedures include fat grafting, using liposuction harvested fat, and tightening the skin of the hand by removing a section.

Complete Hand Rejuvenation is an affordable, non-invasive, in office procedure that can address age spots, wrinkles, prominent veins, and the bony appearance to hands. Complete Hand Rejuvenation is comprised of skin treatments for age spots and an injectable dermal filler. Dermal fillers are safe, naturally occurring sugars that are injected under the skin of the hand. They increase the fullness of the hand to make it look more youthful. On average, dermal fillers last one to two years and are hypoallergenic. Dermal fillers should be administered by a trained professional. If not injected properly, complications can include: infections, nodule growth, hardening of the tissue, and poor wound healing.

Entrust your hands to a Board-Certified Hand Surgeon, and inquire today about our Complete Hand Rejuvenation at Core Orthopedics and Sports Medicine.