

# IDIOMA: INGLÊS

Área 1

\* Indica uma pergunta obrigatória

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1. E-mail \*

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2. ÁREA \*

*Marcar apenas uma oval.*

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1-CIÊNCIAS BIOLÓGICAS, CIÊNCIAS AGRÁRIAS, CIÊNCIAS DA SAÚDE

3. NOME DO CANDIDATO \*

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4. NÚMERO DA INSCRIÇÃO \*

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5. NÚMERO DO CPF \*

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Leia o texto e responda as questões a seguir em Português. Todas as questões devem ser respondidas de acordo com o texto. As respostas digitadas neste formulário eletrônico constituirão o ÚNICO documento válido para correção da prova.

## HOW PLASTIC SURGERY CAN ADDRESS “OZEMPIC FACE”

*Ariel Frankeny | Freelance Writer | Tuesday, June 24, 2025*

Weight-loss medications such as Ozempic, Zepbound and others are helping patients shed stubborn fat, maintain healthier lifestyles and achieve the bodies they have always wanted. However, one side effect is receiving significant attention: the so-called “Ozempic face,” associated with rapid weight loss.

So, what exactly is Ozempic face, and how can it be treated? Michelle Lee, MD, and Daniel Beck, MD, both members of the American Society of Plastic Surgeons (ASPS), discuss its causes and the most effective ways to address it.

### Root Causes of Ozempic Face

Although the term is closely tied to Ozempic, it applies more broadly to the effects of rapid weight loss caused by GLP-1 medications. “Ozempic face is the not-so-glamorous nickname for what happens when rapid weight loss leaves the face looking hollow, saggy or prematurely aged,” said Dr. Beck. “When your body sheds pounds fast, especially with GLP-1 medications like Ozempic or Mounjaro, it doesn’t just lose fat from the waistline. It can strip essential volume and muscle tone from the face, leaving patients with sunken cheeks, hollow eyes, loose skin and an overall tired and worn-out appearance.”

Losing weight has clear health benefits, but it can also reduce facial fat and make a person look older. “What we refer to as Ozempic face is a noticeably gaunt or hollowed facial appearance,” said Dr. Lee. “Rapid weight loss coincides with a rapid loss in facial volume, which in turn leads to skin laxity. Facial volume loss prematurely ages the face, especially if the skin is unable to retract as quickly as the volume loss.” When the fat pads in the cheeks and temples shrink too quickly, the skin may not retract at the same pace, resulting in a deflated or loose appearance. Dr. Lee also noted changes in skin quality. Although further research is needed to understand how GLP-1 medications affect collagen and elastin, anecdotal evidence suggests that the skin may lose elasticity. According to Dr. Beck, facial volume loss is more common than many people realize. With gradual weight loss, changes may first be noticed elsewhere in the body, while facial changes may initially appear simply as slimming. The speed of weight loss makes the effects more noticeable.

Ozempic face is not inevitable. “It varies depending on the patient’s age and the rate of weight loss,” said Dr. Lee. Younger patients usually have greater skin elasticity, while rapid weight loss in older patients or those with reduced collagen production is more likely to cause sagging and hollowing. When weight is lost gradually, the skin has more time to retract. Prevention is therefore important. “Gradual weight loss is key,” said Dr. Lee. “Ideally, weight loss should be limited to one to two pounds per week, giving your body the chance to adapt to these changes.” Maintaining hydration and a protein-rich diet can also support skin health.

### Surgical and Nonsurgical Interventions

Treating Ozempic face requires addressing not only volume loss but also changes in muscle, structural support, skin tone and skin quality. Surgery is not always necessary. "We focus on collagen-stimulating procedures such as Sofwave, microneedling and biostimulatory injectables like Sculptra, which enhance skin quality and elasticity," said Dr. Lee. For patients with noticeable volume loss, dermal fillers may also be used.

In more dramatic cases, surgery may provide the best results. Dr. Lee identifies a facelift combined with fat grafting and skin resurfacing as one of the most effective approaches. A facelift repositions and tightens sagging tissues, fat grafting restores volume in hollow areas and laser resurfacing improves skin quality, texture and tone. Dr. Beck outlined several possible procedures:

- **Fat grafting:** Volume is restored using the patient's own fat, transferred to areas such as the cheeks, temples or under the eyes. It provides a natural, permanent alternative to fillers.
- **Facelift:** The deeper layers of facial tissue are lifted and repositioned to restore structure and eliminate excess sagging. This can be especially effective when strong, defined contours are an important element of the patient's facial structure.
- **Blepharoplasty:** Eyelid surgery removes excess skin and tightens supporting tissues around the upper and lower lids, addressing volume loss and hollowing around the eyes.
- **Neck lift:** The neck is often one of the first areas to reveal signs of major weight loss. A neck lift treats loose skin and poor contour from the jawline to the collarbone.
- **Lip lift:** Significant fat loss can cause the upper lip to elongate or lose its youthful shape. A lip lift restores its shape and helps rebalance the lower third of the face.

### Determining the Right Path Forward

Both experts emphasize the importance of prevention. Pursuing slow, sustainable weight loss while supporting the skin with collagen-stimulating treatments may reduce premature facial aging and the need for surgery. For patients who already notice facial changes, treatment must be individualized according to age, skin quality, degree of volume loss and aesthetic goals. Often, a combination of surgical and nonsurgical techniques is most effective. The aim is not to create a new face but to restore balance, volume and structure. "We're here to bring back the best version of the one you lost, with strength, symmetry and structure," said Dr. Beck. This process begins with a thorough consultation assessing skin quality, volume loss, muscle tone and the patient's goals.

FONTE: Adaptado de <https://www.plasticsurgery.org/news/articles/how-plastic-surgery-can-address-ozempic-face> para fins educacionais.

6. **QUESTÃO 01 – Segundo os(as) especialistas consultados(as), por que a perda rápida de peso pode provocar uma aparência facial mais envelhecida?** \*

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7. **QUESTÃO 02 – De que maneira a idade e a velocidade da perda de peso influenciam o aparecimento do chamado “Ozempic face”?** \*

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8. **QUESTÃO 03 – Quais medidas podem reduzir o risco de desenvolvimento do chamado “Ozempic face”?** \*

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9. **QUESTÃO 04 – Liste as intervenções não-cirúrgicas apresentadas e explique o que elas procuram tratar?** \*

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10. **QUESTÃO 05 – Quais fatores devem ser considerados na escolha do tratamento para pacientes que já apresentam alterações faciais?** \*

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