

Novel treatments
for rejuvenation
of dark eye
circles, crow's
feet and under
eye bags.

non-surgical eye rejuvenation

BY DR MAUREEN ALLEM | www.skinrenewal.co.za

THE DELICATE SKIN BELOW OUR EYES IS THIN AND IS NOT AS WELL ENDOWED WITH OIL GLANDS AS THE REST OF THE BODY AND IS ONE OF THE FIRST AREAS OF THE FACE TO SHOW AGE-RELATED CHANGES.



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he eyelid skin gets dry, the padding over the orbital bone is reduced and the lower eyelid skin lies pressed on the orbital bone giving the appearance of dark circles. In addition, excess skin around the eyes, prominent under eye bags and the development of crow's feet are a constant reminder of the speed at which we age and can dampen an otherwise youthful appearance. Correcting them can make one look rested and refreshed. Dr Maureen Allem, medical director of Skin Renewal Aesthetic centres, takes a look at non surgical treatment options.

Previously there were no non surgical treatments for ageing around the eyes apart from eye creams that improved the area minimally. The sensitive eye area requires very specific treatments that can powerfully re-model the area and improve elasticity and collagen strength of the eyelid skin. This is all now possible with innovative treatments such as Restylane – a dermal filler, and rejuvenating treatments such as Carboxytherapy - non surgical solutions to dark eye circles and under eye bags.

RESTYLANE DARK CIRCLE EYE REJUVENATION

A smart new technique is to improve the dark eye circle and appearance of an under eye bag is to fill in the hollow tear trough with a hyaluronic acid filler such as Restylane which plumps up the skin in this area and allows light to be reflected, improving the dark ringed and eye bag effect. This tear trough rejuvenation contours the lower eyelids in a safe and minimally invasive way and brings back a youthful volume but its best to consult an experienced aesthetic doctor to do the treatment. There is hardly any pain involved during the procedure and the best part is that one can see results instantly. The cost of the procedure ranges from R2000 depending on the amount of Restylane needed and the effect can last for 18 to 24 months.

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CARBOXYTHERAPY EYE REJUVENATION:

For those patients who are nervous about the effects of Botox®, a new technology known as Carboxytherapy offers an alternative to improvement of crow's feet, under eye bags and dark circles. The theory behind this treatment is that by mildly insufflating the lower eyelids and crow's feet with carbon dioxide, blood flow and oxygenation to the area is increased resulting in improvement in eyelid texture, crow's feet, hyperpigmentation and tissue luminosity.

During the treatment the sensation can be likened to a dull throb or pressure and the mild discomfort lasts two to four minutes. The theory behind this treatment is that by mildly insufflating the lower eyelids with carbon dioxide, blood flow and oxygen to the area is increased resulting in improvements to the skin texture and colour. Four to six treatments are needed every four weeks and the results appear to be accumulative and permanent. The cost per treatment ranges from R1000 but its best to consult with an aesthetic doctor to rule out any contraindications to treatments in this delicate area. Traditionally, the only option to rejuvenate the eye area was eye lift surgery to remove excess skin and fatty bags. The new trend today is not to surgically remove too much fat around the eye area the as this can lead to a "hollowing" of the eyes a few years down the line. With the advent of novel non surgical treatments such as Restylane and Carboxytherapy, virtually any patient in their twenties or above can be a candidate for a little tightening and dark circle correction around the eye area. Both Restylane and carboxytherapy can be safely performed on all skin types with no downtime- truly walk in, walk out procedures. ●