

# Treating Ozempic Face

Understanding and Managing the Facial Changes  
Associated with Ozempic Use



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## What is Ozempic?

Ozempic, scientifically known as semaglutide, or glucagon-like protein agonist (GLP-1 agonist) is a breakthrough medication initially developed to assist individuals with type 2 diabetes in managing their blood sugar levels. Its mechanism of action involves enhancing insulin release from the pancreas while also suppressing glucagon



secretion, leading to improved glycemic control. Beyond its intended use, Ozempic has garnered attention for its remarkable effectiveness in inducing significant weight loss. This weight reduction can range from 15% to 20% of body weight in certain patients, making it a promising option for those struggling with obesity or overweight conditions.

## Facial Side Effects of Ozempic

While Ozempic's primary purpose is to facilitate weight loss and aid in diabetes management, users have reported an unexpected consequence known as "Ozempic Face." Especially if, in an attempt to accelerate weight loss, the graduated dose of the medication is advanced too quickly. This phenomenon refers to the hollow or gaunt appearance of facial skin resulting from the rapid loss of excess fat, particularly in the cheeks or neck. Significant weight reduction induced by Ozempic can lead to changes in facial aesthetics, including sagging skin, deep folds, and an overall aged appearance. Understanding these potential side effects is crucial for individuals considering or currently using Ozempic as part of their treatment regimen.

## What is Ozempic Face?

Ozempic Face encompasses the physical changes that occur in the face as a result of rapid weight loss facilitated by the medication. When excess fat is depleted beneath the skin, it can lead to a loss of facial volume and elasticity. This depletion is often most noticeable in areas such as the cheeks, temples, and neck, resulting in a sunken, hollowed-out appearance. Individuals experiencing Ozempic Face may also notice deepening of wrinkles, sagging skin, and changes in facial contours, contributing to an overall aged look.

## What Does Ozempic Face Look Like?

The manifestation of Ozempic Face can vary widely among individuals, but common characteristics include:

- **Hollow Cheeks, Eyes, and Temples:** Significant reduction in facial volume, leading to sunken cheeks, hollowed eyes, and temples lacking fullness.
- **Hanging Skin:** Loose, sagging skin, particularly noticeable around the lower face and neck, as a consequence of fat depletion.
- **Deep Lines Around the Mouth:** Pronounced folds and wrinkles surrounding the mouth area, known as nasolabial folds and marionette lines.
- **Jowling:** The appearance of sagging skin along the jawline, resulting in a loss of definition in the facial contour.
- **Wrinkles and Loose Skin at the Neck:** Creased, sagging skin in the neck region, often accompanied by the formation of bands in the neck muscles.

These changes can significantly impact an individual's facial appearance and may lead to concerns about aging and self-image.



## Can I Prevent Ozempic Face?

While complete prevention of Ozempic Face may not always be possible, several proactive measures can help minimize its effects:

### 1) Resistance Training to Preserve

**Muscle Mass:** Resistance training, also known as strength training, is essential for maintaining and even building muscle mass while losing weight. When you challenge your muscles through resistance exercises, you stimulate muscle protein synthesis, which helps prevent the loss of smooth muscle.



### Why Resistance Training Helps:

- Prevents excessive muscle loss, including facial muscles.
- Helps maintain skin elasticity and fullness.
- Boosts metabolism, making weight loss more sustainable.

### Examples of Resistance Exercises:

- **Bodyweight Exercises:** Push-ups, squats, lunges, and planks.
- **Weight Training:** Dumbbell curls, shoulder presses, deadlifts, and leg presses.
- **Resistance Bands:** Seated rows, lateral band walks, and banded squats.
- **Facial Exercises:** Cheek lifts, jawline clenches, and gentle facial massages to maintain blood flow and muscle tone. (Facial musculature differs from muscles in other areas of the body, and there is controversy regarding the effectiveness of facial exercises and energy-based therapies like ultrasound or radiofrequency treatments.)

Aim for at least **3-4 resistance training sessions per week**, targeting major muscle groups.





## 2) Prioritize Protein for Muscle

**Maintenance:** Protein is the building block of muscle, and consuming adequate amounts is crucial to counteract muscle loss while on Ozempic.

### How Much Protein Do You Need?

For individuals on a weight loss journey, the general recommendation is **0.6 to 1.0 grams of protein per pound of body weight**. For example, if you weigh 150 lbs., you should aim for **90-150 grams of protein per day**.

### How to Increase Protein in Your Diet:

- **Start Your Day with Protein:** Eggs, Greek yogurt, or a protein smoothie.
- **Include Lean Protein in Every Meal:** Chicken, turkey, tofu, or fish.
- **Snack smartly:** Nuts, cheese, cottage cheese, or protein bars.
- **Consider protein supplements:** If needed, whey or plant-based protein shakes can help meet daily targets.

