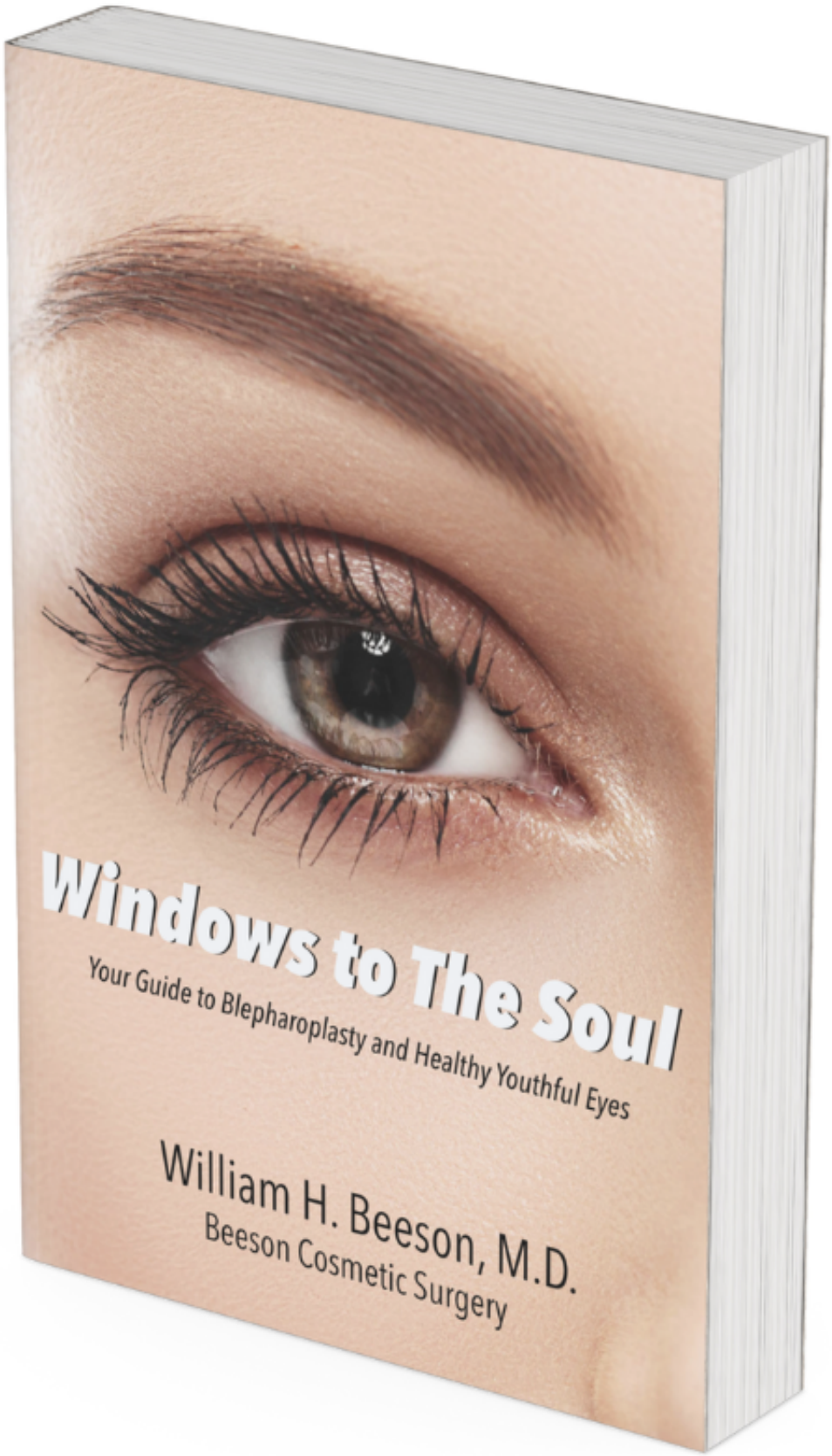
Windows to The Soul
Your Guide to Blepharoplasty and Healthy Youthful Eyes
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I. Why Should You Consider Blepharoplasty?

Eyes are one of the first areas to show aging. Some people refer to the eyes as the “windows to the soul.” They are certainly the focal point of the face. Increased laxity of skin can portray a tired, sad, or even melancholy appearance, when in actuality we feel otherwise.

What is Blepharoplasty?
Blepharoplasty surgery, or the eyelid tuck as it is sometimes called in layman’s terms, primarily gives us a more rested appearance by reducing the excess skin and fatty tissue, which can develop in both the upper and lower eyelids with aging.

The Importance of Appearance in Our “Visual Era”
We live in a visual era. In our culture, people have come to expect any kind of communication to be a "visual" experience. From YouTube, to Facebook, to Instagram, the way we communicate and interact with others has a predominant visual component.

How you look (the visual impression you make) has a significant impact on how others interact with you. Psychologists note that our appearance plays a role in the way our feelings and attitudes are reported by others.

What Studies Say About The Importance of Appearance
Studies show that when it comes to feelings and attitudes being portrayed, the words we say account for 7%; the way we say it accounts for 38%; and what people see accounts for 55% of perception.

