

Age Rewinders

Not sure where to start? You might be surprised to learn that what you think is the best solution to your eye problems really isn't. "Patients think noninvasive is the answer, but that's not always the case. Anatomical changes really need to be addressed with surgery," says New York plastic surgeon Glenn Jelks, MD.

01

If you have fine lines and wrinkles under and around your eyes and you think you need a good moisturizer, you might need fillers and injectables.



BEFORE

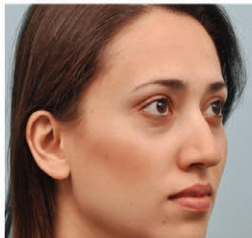
AFTER



To smooth out fine lines, New York oculoplastic surgeon James R. Gordon, MD, used a combination of Botox, Restylane and laser skin resurfacing.

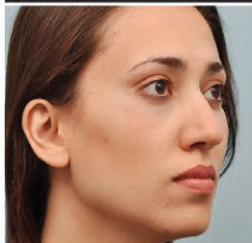
02

If you have deep depressions under your eyes and you think you need a lower blepharoplasty, you might need filler or fat injections.



BEFORE

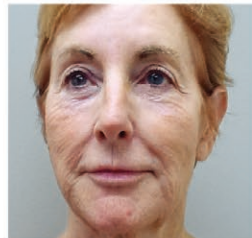
AFTER



New York oculoplastic surgeon Joseph Eviatar, MD, injected Restylane under the eye area to get rid of her tired-looking eyes.

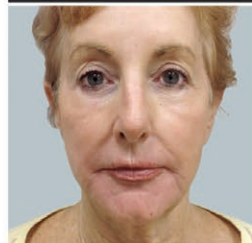
03

If you have crepey skin under your eyes and you think you need major surgery, you might need a peel, a laser or a skin pinch.



BEFORE

AFTER



An Erb-Yag laser was used by Boca Raton, FL, dermatologist Robyn Siperstein, MD, to tackle signs of aging around the eyes.

04

If you have heavy lines and you think you need Botox, you might need a fractional CO₂ or erbium laser treatment.



BEFORE

AFTER



Baton Rouge, LA, dermatologist Ann Zedlitz, MD, erased this woman's superdeep lines with a CO₂ laser treatment.

HOW THEY WORK:

Neuromodulators like Botox, Dysport and Xeomin are often used for softening and erasing lines and wrinkles because they limit the muscle movement that causes those lines and wrinkles to form. "If lines and wrinkles are the problem and there aren't other concerns, surgery isn't the answer. Neuromodulators can knock down the muscle and smooth out the skin, which works well for this type of problem," says Chicago plastic surgeon Peter Geldner, MD. In some cases, fillers also need to be used to fix the issue.

HOW THEY WORK:

Filler or fat can be used under the lower eyelids to fill in depressions. For years, fat was the go-to, but now it's fillers. "I like Restylane Silk because it gives a smoothing effect," says Dr. Geldner. When it comes to injecting filler under the eyes, seek out an expert injector who has experience injecting filler in this area. "Fat can also be used to fill depressions, but it can leave the area bumpy if the skin is thin and too much is used or placed superficially," says Dr. Mohadjer.

HOW THEY WORK:

The texture of the skin under your eyes is important because the area loses collagen and becomes thin and wrinkly with age. "A laser can help tighten the skin, but only so much. If it's excessive, excision may be needed," says Dr. Mohadjer. If there is a decent amount of excess skin, a skin pinch, where a small amount of pinchable skin is removed, can be done. "If you pinch the skin under your eyes and it stays in that shape, there is excess skin. Removing it can make a big difference," says Minneapolis plastic surgeon John Ness, MD.

HOW THEY WORK:

In some cases, a little more help is needed than what an injectable can deliver, and that's where a laser comes in. CO₂ lasers were a mainstay in the '90s because they eliminated some fat and gave a nice tightening effect. But, they had the potential to discolor the skin, which is why they fell to the wayside. Newer lasers, like fractional CO₂ and erbium lasers, deeply penetrate cells under the skin's surface to build new collagen, which results in skin that's smoother and more even in texture.