### High-Protein Foods to Incorporate:

- **Animal-based:** Chicken breast, fish, lean beef, eggs, Greek yogurt, cottage cheese.
- **Plant-based:** Lentils, quinoa, chickpeas, tofu, tempeh, edamame, almonds.

## Nutrition Guide

Dietary Component	Sources	Signs/ Symptoms of Deficiency	Additional Considerations
Fluids	<ul style="list-style-type: none"> <li>Water</li> <li>Low-Calorie Beverages</li> <li>Nutrient-Dense Beverages (eg, Low-Fat Milk, Soy Milk)</li> <li>Limit Sugar-Sweetened Beverages, Alcohol, and Caffeine</li> </ul>	<ul style="list-style-type: none"> <li>Hypotension</li> <li>Tachycardia</li> <li>Dizziness</li> </ul>	<ul style="list-style-type: none"> <li>Greater risk for dehydration in older individuals</li> <li>Low carbohydrate/ketogenic diets may increase dehydration risk</li> </ul>
Energy	<ul style="list-style-type: none"> <li>Healthy Dietary Pattern (Vegetables, Fruits, Whole Grains, Lean Protein, Low-Fat Dairy/Dairy Alternatives, and Healthy Fats)</li> </ul>	<ul style="list-style-type: none"> <li>Reduced Fat/Lean Mass</li> <li>Decreased Strength/Functional Capacity</li> </ul>	<ul style="list-style-type: none"> <li>Aging is associated with decreased energy expenditure</li> </ul>
Fiber	<ul style="list-style-type: none"> <li>Whole Grains</li> <li>Vegetables</li> <li>Beans, Peas, and Lentils</li> <li>Fruits</li> <li>Nuts and Seeds</li> <li>Fiber Supplementation if Necessary</li> </ul>	<ul style="list-style-type: none"> <li>Constipation</li> </ul>	<ul style="list-style-type: none"> <li>Plant-based foods contain soluble and insoluble fiber</li> </ul>
Protein	<ul style="list-style-type: none"> <li>Beans, Peas, and Lentils</li> <li>Nuts, Seeds, and Soy Products</li> <li>Seafood</li> <li>Lean Meat and Poultry</li> <li>Low-Fat Dairy Foods</li> <li>Eggs</li> <li>Meal Replacement Products if Intake from Whole Foods is Insufficient</li> </ul>	<ul style="list-style-type: none"> <li>Loss of Lean Body Mass</li> <li>Weakness</li> <li>Edema</li> <li>Hair Loss</li> <li>Skin Changes</li> </ul>	<ul style="list-style-type: none"> <li>Aging and acute illness are associated with increased protein requirements</li> </ul>
Carbohydrates	<ul style="list-style-type: none"> <li>Whole Grains</li> <li>Fruits</li> <li>Vegetables</li> <li>Nuts and Seeds</li> <li>Dairy Foods</li> <li>Dairy Alternatives</li> </ul>	<ul style="list-style-type: none"> <li>Low carbohydrate diets (Ketogenic Diets) may increase risk for dehydration, fatigue, halitosis, and other adverse events</li> </ul>	<ul style="list-style-type: none"> <li>Very low carbohydrate diets may lead to restricted intake of fruits, vegetable, and whole-grain foods, which are important sources of micronutrients and dietary fiber</li> </ul>
Fats	<ul style="list-style-type: none"> <li>Nuts and Seeds</li> <li>Avocado</li> <li>Vegetable Oils (Limit Palm and Coconut Oils)</li> <li>Fatty Fish and Seafood</li> </ul>	<ul style="list-style-type: none"> <li>Essential Fatty Acid Deficiency (Dry Skin, Hair Loss, and Impaired Wound Healing)</li> </ul>	<ul style="list-style-type: none"> <li>Adequate fat intake may promote gallbladder emptying (reduces risk for weight reduction-related cholestasis)</li> <li>Malabsorptive intestinal track disorders or history of malabsorptive bariatric surgery increases risk for deficiency of essential fats and fat-soluble vitamins</li> <li>Consumption of high-fat meals may cause gastric distress</li> </ul>

Source: Almandoz JP, Wadden TA, Tewksbury C, et al. “Nutritional considerations with anti-obesity medications”. Obesity (Silver Spring). 2024; 32: 1613-1631.

**3) Stay Hydrated:** Adequate hydration is essential for maintaining skin elasticity and plumpness. Drinking sufficient water can help counteract the drying effects of rapid weight loss.