There is a physiologic reason to support us being "visually centric" people. Studies show that 90% of information transmitted to the brain is visual, and visuals are processed 60,000 times faster in the brain than text.

69% SAY THAT **"LOOKING MY BEST" IS IMPORTANT** FOR DAILY ACTIVITIES (SUCH AS VOLUNTEERING AND RUNNING ERRANDS)

64% SAY THAT **"LOOKING FIT AND HEALTHY,** AND BEING ON TREND WITH FASHION AND BEAUTY **CONTRIBUTES TO MY CONFIDENCE"**

62% OF CONSUMERS IN THE US **WANT TO REVITALIZE THE WAY THEY LOOK**

63% OF CONSUMERS WOLDWIDE FEEL OVERALL **APPEARANCE IMPACTS HOW SUCCESSFUL THEY ARE** IN LIFE

32% OF CONSUMERS WORLDWIDE ARE **CONSIDERING A FACIAL INJECTABLE TREATMENT** IN THE NEXT YEAR

54% OF WOMEN WORLDWIDE CONSIDER **UNDER EYE BAGS TO BE A TOP CONCERN**

36% OF WOMEN WORLDWIDE STATED THAT **WRINKLES UNDER THEIR EYES ARE A TOP CONCERN**

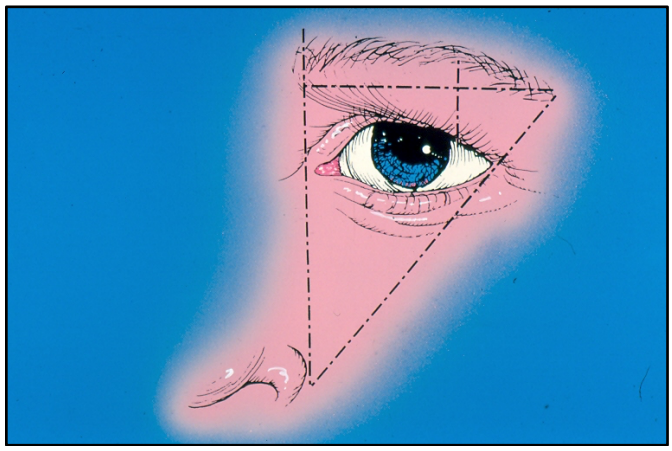
TOP CONCERNS WORLDWIDE ARE **UPPER FACIAL LINES AND WRINKLES**... REGARDLESS OF AGE

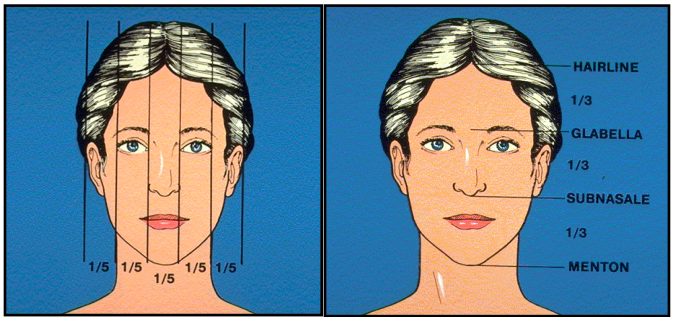
II. Beauty is Symmetry and Proportion

The traditional concept of beauty relates that beauty is harmony, and that comes down to symmetry and proportion. How does “looking good” (making our face and body more symmetrical and proportional), translate into “feeling good”?

Studies reported in the Journal of Evolution Human Behavior note that physically attractive woman were judged to be healthier. Rhodes reported research showing a distinct correlation between facial symmetry and perceived attractiveness and good health. As a result, making your face more "proportional" and "symmetrical" by means of cosmetic surgery, may help to project a healthier image!

How To Analyze Your Face





The basic tenets utilized by a portrait painter, can also be utilized by a patient to analyze their own face. Ideally, the face can be divided into equal one-thirds in the vertical dimension by lines at the forehead, eyebrows, base of the nose, and chin. Horizontally, the face should be 5 eye widths [5 times the width of an eye]. If the nose or chin is out of proportion to the other facial features, correction can provide significant harmony. From the profile, the chin projection should be in line with the lower lip. Any deficiency may be corrected with chin augmentation.

The Appearance of Your Eyes

In regards to our eyes, their appearance is an individual characteristic. This is due in part to the shape of the bony cavity (the orbit). Some people have a very prominent superior orbital rim, which affects the shape of the periorbital area. Little can be done to alter bone structure of this area.

In some cases, the depth of our eyelid crease is determined by the amount of cartilage in the eyelid area. This is an inherited characteristic and there is a limit to how much can be modified. For example, an individual with small eyelid fissures may be able to obtain significant improvement in the appearance of their eyes and a well-rested look, but may never be able to obtain a large, deep-set upper eyelid fold due to their anatomy.

