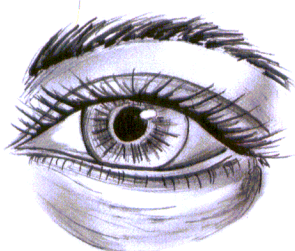


“MY EYES ARE PUFFY AND SWOLLEN; EVERYONE TELLS ME I LOOK TIRED.”



THE UNDER-EYES ARE ONE PART OF THE FACE THAT CAN MAKE US LOOK TIRED REGARDLESS OF HOW MUCH SLEEP WE'RE GETTING. "THIS AREA CAN GET PUFFY DUE TO THE HERNIATION OF FAT OR FLUID BUILDUP. EXCESSIVE FAT HERNIATION CAN BE CORRECTED WITH SURGERY OR A JUDICIOUS USE OF FILLERS UNDER THE EYES," SAYS DR. VASYUKEVICH.



Concerned with under-eye puffiness, this 53-year-old woman sought Short Hills, NJ oculoplastic surgeon Baljeet K. Purewal, MD for an upper and lower blepharoplasty. shorthillseyelidsurgery.com

why it's happening

Many patients request surgery on their upper eyelids due to puffiness and a tired look. Puffy eyelids are the result of fat pads that become enlarged over time. "Eyes get puffy due to a pseudoherniation of fat. The orbital septum, which holds fat in, weakens and the fat appears to stick out," says New York facial plastic surgeon Jennifer Levine, MD. There is also believed to be a genetic component to under-eye bags, but it has yet to be scientifically proven. Chances are, if members of your family have under-eye bags, it's more likely that you could develop them, too.

how to fix it

Fixing bags and puffiness under the eyes usually requires lower eyelid surgery (or lower blepharoplasty). A small incision is made in the lower eyelid and excess skin is removed, fat is removed or repositioned, and the muscle is tightened. "Correction is tailored to the etiology of the problem," says Dr. Levine. "Sometimes fillers can be used to help mask under-eye bags by covering some of the depressions, but surgery is often required to remove the fat or reposition it, in addition to adjusting the skin and muscle." Regular use of skin care products that work to strengthen the skin under the eyes and deplete the area may help, too.

what the expert says

"Attention to detail, knowledge of anatomy and tailoring the procedure to the individual patient are the keys to a successful lower eyelid lift. Some patients may not need skin removal, but may benefit from a transconjunctival blepharoplasty where the incision is inside the lid. Others may need a procedure to lift the brow in addition to removing extra skin," explains Dr. Levine.