According to the U.S. National Academies of Sciences, Engineering, and Medicine (2019), the average daily water intake recommendations are:

- About 3.7 liters (125 oz) for men
- About 2.7 liters (91 oz) for women

This includes fluids from water, other beverages, and food.

#### Simple Ways to Increase Your Daily Hydration:

- **Drink Water First Thing in The Morning:** Start your day with a glass of water to jumpstart hydration.
- **Carry a Reusable Water Bottle:** Having water nearby makes it easier to sip throughout the day.
- **Set Reminders:** Use phone alarms or apps to prompt you to drink every hour.
- **Add Natural Flavor:** Try infusing water with lemon, cucumber, berries, or mint to make it more enjoyable.
- **Eat Water-Rich Foods:** Include fruits and vegetables like watermelon, cucumbers, oranges, and lettuce. These can add up to 20% of your daily water intake.
- **Be Mindful of Caffeine and Alcohol:** These can have a diuretic effect and increase fluid loss, so balance them with extra water.
- **Adjust for Activity and Heat:** You need more fluids if you're exercising, sweating, or exposed to heat. Increase your intake accordingly.

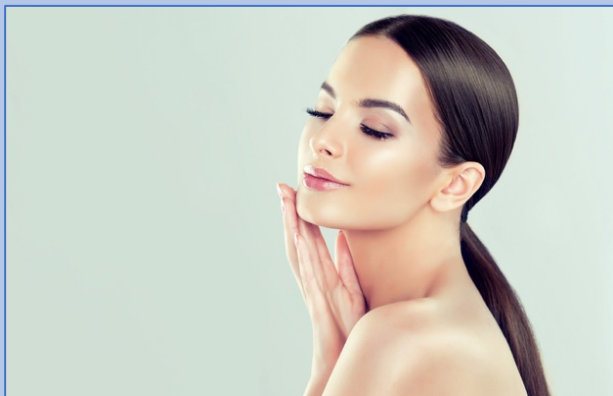


**4) Skincare:** Establishing a comprehensive skincare routine can promote good skin health and elasticity. Using moisturizers, serums, rejuvenation creams, and sunscreens in combination with appropriate chemical peels and laser treatments, can help minimize the appearance of wrinkles and sagging. They can play an important role in not only preventing or minimizing the effects of "Ozempic Face", but also in "slowing down" the aging process. We can develop personalized skin rejuvenation programs can be developed which provide these benefits with little or no "down time".



**5) Facial Fillers:** Injectable fillers can be used to restore lost facial volume and contour, effectively addressing hollowing and sagging caused by fat depletion.

**6) Surgery:** In severe cases where non-invasive treatments are insufficient, surgical procedures may be considered to tighten and reposition facial tissues. These procedures, which remove skin laxity and reposition tissues, can be combined with using dermal fillers and one's own adipose (fatty tissue) to restore lost facial volume for a more natural, rested appearance.



By adopting these preventive measures, individuals can take proactive steps to mitigate the impact of Ozempic Face, preserving a more youthful and balanced facial appearance.

## About The Author



A graduate of the Indiana University School of Medicine, William H. Beeson, M.D. completed his residency at Indiana University Medical Center in Otolaryngology – Head and Neck Surgery. He then completed a fellowship with the American Academy of Facial Plastic and Reconstructive Surgery. He is triple board certified – American Board of Otolaryngology, American Board of Cosmetic Surgery, and the American Board of Facial Plastic and Reconstructive Surgery.

Dr. Beeson had the first facial plastic surgery facility accredited by the Accreditation Association for Ambulatory Health Care (AAAHC). He is a Past President of the American Academy of Cosmetic Surgery, a Past President of the Indiana State Medical Association, a Past President of the Indianapolis Medical Society, a Past President of the International Society for Cosmetic Laser Surgery, and current President of the International Aesthetic Stem Cell Society.

Awards include the Distinguished Alumni Award from the Indiana University School of Medicine, the President's Award from the American Academy of Cosmetic Surgery, the Scholastic Award from the American Society for Head and Neck Surgery, and the John Clark Leadership Award from the Federation of State Medical Boards. Dr. Beeson was made a Sagamore Wabash by Gov. O'Bannon and named a Distinguished Hoosier by Gov. Daniels.

He is a Clinical Professor at the Indiana University School of Medicine in the Department of Dermatology and the Department of Otolaryngology – Head and Neck Surgery, as well as the author of several medical textbooks and numerous medical journal articles. A frequent speaker at Cosmetic Surgery meetings, Dr. Beeson has been asked to lecture throughout the United States, in Europe, Australia, and in Asia.

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