

The eyes have it

Know your options when it comes to treating this sensitive area

by Dr. H. Christopher Coley



Your eyes are one of the first things people notice when they look at you. Unfortunately, this sensitive area is one of the first parts of your face to show signs of aging.

Whether you're interested in learning the basics of caring for the delicate skin around your eye or are ready to discuss options for correcting damage from the past, it's important to consult with a cosmetic specialist who has knowledge of and experience with the different tools and treatments available.

Great cover-ups

The recommended solution might be as easy as learning to apply mineral makeup to effectively conceal the affected area. Some women are unaware of the difference that a properly matched concealer applied with a brush using the right technique actually can make.

When it comes to mineral makeup, GloMinerals Concealer is a great choice. Top it with a little Glo Moist Hydration Mist, and you're set.

If the undereye area appears dry, then wrinkles will be magnified and can create an older-looking appearance. iS Clinicals Youth Eye Complex gives instant hydration and utilizes the latest advancements in peptides, which are clinically proven to stimulate collagen. And like the rest of the products in the iS Clinicals line, it's packed with the highest-quality and most potent antioxidants, which prevent aging. This product is a standout for delivering both instant and long-term results.

Luscious lashes and brows

Until just a few years ago, good

mascara was the only way to increase the length and thickness of your lashes. After careful testing, two years ago the U.S. Food and Drug Administration (FDA) approved Latisse — originally a medication used to treat glaucoma — for use as a treatment for lash hypotrichiosis, or sparse lashes.

Patients simply apply the product to their lash line nightly. After about two months, their natural lashes will be longer, thicker and darker. Although the side effects of this beauty breakthrough are listed on the packaging, most patients experience only a slight irritation when they begin using Latisse.

The most commonly performed nonsurgical procedure on the market is an injectable treatment like Botox or Dysport. In less than 20 minutes and with virtually no pain, patients can have three months of perfectly arched brows. These treatments, which relax the muscles that cause wrinkles, offer a great way to correct the early signs of aging. And keeping up with them ensures that the eye area continues to look its best.

Restoring volume

Fillers like Restylane and Juvéderm, meanwhile, can be used to restore lost volume in the undereye area. A loss of collagen — or the tissue under the skin that gives it a cushion — causes a shadow, which can appear as dark circles or even indentations underneath the eye.

This injectable, a synthetic hyaluronic acid that's identical to the substance made naturally by the body, is used to replace the collagen that has been lost due to aging. It's also commonly used in the nasolabial folds, or the lines from the nose to corner of the mouth. Results last about a year, and the

procedure typically takes less than an hour. And while some swelling or bruising in the injected area is to be expected for a day or so, it can last up to two weeks for some people.

Refresh and renew

Over time and even with the best care, the skin's quality will begin to show some textural changes. Resurfacing the skin with a chemical peel or laser service is the best way to get a complete smoothing, tightening effect. Patients can expect a week of recovery time, and there is some discomfort involved. These treatments typically are recommended no more than once a year.

Some people are genetically prone to show signs of aging through drooping skin above or below the eye. This is when blepharoplasty — a surgery that removes that excess skin — is ideal. This is a simple surgery that can make a significant change in a patient's look.

The recovery time for blepharoplasty lasts about two weeks and does include some swelling and bruising, though incisions are placed in ways that leave scarring virtually undetectable. During a consultation, ask your doctor about new techniques that minimize scarring by creating an incision from behind the lower eyelid. This allows for chemical resurfacing to take place at the same time as surgery, allowing for a simultaneous recovery period. ❁

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