III. When Should You Consider Blepharoplasty?

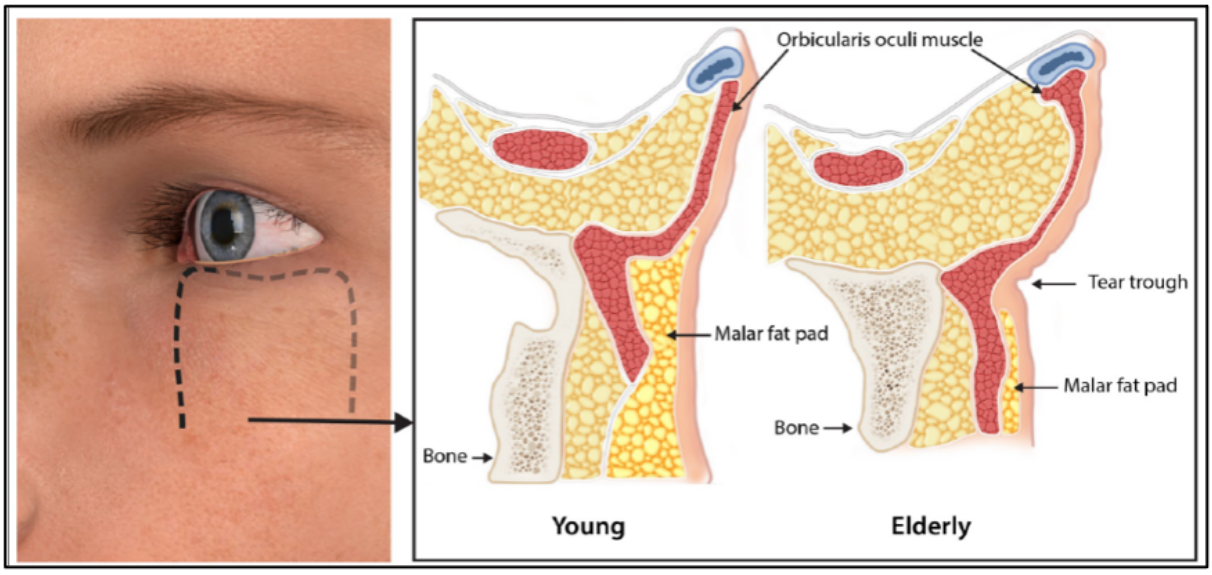
Individuals show changes in the eyes at varying ages. The average person as early as age 25 may have enough laxity in the upper eyelid that they can obtain significant improvement and at approximately 25-30 for the lower eyelid. However, our individual anatomy in this area varies so greatly that a good rule of thumb on the time to seek blepharoplasty is:

For Women:
When it becomes difficult to place eye shadow on the upper eyelids

For Men:
When a good night's sleep doesn't get rid of puffiness in the lower eyelids.

Droopy eyelids are often due to laxity in upper eyelid skin. Infrequently, a droopy eyelid may be the result of an abnormality in one of the upper eyelid muscles. A small muscle called the levator aponeurosis can sometimes lose its attachment to the cartilage in the eyelid, or can become dysfunctional with age. When that occurs, the eyelid can drop. This usually occurs unilaterally. In this condition, the muscle needs to be tightened, furthermore the excess skin and fatty tissue in the upper eyelid area needs to be removed. Following these modifications, there can be significant improvement; however, there will always be some asymmetry.

The entire eyeball is surrounded by adipose tissue (known in layman's terms as fatty tissue). With aging, adipose tissue can bulge forward, especially in the lower eyelid, and form a hernia, just like in any other part of the body.



The dark circles that people complain about are oftentimes not due to pigmentation in the lower eyelids (although that can occur in rare instances), but rather the result of a shadow effect caused by this excess adipose tissue. This leads to a convex bulging to the lower eyelid with a resultant concavity that causes the shadowing effect. This is the reason the condition may appear more severe in various kinds of light. The condition may be worsened during a woman's menstrual cycle, or when one is eating or drinking an increased sodium diet.

Both of these conditions result in increased fluid retention by the body. The adipose tissue attracts this fluid, which results in an increase of bulging in this area.

Transconjunctival Blepharoplasty
If the condition is detected early, the adipose tissue can be removed simply by using a laser on the interior part of the lower eyelid, and removing the fat without any external incision. This type of procedure is called a transconjunctival blepharoplasty.

Traditional Blepharoplasty
The adipose tissue is removed and the skin re-drapes into its normal position. However, if the condition has persisted too long, or the skin laxity has markedly increased, then both the skin and adipose tissue need to be removed. In this scenario, the traditional blepharoplasty would be the ideal procedure.

IV. The Blepharoplasty Procedure

How is The Procedure Performed?
Blepharoplasty is usually performed under twilight anesthesia on an outpatient basis. The skin is then removed, as well as the excess fatty tissue from the medial (inner) most portion of the eyelid. In some cases, the upper eyelid muscle may be contoured. The incision is closed with dissolvable sutures and/or sutures that run underneath the skin and can be painlessly removed after 1 week. Within approximately 1 week, the incision conforms to the natural contour of the eye, and is hidden in the eyelid fold. Laterally, it blends into the fine eyelid creases in the outer part of the eye.

