

The Eyes Have It

Presented by River Region Facial Plastics

“The soul, fortunately, has an interpreter - often an unconscious but still a faithful interpreter - in the eye.” — Charlotte Brontë, Jane Eyre

Hello, This is Dr. Michael Bowman with River Region Facial Plastics. This month I would like to discuss rejuvenation of the eyes.

There is undeniable emotion and beauty present in our faces and our eyes. Whenever we communicate with someone else, our eyes are almost always connecting. Because of this constant eye to eye contact, the eyes are a great place to help make a noticeable improvement in your appearance. Let's discuss some options to help your eyes shine, sparkle and look their best. Starting with the easiest treatment option, we'll look at the skin. The skin around the eyes is the thinnest of any area on the body. Although this means we often see the aging changes earlier around the eyes, that thin skin also means that the right skin care regimen can really make an impact quickly. All of our consultations include skin care recommendations, but if your eyes are of specific concern, there are two products to consider from SkinMedica®: TNS Eye repair™ and the Tri-Retinol Complex™. These two products work beautifully together to help to build up new collagen under the skin, camouflage dark circles and erase fine lines and wrinkles. Another very popular topical treatment for women is Latisse®. A drop of Latisse® along each eyelid in the evening helps you naturally grow longer, thicker eye lashes. These topical treatments are safe and can help give your eyes more sparkle with just a few seconds every day.

Next, I'll discuss neuromodulators. That big mouthful of a medical term refers to the medicines which are used to relax the muscles which cause wrinkles. Many of you will be more familiar with the trade names like Botox®, Dysport® and

Xeomin®. These medicines can be safely used all over the face, but they are often used to rejuvenate the eyes by treating the crow's feet wrinkles around the eyes, as well as the vertical “angry 11's” between the eyebrows. These injectable treatments take only a few minutes to perform and will last about 4 months or more for most patients.

Moving on, many of our patients note that their eyes may look a little hollow underneath their lower lid. That dark crease between the lower lid and cheek is called the tear trough. For some people, that hollowness starts to creep in at an early age, but unfortunately it tends to get worse with time for most of us. The volume loss that occurs in that area tends to make the eye look tired or sad. This area is easily treated with a product called Restylane. Restylane® is a filler made of a compound called hyaluronic acid (HA). HA fillers come in different forms and brand names, but they are all used to plump up areas of volume loss. HA is a substance naturally found the body, but these fillers are made such that the HA molecules are linked together in a special fashion. This allows the HA fillers to last for much longer than the normally single HA molecules found in our bodies. It takes about 20 minutes to perform the Restylane® treatment in the tear trough area. I prefer to use a specialized tiny cannula to place the product which helps minimize discomfort during the injection as well as

swelling and bruising afterwards. In the tear trough area, Restylane® will often last for 12-18 months, depending on your metabolism.

There are two other main complaints that come up over and over again around the eye: droopy upper lids and bags under the lower eyelids. These can occur separately or together. Eyes like these tend to make you look tired and worn out regardless of how well you slept the night before. To get rid of that tired look, we may recommend you consider blepharoplasty (eyelid rejuvenation surgery). This relatively simple surgical procedure can be safely and painlessly performed in the office, with or without relaxation medicine. While we do expect some swelling and bruising, most patients are back at work in about a week (if not less).

Just like fingerprints, no two eyes are the same, so there is not a single recommendation that will work on every face. Please call us for your free consultation, and come “see” for yourself.

Yours in good health,
Dr. Michael Bowman
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N.B. I must note that treatment of the crow's feet with neuromodulators and the tear trough area with HA fillers are “off-label” treatments and not approved by the FDA, although many of these treatments have been performed all over the world with great results. We will discuss all of your personalized recommendations in detail at your free consultation and of course make sure we answer all of your questions.