

in the spotlight



Rejuvenation of the *Eyelids* and *Eyebrows*

The eyes truly are the windows to the soul. Unfortunately, the periorbital region (eyelid/eyebrow and surrounding tissue) is the area of the face that often shows the earliest signs of aging as well. Often, patients complain of looking tired or mean when they feel just fine.

Many issues can present themselves in the periorbital region. Early, there is often wrinkling to the sides of the eyelids ("crow's feet") and some descent of the eyebrows. As the eyebrows descend, they push down the upper eyelid skin making it appear redundant. This situation may be helped with Botox around the eyes which can elevate the eyebrows in many individuals by 2-3 mm, and can improve the appearance of crow's feet. Although temporary (lasting on average 4-6 months), Botox can be quite effective and slow down the signs of aging around the eyes.

As gravity, time and sunlight exposure continue to weaken the skin's elasticity, over time, the eyebrows will descend and the upper and lower eyelid skin will weaken to such an extent that Botox will no longer be effective enough to give the patient a rejuvenating result. Here, it is necessary to raise the eyebrows surgically to a more desirable position.

There are traditional coronal lifts that can be performed where an incision is made along the scalp from ear to ear allowing access to the brows. Although quite effective, we don't often do this procedure unless the patient already has such a pre-existing scar. Generally, we perform the brow elevation through a minimally invasive approach ("endoscopic brow lift") performed via a number of small access incisions at or within the hairline, utilizing small cameras. The brows are suspended in their new position with small resorbable screws, temporary titanium screws or sutures. This will not only place the eyebrows in an improved position but will lessen the amount of apparently excessive upper eyelid skin that is present.

Excess upper eyelid skin is often well addressed with an "upper blepharoplasty". Here, a small incision is placed in the upper eyelid skin within one of the folds, and excess skin is trimmed, improving the appearance by lessening the amount of tissue hanging over the eyelashes. Over time this excessive tissue, if left untreated, can even obstruct peripheral vision.

As we age, the fat that is normally protecting the eyeball within the eye socket starts to herniate through areas of weakness in the muscle that surround the eye, leading to "baggy eyelids". Often, this is associated with wrinkling of the overlying skin. The fat can be removed or rearranged through a hidden incision within the eyelid or through a small incision on the eyelid itself in advanced cases. The skin can be treated with lasers or peels to improve the appearance of wrinkling.

The goals of surgery in the periorbital region are a fresher, more rejuvenated appearance. Recovery times vary but most patients can resume light activities in a few days and normal activities within a couple of weeks.

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