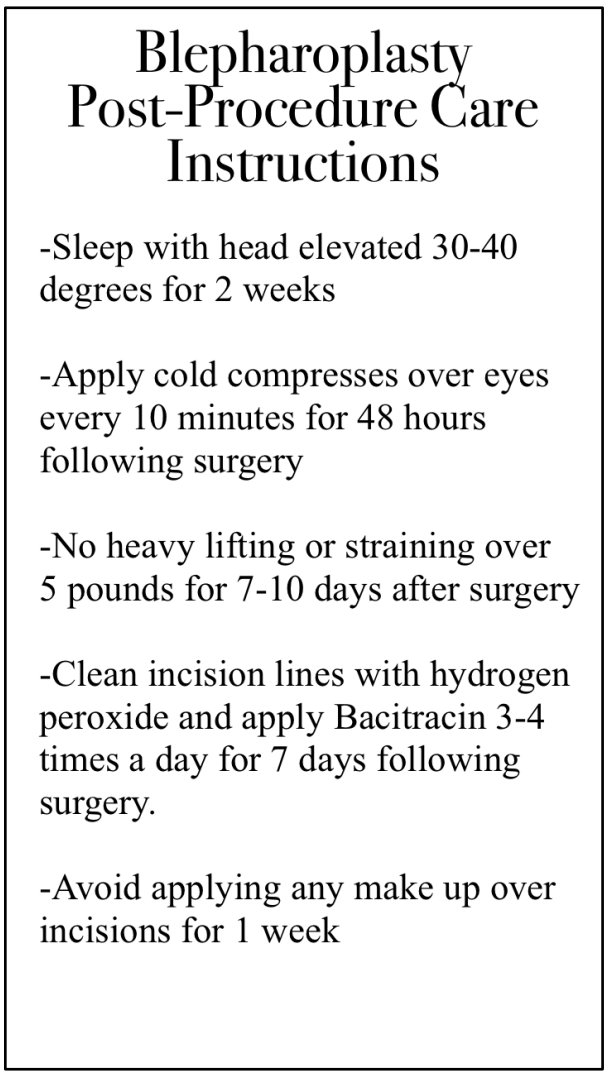
In the lower eyelid, an incision is made several millimeters below the eyelash line and is carried laterally into the skin crease. The skin and muscle are reflected down. Three fatty tissue pockets in the lower eyelid are opened, and excess fatty tissue is then removed. The skin and muscle are then repositioned, and excess skin is removed. The incisions are closed with interrupted dissolvable sutures. Frequently, special tape is used to support the lower eyelid area for a week after surgery. This not only helps to reduce the amount of swelling and bruising, but also allows an increased amount of extra skin to be removed more safely.

If the only problem in the lower eyelids is bagging secondary to excess fatty tissue, the laser can often be used with no external incision. In this case, the laser removes the fatty tissue from inside the eyelid, with no incision on the outside of the eyelid. That being said, if excess fatty tissue has resulted in stretching of the lower eyelid skin, then both fatty tissue and skin need to be removed via traditional blepharoplasty with an external incision.

How Long Do The Results of Surgery Last?
Patients will commonly ask how long eyelid surgery lasts. With the tissue removed, the patient will always look better than they would have had they not elected to have eyelid surgery. Unfortunately, we continue to age, so there will always be changes in this area. We are fortunate that eyelid changes do not occur as rapidly after surgery as changes in other areas. This appears to be due to the fact that the fatty tissue does not recur. Furthermore, the eye is located within the bony structure, and appears to be somewhat protected by both the gravitational and environmental effects of aging. This is a sharp contrast to the cheek, jowl and neck areas, which sometimes require tuck-up procedures following a facelift.

The additional tightening of skin and removal of wrinkles around the eyelid area can be achieved using various types of chemical peels. Each type of peel varies in the degree of wrinkle removal and tightening that is obtained. Some provide an increased lightening effect to the skin in the eyelid area. A new development in recent years has been the use of the laser to resurface or rejuvenate eyelid skin.

V. Blepharoplasty Recovery



Following eyelid surgery, an individual needs to sleep with their head elevated approximately 30 degrees for the first 2 weeks following surgery. They need to refrain from lifting over 5 to 10 pounds, or activities that result in heart rate elevation for the first 7 to 10 days following surgery. This will help to minimize the amount of swelling and bruising.

Eyelid incisions are cleansed with hydrogen peroxide-soaked Q-tips 4 to 5 times a day during the first week. The patient can wash over these areas or get in the shower, as long as the shower spray does not directly hit the face. In fact, this is encouraged in order to accelerate the wound healing.

Makeup can be applied after 7 days. Applying makeup sooner could result in irritation to the incision lines and should be avoided.

Ice water-soaked compresses are applied to the eyelid area constantly for the first 48-72 hours following surgery. This is critical in helping to reduce swelling and bruising, decrease discomfort and accelerate wound healing. Ice packs work well, but do not contour into all areas of the eyelid and therefore increased swelling and bruising can result. This problem is eliminated with wash cloths soaked in ice water.

One needs to limit eyelid movement for the first 48 hours after surgery. This means they should keep their eyes closed as much as possible and use the cold compresses. If an individual is reading, watching TV, or doing paperwork immediately following surgery, each time they blink their eye they are pulling and stretching the incision lines. This obviously will decrease healing and result in more swelling and bruising. During those first 48 hours the patients should have as much eye rest as possible.

