

Beauty Buzz

From our blog at RiverRegionFacialPlastics.com

What to do about those dark circles... any hope of help?

Dark circles under the eyes are a very common complaint and oftentimes there isn't an easy solution; however, there are things we can do to improve this area.

There are three main things which contribute to the lower eyelid not looking it's best. First, there are skin changes that can create wrinkling and hyperpigmentation (darkening) of the skin under the eyes. Next, there can be true darkening of the deeper tissues around the tear trough due to allergies and/or heredity. Finally, puffiness of the lower eyelid and a "sinking in" of the cheek (which accentuates this area due to a shadow) can be causes of dark circles under the eyes.

What can we do to improve this area? We have to address each area that contributes to your eyes. First, good skin care is critical. The skin around the eyes is the thinnest in the body and so it responds very well to many treatments. Two great products are the TNS Eye Repair® and the TNS Illuminating Eye Cream®, both by SkinMedica®.



Next, if you are prone to allergies, treatment with over-the-counter (OTC) medications such as nasal steroids (like Flonase®) and antihistamines (like Zyrtec® or Claritin®) can help.

The last part is the most variable. Some people may have puffy bags under their eyes, where others have a prominently sunken in tear trough, while others have a combination of the two. Surgery is required to address the puffiness (which is caused by the fat underneath the eye; however, dermal fillers (like Restylane®) can be used to fill in the tear trough and make dramatic improvements for people who have hollowness in that area.

Dr. Michael Bowman

Partner with a Skin Care Professional

Teaming up with a medical aesthetician for skin care is the best way to get the most bang for your buck and best of all... RESULTS!

Aestheticians are specifically trained to provide education and treatments designed to improve the texture, tone and appearance of your skin. Treatments offered can be cosmetic

(such as hair removal or waxing) and/or medical (such as chemical peels and laser treatments).

Various laser treatments offer little to no downtime and can effectively target and treat brown pigmented spots, small veins, enlarged pores, and fine lines and wrinkles.

The most popular facial treatment is the chemical peel. While this can sound intimidating, the medical grade chemical peels are safe and effective with varying strengths. A light chemical peel can provide benefit of lightening, brightening and tightening skin without visible shedding. Often referred to as a "bridal peel", as it can give a refreshing glow for a big day.

Other depths of peels are offered by a medical aesthetician that will result in visible shedding for about 4 days. Using retinoic acid in the chemical peel not only sheds dead skin, but also thickens the dermis.

What to expect when you receive a chemical peel?

During your facial, the aesthetician will do a deep cleansing of the skin in preparation for your treatment. Often a gentle manual exfoliation, referred to as dermaplaning, will be performed before the layering process of the peel begins. Light tingling is common while the peel is being applied; however, with the use of a small fan, the sensation is tolerated very well.

The SkinMedica® peels are self neutralizing, which means we do not wash them off and you shouldn't either for at least 6 hours post application. This is important to remember when planning a work out or making time in your schedule for your peel.

For a few days after your peel, your aesthetician will instruct you on what products to use on your face until the peeling process is complete. It is imperative to follow after care instructions completely. The treatment process usually takes 30 – 45 minutes.

Use sunscreen!

Your skin care treatments are an investment. Invest in a high quality sunscreen like SkinMedica® Total Defense and Repair SPF 50. It not only protects your skin from sun exposure, but also is packed with antioxidants to protect against environmental aggressors.

Avoid exposing your skin directly to the sun for at least a week after the peel. Sun exposure and excessive body heat can irritate the skin. On the day of your treatment, it might be beneficial to wear a hat to keep the sun off your face. Wear a sunscreen daily and reapply every 2 hours for greatest benefit.

Spring into a new skin care routine and treatment plan at River Region Facial Plastics, where we get RESULTS!

Please contact us via email at Doctors@RiverRegionFacialPlastics.com with your questions or comments!