

# Unleashing the Power of the *Eyes*



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To learn about people, simply look into their eyes. The eyes reveal how we feel and what we feel. They expose energy, pain, a lifetime of smiles, youth or lack of it.

Like the rest of our bodies, our eyes and skin around them succumb to lifestyles, stress levels, and more. They require upkeep to maintain their vitality.

The good news: There is much we can do to keep our eyes looking healthy and young, from maintaining healthy lifestyles, to having procedures aimed at addressing each and every cosmetic concern.

## **What we can do to keep our eyes vibrant, youthful**

If maintaining beautiful eyes is your goal, you can't discount lifestyle. A healthy lifestyle is the foundation of healthy, vibrant eyes.

### **This includes:**

- decreasing stress;
- getting enough sleep;
- stopping or never smoking;
- avoiding sun exposure with sunglasses and sun-protective products that block both UVA and UVB rays; and
- eating foods rich in antioxidants, especially colorful fruits and vegetables.

## **Still need a touchup?**

Healthy lifestyle aside, we can't control what happens with genetics and age. For those cosmetic eye concerns, there are a host of solutions. Most result in little or no downtime and can be done under the radar. However, there are some procedures, such as the surgical browlift, which require that patients take time to rest and heal.

Procedures can be combined, mixed and matched, and are customized depending on each patient's needs and goals.

### **Solution #1:**

Botox or Dysport (neuromodulators) to raise the brows, open the eyes, and diminish crow's feet. In

most cases, there's no downtime and results of this "mini lift" begin to appear almost immediately. Neuromodulators also are ideal for erasing the frown lines, which makes us look angry or stressed.

This cosmetic solution, however, is not the answer when patients have a lot of brow laxity (low sitting brows). For that, we might turn to fillers or, in more advanced cases, to a surgical browlift.

### **Solution #2:**

Restylane, fat and other fillers to address dark circles around the eyes, plump crow's feet and lift the forehead, and rejuvenate cells that go along with the fat help restore the skins youthfulness.

You might think lightening the dark circles around the eyes requires skin lightening, but it doesn't. The circles around the eyes are due to loss of volume and thinning skin.

We've written about how we use fat and stem cells. Stem cells help to repair and regenerate tissue. Around the eyes, we delicately place fat and stem cells to raise the brows, helping to take away that telltale angry look. We've had great success putting the fat and stem cells under the eyebrow, which helps to lift not only the brow but also the eyelid. We put fat in the upper eyelid—especially the outer two thirds, which helps to give it a forward curvature. And by placing fat and stem cells in the lower eyelids and area around the temples, we greatly diminish crow's feet.

For very slight wrinkling, lines or lifting, a touchup with Restylane filler might be all that's needed for a rested, rejuvenated appearance.

### **Solution #3:**

Lasers. We have a spectrum of lasers to help the eyes look their best. Here are just a few....

\* Treatment with the MilfordMD SkinTyte 1319 program gives some instant and then ongoing tightening with no downtime.

• Treatment with the Fraxel re:store tightens and renews wrinkled, pigmented skin from sun damage. It's a lunchtime procedure that doesn't cause pain and might only result in slightly and temporarily pink skin in the treated area. The Fraxel re:store is safe for any skin type or skin color. In other words, people with light and dark skin can benefit.

• Treatment with the Fraxel re:pair offers more dramatic tightening and smoothing of the skin tone and texture. This laser even addresses the deeper lines around the eyes. But, with more noticeable results comes a few days of downtime. It's also important to note that this laser is not safe for darker skin tones, including black, Hispanic, Asian, and Indian skin.

### **Solution #4:**

Thermage for skin tightening. We generally use Thermage in combination with lasers, to give an added boost to skin tightening and wrinkle reduction. Again, there's no downtime with this one.

### **Solution #5:**

Blepharoplasty, or eyelid surgery. For those patients who have a lot of loose skin around the eyes and eyelids—more than what Thermage and lasers can tighten—the solution of choice becomes surgery. Blepharoplasty is a versatile procedure. With it, we can target only the upper lid, which is most common. Sometimes, it's used only to treat the lower lids. For the lower lids, we also do what's called a subconjunctival blepharoplasty, which involves removing bulging fat pockets under the eyes. As we age, the skin thins, revealing these fat pockets. Subconjunctival blepharoplasty gives us the opportunity to use the laser to remove the bulges from inside the lid, so there's no need to make a visible incision.

We perform blepharoplasty with local anesthesia, numbing the lids and trimming the excess skin. Blepharoplasty is a tried-and-true procedure for "opening" and rejuvenating sagging, aging eyes. Patients usually experience about a week of bruising and swelling, but their vision is not affected by the surgery.

Just as we combine lunchtime procedures to optimal results, we can add fat transfer, Thermage, laser, and more to achieve optimal results with blepharoplasty.

*For more information about eye rejuvenation and other cosmetic treatments you can visit [www.milfordmd.com](http://www.milfordmd.com) or contact MilfordMD Cosmetic Dermatology Surgery & Laser Center at 570.296.4000. The staff there is always happy to help get you the information you need.*