Most patients find that at the end of 1 week, they can resume their normal activities and have significant improvement in their appearance as compared to before surgery. Makeup can be used to camouflage the minimal swelling and bruising that can occur in some patients.

When transconjunctival blepharoplasty is performed, patients can often return to normal social and work activities within 48 hours. Advances in laser technology allow this surgery to be performed with much less discomfort, bruising and swelling. However, this procedure can only be done if there is good elasticity to the lower eyelid skin.

VI. How to Make Your Eyes More Youthful

As previously mentioned, eyes are one of the first areas on the face to show signs of aging. This is a result of the skin around our eyes being extremely thin and delicate. These signs of aging often come in the form of dark circles, “crow’s feet”, and swelling. Blepharoplasty is the “gold standard” for rejuvenating eyes, and can make a tremendous difference in our appearance. However, there are other options for those people who are unable to undergo surgery.

Signs of Aging Around The Eyes

“Crow’s feet” are one of the major signs of aging around the eyes. They are tiny lines that surround the eyes. Over time, they gradually become more noticeable. These lines are both dynamic (movement) and static (resting) wrinkles and lines.

Dynamic muscle activity, such as squinting, can cause wrinkles to develop. These orbicularis oculi muscles also help to aid in reflecting our emotions of happiness and pain.

Environmental factors, such as sun and wind, can take their toll on the skin around the eyes. As a result, eyelid tissue loses collagen and elastin, which reduces skin elasticity. This ultimately results in irregularities, excess skin, wrinkles, and folds.

For women, menopause can also affect your skin. During menopause, many women are suddenly deficient in their main estrogenic hormone: B–estradiol. This deficiency can result in a breakdown of supportive fat that lies underneath the skin surface. This can subsequently result in a sagging and wrinkled appearance.

The Key to More Youthful Eyes

The good news is that there are treatments to prevent aging around the eyes. Eye creams can help prevent periorbital wrinkles and “crow’s feet”. These creams hydrate the eyelid, which results in decreased wrinkles and fine lines. Unfortunately, it only lasts 8-12 hours. Sunscreen with a sun protection factor (SPF) of 30 or above can help reduce the negative effects of ultraviolet light. Ultraviolet light breaks down collagen and elastin, facilitating development of “crow’s feet”.

While surgery is considered the standard for aging eyes, there are other options that bridge the gap between surgery and eye creams:

Botox
Neuromodulators can relax the muscles around the eyes (orbicularis oculi muscles). They are a popular remedy for “crow’s feet”. The effect is not permanent, but it does last 3-4 months on average.

Fillers
Dermal fillers can be injected around the eyes. They help tighten the skin, smooth the contour, and reduce “crow’s feet”. The effects are not permanent, but in selected patients, they can provide excellent results.

Fat
For individuals who do not desire to use dermal fillers, fat grafting may be an alternative. In these cases, the patient’s own fat is removed, processed and then injected with special cannulas to provide contouring around the eyes. They can be especially effective in helping to not only add volume, but also reduce under–eye hollows. The advantage is that it is your own tissue (autologous).

Lasers and Chemical Peels
Lasers and chemical peels can be an effective way to rejuvenate the eyes. Both procedures remove the top layer of the skin and penetrate into the deeper layers. This stimulates the production of new collagen. An ointment such as Vaseline is applied to the treated area several times a day for the first week. Most people are able to return to normal activities and apply makeup within 7 days. The procedure is usually performed as an office procedure. In selected patients, the procedure can provide excellent and long-lasting results.

VII. Dealing With Crow's Feet

At some point, we have all looked into the bathroom mirror and become distressed over the lines and creases around our eyes. Although it may seem like it happened overnight, those small lines (known as "crow's feet") gradually occur over time, and can make us look older and tired.

Luckily, there is hope! Eye creams with antioxidants and strong moisturizing agents can help hydrate and "plump up" the skin, to help to camouflage the lines. Unfortunately, this is only temporary: lasting 8-12 hours.

My personal favorite is Effulgere Eye Serum. It contains antioxidants which stimulate fibroblast collagen production and jojoba oil. Jojoba oil is an excellent moisturizer and creates an environment which repairs damaged stratum corneum (top layer of the skin) by increasing the level of hydration.

What Are Crow's Feet?

Crow's feet are often one of the first signs of aging that many of us experience. This is because the skin around our eye area is thin, making it more susceptible to the internal and external factors that can cause skin aging.

There are two types of crow's feet lines: dynamic (movement) and static (resting). Dynamic wrinkles are the result of muscle activity, such as: squinting to protect our eyes from strong sunlight; squinting to aid in focusing to improve our sight; or the squinting associated with expressing our emotions of happiness or pain.

In addition to increased muscle activity fostering wrinkles, the sun, environmental irritants, and the general aging process can cause the delicate tissue around our eyes to lose collagen and elastin, which eventually results in reduced tissue elasticity and the formation of wrinkles and folds.

The sun (UVA and UVB rays) is one of the primary reasons for skin wrinkling. These rays penetrate into the skin, and cause the breakdown of collagen and elastin. This is why wearing a broad-spectrum sunscreen with a SPF 30 or above is so important!

