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# take years off Your appearance

By Guy Zeringue, III, MD, Otolaryngologist

Look in the mirror. What do you see? If droopy, tired eyes are the answer, you may be pleased to learn that a simple cosmetic procedure—eyelid surgery, also known as blepharoplasty—may be all you need to rejuvenate your face.

## The Start of a Sagging Situation

For many people one of the first and most noticeable signs of aging is sagging, drooping or bulging tissue around the eyes. This produces a look of tiredness regardless of how full of energy you feel.

The changes in the tissue surrounding your eyes are a result of increased laxity in the skin—a natural

occurrence with age. The relaxed tissue of your eyelids allows fat to settle behind the lids and herniate, forming bulges beneath the skin. Additionally, any excess skin may cause the upper eyelids to appear hooded as this tissue sags and the lower eyelids to appear wrinkled. The result is often the tired, unrested appearance many men and women face as they progress through their 30s and beyond. The sagging tissue of the upper eyelids may also cause impairment of your peripheral vision.

## An Uplifting Solution

If you're dissatisfied with the appearance of your eye area, blepharoplasty may be the solution you need. Eyelid rejuvenation is an easy outpatient procedure that can be performed with local anesthesia to numb the eye area and mild sedation.

Thanks to a combination of recent surgical advancements and tried-and-true techniques, the surgeon can create tiny incisions that follow the natural lines and creases of your eyelid or that

are even hidden behind the eyelid so there's no trace of the slightest scar. Through the incision, the surgeon then removes excess fat, skin and muscle as necessary and uses fine sutures to close the incisions.

After a few days of rest, you'll be back to your normal daily activities. However, your surgeon may recommend waiting about a week to return to work depending on your body's healing rate. Within a few months time, incisions will fade away and you'll be left with a younger, more vibrant you—and for some, enhanced vision. The results of your surgery can be optimized further with chemical peeling to refine the skin's surface or a face-lift or other cosmetic surgery to diminish deep wrinkles and sagging skin.

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