

## ~ Options for Rejuvenating Tired-Looking Eyes ~



**Timothy M. Jochen, M.D**

One of the most common requests I get as a cosmetic surgeon is from people who want to restore their bright-eyed appearance. Here are a few solutions to consider for eye rejuvenation.

Many of you may recall the dismay of finding the first telltale sign of aging around your eyes. I know I do! Small fine lines under or around the eyes typically begin to appear in the 20s. For those just starting to experience fine lines, sunscreen and protecting your eyes from the sun with a broad-brimmed hat and sunglasses will be your best defense along with a good eye cream that can both prevent further sun damage and aid in refreshing.

### **Botox and Dysport Can Make Crow's Feet Fly Away**

Over time, those fine lines and wrinkles can become more pronounced – enter crow's feet. Some people are simply more prone to crow's feet than others. One of the most popular and affordable treatments we offer is Botox and Dysport to relax the muscles that cause those annoying lines. It only takes a few units to treat this area with results lasting for up to four months.

### **Radio Frequency and CO<sub>2</sub> Laser**

For crow's feet and deeper wrinkles around the eyes, there are other non-surgical treatments that can smooth and soften wrinkles in the delicate eye area. Sublative is a device that uses fractionated bipolar radiofrequency and is especially effective for the eye area. It restores elasticity and can provide some tightening of



Princess Karen Cantrell

laxity in the upper lids and the skin around the eye, as well as soften wrinkles with good results. Fractional CO<sub>2</sub> laser resurfacing is a deeper treatment and can make a noticeable difference – taking years off a person's appearance.

### **Facial Fillers Treat Under Eye Hollowness**

Under-eye hollowness can make a person look older than they feel. This loss of facial volume can be restored with dermal fillers. I especially like Restylane Silk for the under eye area. It's a new, small-particle hyaluronic acid filler.

### **Eyelid Surgery – A Big Wow Procedure**

One of my favorite procedures to perform is blepharoplasty – upper and lower eyelid surgery. For a person who has sagging eyelids or under-eye bags, this outpatient procedure, done in 10 minutes, offers dramatic results. One of my favorite stories to tell is when I did this procedure on Karen Cantrell. She only had topical numbing and local anesthesia and so we were talking during the procedure and she asked me, "When are you going to start," and I said, I'm finished.



Before



After

I consider blepharoplasty a "wow procedure." If excess skin on your upper lids or bags below your eyes are making you look tired, this is a procedure that can really rejuvenate your eyes.

### **Contour Dermatology Locations**

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**Palm Springs**  
**Santa Monica**  
**Irvine**

42-600 Mirage Road  
1180 North Indian Canyon Drive  
2500 Broadway Avenue, Building F  
7545 Irvine Center Drive

Building A-1  
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Suite F-125  
Suite 200

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**310-817-2662**  
**949-682-8902**

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