Environmental pollution can also cause skin wrinkling. From secondhand cigarette smoke, to car exhaust, air pollution can have a negative impact on your skin, due to the release of free radicles. This is why we recommend layering an antioxidant under your sunscreen. Antioxidants attach to these oxygen free radicles and reduce their effects.

Treatment Options

While we cannot stop the conveyor belt of time, nor the sun from shining, the following treatments can help reduce and/or resolve your “crow’s feet” problem:

Sunscreen
Reduce collagen breakdown by using a sunscreen with an SPF of 30 or above. Apply sunscreen last.

Antioxidants
Use an antioxidant cream (vitamin C creams; Effulgere Eye Serum, etc.) under both your makeup and sunscreen, to absorb oxygen free radicles and help to stimulate collagen formation.

Hydrate (Plump Up)
Use a strong moisturizer to hydrate and “plump up” your skin, to temporarily minimize skin wrinkling.

Botox
Use Botox or other neuromodulators, such as Dysport, to help reduce dynamic skin wrinkles caused by contraction of your orbicularis oculi muscles (squinting).

Fillers
Some doctors treat wrinkling around the eyes with dermal filler (hyaluronic acid) injections. Results can vary widely depending on one's anatomy and amount of skin laxity. It should be noted that significant complications, such as blindness, have occurred as a result of injections in this area. As a result, be sure you have an experienced physician for treatments in this area.

Chemical Peels and Lasers
For treatment of deeper, persistent wrinkling in the periorbital area, phenol based chemical peels and carbon dioxide laser resurfacing can both provide excellent, long-term results. They help to remove wrinkles, improve skin elasticity, and provide up to 20% "tightening" of your skin. However, both take approximately 7 days to heal, during which time you need to keep the area covered with a thick layer of Vaseline. Furthermore, avoid wearing makeup for 1 week.

VIII. Understanding Dark Circles Under the Eyes

Similar to crow's feet, dark circles are another unpleasant appearance that we often find around our eyes. What causes these dark circles and how can we prevent them from occurring?

Causes of Dark Circles

Genetics
Hereditary factors can contribute to the development of dark circles under the eyes. If your parents or close relatives have dark circles, you may be more likely to experience them as well.

Thin or Aging Skin
As we age, the skin around the eyes tends to become thinner, which can make blood vessels more visible and result in the appearance of dark circles.

Allergies
Allergic reactions, such as hay fever or contact dermatitis, can lead to inflammation and swelling around the eyes, causing dark circles.

Lack of Sleep or Fatigue
Insufficient sleep, excessive tiredness, or irregular sleep patterns can make the skin appear paler, emphasizing the underlying blood vessels and resulting in dark circles.

Sun Exposure
Prolonged sun exposure can stimulate the production of melanin: the pigment responsible for skin color. Increased melanin production can darken the skin under the eyes.

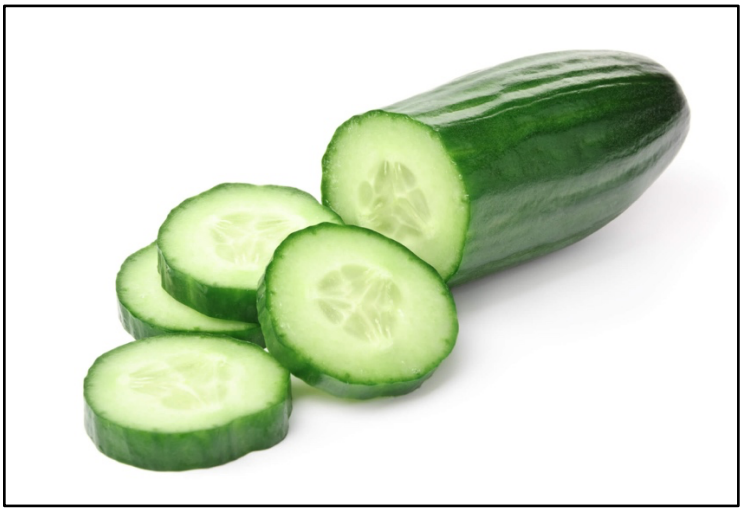
Treatment Options For Dark Circles

Healthy Lifestyle Habits
Maintain a consistent sleep schedule and aim for 7-8 hours of quality sleep per night. Manage stress levels, incorporate regular exercise, and follow a balanced diet rich in fruits, vegetables, and whole grains. Hydrate your body by drinking an adequate amount of water throughout the day.

Protective Measures
Shield your skin from harmful UV rays by not only wearing sunglasses, but also applying sunscreen with a high SPF around your eyes. Use a moisturizing eye cream, such as Effulgere Eye Serum, to keep the delicate skin hydrated and supple. Effulgere Eye Serum is formulated to moisturize, as well as facilitate rejuvenation of the stratum corneum, by increasing hydration. Effulgere Eye Serum contains an array of powerful antioxidants, including carnosic acid, and interacts with the natural sebum of the skin to form a very thin, non-greasy lipid layer.

Allergy Management
If you have known allergies, consult with a healthcare professional to identify triggers and develop an appropriate management plan. Avoid allergens whenever possible and use prescribed medications as directed.

