



Ask Dr. Zimblner

Rejuvenating The Eyes

Q I am a 46-year-old woman and I am troubled by the severe upper eyelid hooding that I've developed over the last few years. It looks like I have extra skin hanging over my eyelashes. Adding insult to injury, it is very difficult to apply mascara, so making myself look good every morning is a challenge. I would like to correct the problem, but I am fearful about undergoing any kind of extensive or complicated surgery. What is the best way to deal with my problem?

A As you age, there is a tendency for excess skin and fat accumulate around both the upper and lower eyelid, resulting in the "hooding" effect that you described. You are relatively young, although I treated many patients around your age for this—there's no reason for your droopy eyes to make you look or feel old before your time.



It sounds like you are a great candidate for an eyelid lift, otherwise known as a blepharoplasty. It is very common procedure where the excess skin and fat is removed. The surgery will get rid of the droopiness, which can make you look tired, and give your eyes a more open, youthful look. In addition, you will no longer have a problem applying your eye makeup your morning routine will be much more pleasant.

A blepharoplasty involves a small incision on the upper eyelid. It is usually done under sedation anesthesia and takes about an hour. Patients are able to go home soon after the surgery. As you heal, you may experience some swelling, bruising, irritation or dry eyes, which can be treated with medication, compresses or ointment. In a little over a week you will be comfortable going out in public and within a few

weeks your recovery should be more or less complete. Your hooded eyes will be a thing of the past and you will feel great about your eyes every time you pass a mirror.

Q I am 59 and in great health. I eat well, try to get enough sleep and exercise, but the wrinkling, or "crow's feet", coupled with the dark circles and bags under my eyes make me feel old-looking and haggard. I am concerned that there is not a single solution because I have so many issues that need to be addressed. Is there a magic eye surgery that can help me?

A Unfortunately for you, I don't know much about magic. But fortunately I know a great deal about eyes and your problem is both common and highly treatable. There are several ways to approach your situation including, surgery, lasers, botox and chemical peels. The surgery, a traditional blepharoplasty or lid lift, involves an inconspicuous incision along the lash line and excess fat, muscle and skin

But you are correct in your assertion that a single solution will not fully address all of your concerns. The surgery, while highly effective in getting rid of the unsightly bags, will not eliminate the crow's feet or circles. It sounds to me like you should consider combining the lower lid lift with another procedure such as a chemical peel and/or Botox. The chemical peel will address the dark pigmentation under your eyes, which gives you that terminally tired appearance. The Botox will eliminate the crow's feet, which are making you look older.

I know it sounds like a lot of procedures, but I assure you that it's very common to combine elements to attack an array of issues. The recovery period from the surgery will not be affected by the addition of the chemical peel or Botox injections. You will experience some bruising and sensitivity to light for a week or two after the surgery. The swelling will progressively disappear over several weeks, leaving your eyes without bags, wrinkles or dark circles. You will finally be able to look as great as you feel. Keep up the healthy lifestyle! **M**

Marc S. Zimblner MD, FACS is a board certified Facial Plastic & Reconstructive Surgeon. Dr Zimblner's practice is limited to aesthetic facial plastic and reconstructive surgery, including facelift, rhinoplasty, eyelid surgery, non-surgical facial rejuvenation and cancer reconstructive surgery. Dr Zimblner is the Director of Facial Plastic & Reconstructive Surgery at the Beth Israel Medical Center in Manhattan. His office is located at 990 Fifth Avenue, New York, NY 10075. He can be reached at 212-570-9900. Please visit his website at www.marczimblnermd.com

