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## Face Taping: What Are the Dangers of This Viral Tik Tok Trend?

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The viral app *Tik Tok* has reached over 1 billion monthly users and has continued to grow over the years. With countless creators on the app sharing their beauty hacks, misinformation can spread easily. Tik Tok's most recent trend, face taping, is one that some are saying should've stayed in the drafts. On TikTok, #facetaping has 4.4 million views.

***Board-Certified Chicago, Illinois Plastic Surgeon Dr. Michael Horn breaks down the recent Tik Tok skincare hack and why you should steer clear of it.***

What is 'Face Taping'?

Face Taping is when one uses a piece of tape of any kind, to "freeze" their face while they sleep. The idea is that the tape will keep the muscles in place throughout the night, limiting their motion and therefore minimizing wrinkles. During our sleep, it's possible we can still make facial expressions and move around as we adjust, using tape is supposed to "keep it in place" preventing wrinkle formation.

Is it Safe?

Aside from being unrealistic to use a piece of tape to keep your face in place throughout the night, it can do more harm than good. Using a piece of tape, especially one that is "supposed" to hold your skin down for a whole night can damage the skin barrier when you take it off. This tape isn't made to be safe on the skin and can cause redness, irritation, and acne breakouts. The adhesive must be incredibly tight and therefore, uncomfortable to use for an extended time to "hold" the muscles still.

Does it Work?

In theory, using tape to keep muscles in place while you sleep, not allowing them to wrinkle as you move throughout the night should work. However, it can have the complete opposite effect when it comes to reducing fine lines and wrinkles. When you tape your face to hold muscles still, you're preventing them from doing what they're supposed to, thus, adding resistance. In doing so, you're training your facial muscles to work harder and, in turn, become more powerful. Over time they can get stronger, accelerating the formation of the fine lines and wrinkles you were hoping to avoid.

What can you do instead?

If you want to minimize any fine lines and prevent wrinkles, there is always sunblock, adjusting your skincare routine, and even Botox. **Dr. Horn recommends using sunblock with an SPF of 30 or higher. Including a retinoid in your daily routine, improves cellular turnover, reducing the appearance of fine lines. And if it doesn't seem like enough, Botox is always an option to keep your skin looking smooth and reduce wrinkles.**

**Dr. Michael Horn**

**Board-Certified Chicago, Illinois Plastic**

**Surgeon [www.lakeshoreplasticsurgery.com](http://www.lakeshoreplasticsurgery.com) With more than 10,000 breast**

**augmentation surgeries performed during his career of more than 23 years, Dr.**

**Horn is known in the Chicago land area as the authority on breast**

**augmentation. His artistic eye, mastery and surgical skill in performing various**

**face and body procedures, his dedication to patients' safety, combined with his**

focus on unparalleled care and attention, make him one of the most sought-after surgeons in the Midwest. Dr. Horn earned his medical degree at Loyola University in Chicago. He completed a general surgery residency with the Medical College of Wisconsin, as well as a sub-specialty training in plastic surgery with a second residency at Loyola University. Dr. Michael Horn is board certified by the American Board of Plastic Surgery and is a member of the American Society of Plastic Surgeons and the Chicago Society of Plastic Surgeons. Dr. Horn is a frequent lecturer on the subject of plastic surgery and his work has been featured in several professional publications. He frequently attends national meetings to continue developing innovative plastic surgery techniques. His ongoing commitment to patient safety and satisfaction is evident in the personal attention and care he provides to each of his plastic surgery clients. From the initial consultation to the final follow-up exam, Dr. Horn provides compassionate treatment tailored to the specific needs and goals of each individual.

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