Home Remedies
Apply cold compresses, such as chilled cucumber slices or tea bags, to the under-eye area to reduce puffiness and promote circulation. Use over-the-counter creams containing ingredients like vitamin C, retinol, or hyaluronic acid. This may help improve the appearance of dark circles.



Medical Treatments
In some cases, professional treatments may be recommended, such as: chemical peels, laser therapy, dermal fillers, or prescription creams specifically designed to address dark circles. Consult with us for personalized advice and treatment options.

Dark circles under the eyes can be caused by a combination of genetic factors, lifestyle habits, and skin-related issues. By adopting a healthy lifestyle, protecting your skin, managing allergies, and exploring appropriate treatments, you can significantly reduce the appearance of dark circles. Remember, each individual is unique, so consult with us to determine the underlying cause of your dark circles and develop a personalized treatment plan that suits your needs.

IX. How to Deal with The Rise of Digital Eye Strain

We live in a visual society that includes an endemic use of cell phones and iPads. It is not surprising that digitalize strain has become an increasingly common problem. Headaches in the forehead area are usually related to the vision, while those in the temporal area are usually secondary to tension. Blurred vision is also a common sign. If it resolves with blinking, then it is usually an indication that tear film has been disrupted due to lack of blinking. This leads to dry, sore, and red eyes. Fortunately, there are three easy ways to minimize impact of screen use on our eyes.

Tip #1
Position screens about an arm's length away and slightly below your line of vision.

Tip #2
Pointing the screen away from bright lights will help reduce glare and eye fatigue.

Tip #3
Remember the 20–20–20 rule: Look away from screen for 20 seconds, at something 20 feet away, every 20 minutes.

X. Protecting Your Eyes From The Sun

Almost everyone is aware of the dangers of sun exposure to the skin. However, most people are not aware that sun exposure can also be detrimental to your eyes. Sunlight (ultraviolet or "UV" radiation) can cause significant damage to unprotected eyes.

There are two types of UV radiation. UV- A is the longer wavelength radiation and usually induces skin tanning and browning. UV-B is the shorter wavelength radiation that causes blistering sunburns and is associated with skin cancer. Exposure to intense sunlight can result in a burn to the surface of the eye, much like sunburn to the skin. With the earth's diminishing ozone layer, much less UV light is filtered out, making humans more susceptible to UV rays.

You do not have to be sunbathing at the pool on a hot day to be at risk. UV light is strongest when reflected off snow, sand or water. Even light reflected off the pavement can produce injury.

Ultraviolet light in excess has been attributed to a number of eye medical problems:

Burns
Over-exposure to ultraviolet light can cause a sudden, but temporary, painful burn to the eye surface. Photokeratitis can occur a few hours after activities such as skiing or sunbathing.

Cataracts
Exposure to UV radiation over many years can cause cataracts: a clouding of the lens.

Pterygium (Pronounced Te-ri-je-um)
This is a benign growth on the eye's surface, which can be a result of chronic UV exposure. The growth might need to be surgically removed to improve the patient's vision.

Macular Degeneration
This is a condition that causes age-related damage to the central vision area. It is a major cause of blindness in Americans over 50 and has been linked to chronic UV exposure.

Cancer
Cancer to the eyelids, as well as the skin around the eyes, has been traced to UV overexposure.

The Sunglasses Solution

Wearing sunglasses is an excellent method of UV protection. While some contact lenses are now available with UV protection, they are not substitute for sunglasses. Sunglasses can block out 99%-100% of UV-A and UV-B radiation. As a general rule, if you are in enough sunlight to cause sunburn, you need to protect your eyes.

Tips For Purchasing Sunglasses

Check The Label for UV Protection
Look for 99%-100% protection of UV-A and UV-B. Most sunglasses coated with UV blockers block the UV-B rays, but the cheaper sunglasses may have less blocking of UV A rays.

Look for Sunglasses That Are Close-Fitting
Close-fitting sunglasses, sunglasses with larger lenses, and wrap-around sunglasses prevent light from entering through the sides.

Look for Polarized Lenses
These are very helpful in reducing glare from light reflected off snow, water or the road. Light consists of particles called photons, which travel in waves. Polarized sunglasses have a protective layer bonded on the lens, which allows only vertical waves. Most of the reflected waves are coming in a horizontal direction and are blocked, resulting in more clear vision with reduced glare.

Be Cautions of Dark-Colored Sunglasses
A chemical coating applied to the lens is responsible for its UV protection, not the color of the lens. However, besides UV light, brightness is an issue as well.

Clear glass transmits 90% of light. As the glasses get darker, less and less light goes through. Lightly tinted lenses let in 75%- 80% of light. Military standards specify that only 15% of light should penetrate.

You can still see very well with 10%-12% light, but most people do very well in the 20% range. The overall best color is gray. It absorbs light across the spectrum equally. 8% of men and almost no women have color deficiencies (previously referred to as “color blindness”). Depending upon the deficiency, you need to select a certain tint of sunglasses. Gray is safest for men. Women should go with gray, green, or brown. Rose- colored sunglasses or mirror sunglasses are not good protectors.

