

*truth.*



### 3 RULES TO FOLLOW SO YOU STILL LOOK LIKE YOURSELF

We've all seen photos of celebrities who have had their eyes done and look totally different afterward. The reason why is because the eyes are subtly reshaped, which, as New York plastic surgeon Stafford Broumand, MD, says, causes them to lose their defining characteristics and personality. Discuss these factors with your doctor, so you still look like yourself after surgery, just better and more refreshed.

- 1. Too much skin shouldn't be removed.** As Dr. Broumand explains, when excessive amounts of skin are removed and the eyes are smoothed out too much, they can take on an unnatural appearance. "This also causes the lower eyelids to be pulled down too much, which changes the overall shape of the eyes," he says.
- 2. The eyes shouldn't lose their emotion and sparkle.** "The role of a good eyelift is to refresh the eyes and eliminate whatever is bothering the patient," says Dr. Broumand. "But when the shape of the eyes becomes too flat by removing too much fat or skin, the eyes can look as though they lack emotion, which can change the overall look of the eyes and the face."
- 3. They shouldn't be made too tight.** Dr. Broumand says he sees this often with patients in their 40s and 50s. "The outer corners of the eyes are tightened too much, which can change the orientation of the eyes and make them look unnatural."



## BRIGHT-EYED GIRL

WHILE BLEPHAROPLASTY IS STILL SURGERY, IT'S ONE OF THE QUICKER AND EASIER PROCEDURES IN TERMS OF RECOVERY. HERE'S WHAT YOU CAN EXPECT.

**YOU DON'T NEED TO GO UNDER GENERAL ANESTHESIA.**

According to Pittsburgh plastic surgeon Leo McCafferty, MD, blepharoplasty is considered a minimally invasive surgical procedure with a short healing period and can be performed under local or mild anesthesia. "Any time the eyes are operated on, local anesthesia with twilight sedation can be administered so you won't feel, see or remember anything," he says. "And, you don't run into any of the issues that come along with general anesthesia, either." The lack of general anesthesia means you can typically resume your normal activities (there's less anesthesia in your system that needs to be expelled, so you won't feel as groggy) and be back at work just a few days later.

**YOU DON'T HAVE TO HAVE YOUR UPPER AND LOWER LIDS DONE.**

During your consultation, your doctor will assess your concerns to determine whether you will benefit from having either your upper or lower eyelids operated on, or both. "It comes down to identifying what problems and complaints the patient has and then determining a proper plan of attack to fix them," says Dr. Broumand. "Some patients need both eyelids fixed to rectify the problem at hand, while others only need one corrected." But, it's not just the eyes themselves that need to be evaluated. "The face as a whole, including the brows and the skin around the eyes, needs to be examined because sometimes it's a combination of things that's aging the patient, but they perceive it as just their eyes."

**DON'T WEAR MAKEUP UNTIL YOU'RE GIVEN THE GREEN LIGHT.**

After a blepharoplasty, you're going to want to follow your doctor's orders when it comes to wearing makeup and using skin-care products. While you'll probably be out of commission for a few days (expect some swelling and bruising), keep the area free of makeup until your doctor says it's safe to wear it again. "If you put makeup on an incision that is not completely healed, there is a chance it can enter the skin and tattoo the incision line," says Arlington, VA, plastic surgeon Saeed Marefat, MD. You'll also want to treat the area with a prescription-strength ointment to prevent infection and avoid using skin-care products on and around your eyes (unless instructed by your doctor).

**THE SCARS ARE BARELY VISIBLE, ALTHOUGH THEY DO EXIST.**

Los Angeles facial plastic surgeon Michael Godin, MD, says scarring isn't usually a problem with the eyelids because the skin is so thin that it heals very well. "When the upper lids are operated on, we hide the incision in the crease so it hinges back when the eyes are open and you don't usually see it. I tell patients there will be a little red line near the corner for a few months, which can be covered up with concealer." The scars for the lower lids are even less noticeable. As New York facial plastic surgeon Konstantin Vasyukevich, MD, explains, "Bags can be removed from the inside of the eyelid through a small incision in the mucosal lining of the eyelid, or from the outside by placing the incision in a natural crease right under the eyelashes."

**YOU MAY NEED A LASER OR PEELS TO GET RID OF CREPEY SKIN.**

Even if your eyes are corrected with surgery, thin, crepey skin, which is the result of sun damage and a loss of elasticity and collagen, may still be an issue, but it can be dealt with using other procedures. Dr. McCafferty says that if the crepiness is limited to just the lower eyelid, then it can usually be treated with a chemical peel, like a phenol peel, to help smooth out the skin. "Some of the aged skin around the eyes can be removed during blepharoplasty, but any remaining crepey skin can be improved with a combination of skin-resurfacing treatments like lasers and chemical peels, and regular injections of Botox, too," adds Dr. Vasyukevich.

"Some patients need both eyelids fixed to rectify the problem at hand, while others only need one corrected."

—DR. BROUMAND

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## AN EYE-OPENING EXPERIENCE

"As I got older and really started to notice the effects of the aging process, I began to feel that my upper eyelids were becoming more and more hooded. The more hooding that developed, the smaller and smaller my eyes seemed to get. I felt like my eyes didn't portray how I felt, and I really wanted them to."

I went to see Boston facial plastic surgeon Linda Lee, MD, to have her correct the hooding, and in one fell swoop, my eyes were totally rejuvenated—I felt like I looked so much younger. While she totally fixed the problem, I didn't look like a totally different person after the surgery. But I definitely looked happier, and my eyes themselves looked better.

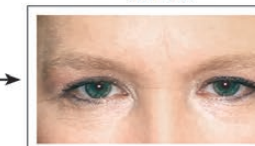
The recovery was pretty quick and painless. In fact, there was hardly any bruising. I followed all of the directions given to me by Dr. Lee and I iced my eyes a lot, which really seemed to help. After the procedure, I was back at work pretty fast. I didn't feel any set backs physically, which was great for me.

I appreciated the wonderful experience I had with my doctor, who made it easy for me every step of the way. I had a really good outcome, which was such a morale booster. I'm happier now, and it definitely comes across to other people, especially in my eyes!"

**BEFORE**



**AFTER**



**BEFORE**



**AFTER**



**FRESH OUTLOOK**

To eliminate the hooding and droopy upper eyelid skin that affected the look of this patient's eyes and made her appear chronically tired, Dr. Lee performed an upper blepharoplasty, which gave the patient a rejuvenated appearance.



## ARE YOUR BROWS WHAT'S REALLY AGING YOU?

When someone says they look tired or angry, Richmond, VA, facial plastic surgeon Michael Godin, MD, says the position of the brow should be examined. "A low or flat brow is synonymous with a tired look. When that's the case, the patient may need a browlift instead of, or in addition to, a blepharoplasty," he adds. When the positioning of the brows is the problem, the best way to correct it is with Botox Cosmetic or a browlift. "The natural position of the brow is above the upper bony ridge of the eye socket. If the brow is below this line, we may need to lift it," explains Dr. Marefat.

### INSIDE TIP

It's common for a blepharoplasty to be called an eyelift. But, according to Dr. Godin, there isn't technically any lifting being done. "The surgery typically involves removing saggy, excess skin from the patient's upper lids and protruding fat from their lower lids. We're not significantly lifting anything, but more so just removing skin and fat."



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