

FIXING 'GROOVY' EYES

PUFFY EYES CAN MAKE THE FACE LOOK OLD AND TIRED. ONE CAUSE IS THE SAGGING OF THE TEAR TROUGH — A GROOVE UNDER THE EYE THAT DEEPENS WITH AGE. HERE ARE SOME NON-SURGICAL WAYS TO IMPROVE TEAR TROUGH 'DEFORMITIES'.



The tear trough is a depression or groove that begins at the inner corner of the eye and angles down and out towards the cheek.

Although sometimes called a 'deformity', the tear trough is a natural valley that gives the eyes and cheeks their normal shape and definition. However, this contour can become deeper with age.

DEEPENING SHADOWS

As one gets older, the skin loses its elasticity and fat. This loss of volume results in skin and muscle tissue laxity. Overall, this leads to wrinkles and a loss of definition in the face. The skin covering the tear trough also becomes thinner and less taut. This can cause a sunken look or baggy skin under the eyes. The depression can be mistaken for skin discoloration (panda eyes). These problems — eye bags, dark eye circles and sunken eyes — are not only age-related, but can also be caused by lifestyle and other factors, such as genes, lack of sleep, dehydration or skin pigmentation.

The goal of treating the trough is to plump up the area around the eye and keep it hydrated so as to reduce the depression and address the problem of skin wrinkles.

NON-SURGICAL SOLUTIONS

In the past, the only method for correcting the tear trough was surgery, using implants to augment the cheek bone and eliminate the depression and shadows. Surgical options are the gold standard for long-lasting results; these include lower blepharoplasty with concomitant fat redistribution to correct the tear trough hollow.

However, advancements in aesthetic techniques mean the trough can be easily remedied without the need for surgery.

The goal of treating the trough is to plump up the area around the eye and keep it hydrated so as to reduce the depression and address the problem of skin wrinkles. Treatments also have the goal of stimulating the skin to rejuvenate itself and restore its elasticity from the inside. These treatments activate the body's ability to produce collagen over time so as to help the skin around the area to firm up.

Some popular non-surgical treatments for the tear trough include:





Hyaluronic acid (HA) filler injection

HA gel is a popular and safe filler. It is injected under the eye to plump up the lower eyelid muscles; an additional layer of lighter HA gel may be applied

above this and directly beneath the skin to reduce fine lines and shadows around the area. There are different HA gel fillers, each with its own characteristics, so several types may be used together to achieve the ideal result.

Eye-brightening serums

Your doctor may also recommend eye-brightening serums. These serums improve the moisture levels of the skin, so as to lighten the appearance of shadows and wrinkles.



Fat injection

Fat injection, or fat grafting, is a permanent filler that uses one's own fat cells to add volume under the eye. Similar to HA fillers, the fat

is used to add volume under the eye. Though it is less predictable than a filler, some people prefer to use their own fat — the effect may be subtle but it is worthwhile.

4

Ultrasonic or radiofrequency collagen stimulation

Non-invasive treatments that counteract the effects of time and gravity

include Ultherapy, Thermafine Lift and Sygmalift. In Ultherapy, a special transducer is used to transmit ultrasound waves into the skin at accurate and precise depths. This triggers the body's regenerative response and stimulates the production

of new collagen — the skin plumps up over time. It has shown good results in restoring a more open, youthful look to the eyes and other parts of the face. In Thermafine Lift, radiofrequency energy is applied to skin, causing collagen to shrink, thus tightening the skin. The procedure is ideal for the eye area and can result in a more youthful and rested look. Sygmalift is a treatment that employs High Intensity Tri-micro Focal Ultrasound to stimulate collagen growth, resulting in firmer skin.

For a more natural look, these interventions are recommended when the tear trough groove has severely deepened with age or when eye bags become overly large and make the trough obvious. It is also ideal for when the valley under the eye causes the permanent appearance of dark under-eye shadows.

It is important to note that, while non-surgical alternatives are easier and have less risks and downtime compared to surgery, they are relatively short-lasting and patients need to visit their plastic surgeons for regular maintenance treatments.

LESLIE KUEK PLASTIC SURGERY

www.lesliekuek.com.sg

38 Irrawaddy Road
#05-41 Mount Elizabeth
Novena Specialist Centre
Singapore 329563
Tel: 6472 2972
Email:
enquiry@lesliekuek.com.sg



DR LESLIE KUEK
PLASTIC SURGEON

Dr Leslie Kuek is a pioneer in the development of plastic surgery in Singapore. He was instrumental in developing breast reconstruction and facial paralysis reconstruction programmes at the Singapore General Hospital's Department of Plastic Surgery. As a senior member of the plastic surgery community, he is much sought-after by the broadcast media, as well as local and foreign magazines and newspapers.

SERVICES

- Breast enlargement
- Body-to-breast contouring
- Liposculpture
- Tummy tuck
- Eye lift
- Rhinoplasty