XI. Conclusion

Our eyes are the focal point of our faces. Some people even refer to them as the "windows to the soul". With that in mind, we want to do everything to make them look as youthful and healthy as possible. That goal can be difficult when you consider that eyes are one of the first areas on the face to show aging. Fortunately, there are methods of rejuvenating our eyes and providing us with a more rested appearance:

Blepharoplasty can reduce the excess skin and fatty tissue that develops in both the upper and lower eyelids with aging. This can keep the eyes looking youthful for about 10 years.

Eye Creams can hydrate the eyelids, which results in temporarily decreasing wrinkles and fine lines around the eyes. This can keep the eyes looking youthful for about 8-12 hours.

Botox can relax the muscles around the eyes, and eliminate crow's feet. This can keep the eyes looking youthful for about 3-4 months.

Dermal Fillers can tighten the skin and smooth the contour around the eyes. This can keep the eyes looking youthful for about 6 months.

Fat Grafting can provide contouring around the eyes, by utilizing an injectable sample of the patient's own fat.

Lasers can increase the richness of the eyes by removing the epidermis (top layer of the skin) around the eyes, resulting in a new production of collagen. Chemical peels can provide a similar solution.

It is also worth remembering that not every solution to improving the appearance to our eyes involves medical treatment.

- Getting a sufficient amount of sleep each night can eliminate dark circles under the eyes.

- Taking breaks and keeping distance can minimize the impact of screen usage on our eyes.

- Choosing the most optimal sunglasses can protect our eyes from the sun.

By being conscious about the choices we make, we can both improve and protect the appearance of our eyes.

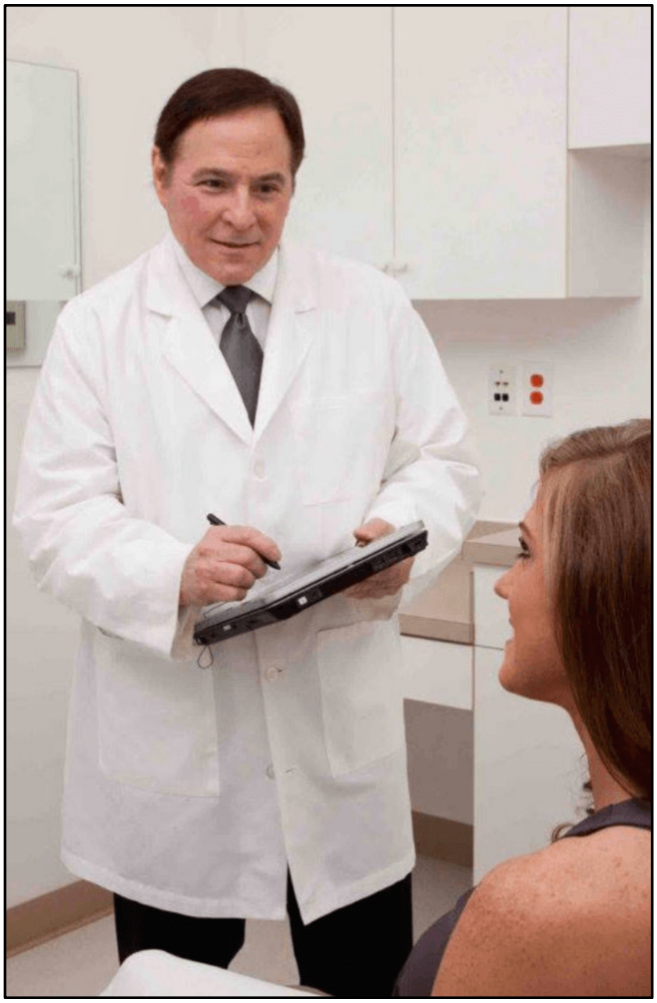
XII. About The Author

A graduate of the Indiana University School of Medicine, William H. Beeson, M.D. completed his residency at Indiana University Medical Center in Otolaryngology – Head and Neck Surgery. He then completed a fellowship with the American Academy of Facial Plastic and Reconstructive Surgery. He is triple board certified – American Board of Otolaryngology, American Board of Cosmetic Surgery, and the American Board of Facial Plastic and Reconstructive Surgery.

Dr. Beeson had the first facial plastic surgery facility accredited by the Accreditation Association for Ambulatory Health Care (AAAHC). He is a Past President of the American Academy of Cosmetic Surgery, a Past President of the Indiana State Medical Association, a Past President of the Indianapolis Medical Society, a Past President of the International Society for Cosmetic Laser Surgery, and current President of the International Aesthetic Stem Cell Society.

Awards include the Distinguished Alumni Award from the Indiana University School of Medicine, the President's Award from the American Academy of Cosmetic Surgery, the Scholastic Award from the American Society for Head and Neck Surgery, and the John Clark Leadership Award from the Federation of State Medical Boards. Dr. Beeson was made a Sagamore Wabash by Gov. O'Bannon and named a Distinguished Hoosier by Gov. Daniels.

He is a Clinical Professor at the Indiana University School of Medicine in the Department of Dermatology and the Department of Otolaryngology – Head and Neck Surgery, as well as the author of several medical textbooks and numerous medical journal articles. A frequent speaker at Cosmetic Surgery meetings, Dr. Beeson has been asked to lecture throughout the United States, in Europe, Australia, and in Asia.



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