

SOLUTIONS

FOR LOWER EYELID AGING

I estimate that at least 75% of men and women who see me in consultation for facial aging complain about dark circles under their eyes. There are several causes of these dark circles and no one cream can remedy all of them. The trick is to get the right product for the right job. For this reason, your first task is to figure out exactly what is causing your dark circles. The treatment will be targeted to the cause.



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Dark Circle Culprit #1

EXCESS PIGMENTATION

People who have darker skin are most at risk of pigment-related dark circles under the eyes. If this is your issue, try these remedies:

HYDROQUINONE

Creams that contain this ingredient could give you noticeable results within 6 weeks, but it could take longer if the concentration of the active ingredient isn't very high. Start by using a small amount sparingly, since the under-eye skin can be very sensitive.

NIACINAMIDE

Many over-the-counter eye creams contain this mild skin lightener. Although it takes longer than prescription hydroquinone to work, it's less expensive and easier to obtain. Olay® Regenerist Luminous Dark Circle Correcting Hydraswirl™ is one to consider.

RETINOL EYE CREAM

Combine one of the above skin-lightening creams with a retinol eye cream for maximal and quickest benefits. Retinol cream can help increase penetration of the lightening agent, by causing the upper layer of the skin (the epidermis) to turn over more frequently. Pigmented skin will be sloughed off more quickly. I like Revision Retinol Eye Repair and ZO Medical's Hydrafirm.

Dark Circle Culprit #2

TRANSPARENT SKIN

If your skin is thin and transparent, you could be able to see the dark blood vessels underneath. The best way to treat this problem is to thicken that skin.

RETINOL CREAM

Retinol cream is the first thing to try. Not only can retinol cream cause better penetration of lightening creams, but it can also thicken the skin within 4-6 weeks. However, some

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retinol products are too strong for the delicate under-eye area, so make sure the retinol product is formulated specifically for the eye area. A few of the highly regarded brands to look for include ROC, Murad, Dr. Brandt, Revision, and ZO.

PEPTIDES

If your sensitive undereye skin cannot tolerate retinol, then try using mild peptides, which can also increase the growth of collagen. D.E.J. eye cream, also by Revision, contains a mixture of peptides, antioxidants, and moisturizers to firm and hydrate the skin.

MOISTURIZER

An even simpler solution to transparent skin is hydration, which plumps the skin, decreasing blood vessel visibility. Any eye moisturizer can work for this.

Dark Circle Culprit #3

PUFFINESS CAUSING SHADOWING

Probably the majority of complaints I hear about dark circles is related to puffiness, which can create shadowing. This is often caused by fat pockets protruding from your eye sockets. Here are a couple of options to treat them.

SURGICAL TREATMENT

The only permanent solution is surgery, which can now be done without any visible scars. It is called “scarless blepharoplasty.” During this procedure, an incision is made on the inside of the eyelid, and the puffy fat is removed with the scar on the inside of the eyelid where it cannot be seen. The limitation of this operation is that excess skin from the eyelids can’t be removed.

If you have both puffiness and excess, crepey skin, then I typically recommend a “pinch blepharoplasty.” The fat is removed via an incision inside the eyelid, like in a scarless blepharoplasty, and the skin is removed by cutting it out from the front of the eyelid, leaving a tiny, usually imperceptible scar.

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SUDDEN CHANGE UNDEREYE SERUM

Sudden Change contains serum albumin, which is formulated to provide a shrink-wrapped look under the eye, tightening the droopy skin. Within minutes, the albumin temporarily eradicates under eye bags. You can mix it with your foundation and although it does not create a permanent change, it's great to use right before a big event. Just keep in mind that it wears off, so make sure to plan accordingly. Don't apply too much, or it can leave a visible film behind.

POTATO AND GREEN TEA EYELID LIFT

For a natural and inexpensive approach, try this DIY eyelid lift. Just steep 1 green tea bag in 1 cup of hot water in the morning, then put the tea in the refrigerator. In the evening when you get home, cut one raw white potato into thin slices and drop the slices in the tea. Put them back into the refrigerator for a few minutes, allowing the green tea to soak into the potato.

Next, apply a potato slice to each eyelid. Relax and let them sit for 10 minutes. After you take off the potato, you should notice that the puffiness under your eyes is improved. You will also notice a reduction in wrinkles and tighter skin.

The eyes are truly the windows to our souls. When they are bright and youthful-appearing, you look and feel great. I hope that these tips give you the eye-catching appearance that you've always wanted!



For a complete guide to turning back the clock without surgery, please check out my new book ***The Age Fix: A Leading Plastic Surgeon Reveals How To Really Look Ten Years Younger.***



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