



## Eye Treatments

Although the lack of sleep is the common complaint that most people identify as the cause of their droopy eyelids, eye bags and dark circles, ageing plays a big part as well.

Dark eye circles are formed due to the magnifying appearance of blood vessels showing up. A common reason for this is due to thinning of the skin or pigmentation around the eye area. As you age, your bone structure changes and the loss of fat under the skin, causes a “hollow effect”, casting a shadow under the eyes to appear darker than they really are.

Eye bags on the other hand, are caused by a bulging of the fat pads that cushion our eyes. Unfortunately, as part of the ageing process, the fat under our skin’s surface starts to weaken and droop. This causes our skin to sag and become more visible.

Drooping eyelids or medically known as ptosis is generally associated with the sagging of the muscles that hold the eyelids up. Exposure to the sun and the natural effects of ageing can cause the skin around your eyes to sag more.

Regardless whether you have dark eye circles, eye bags or droopy eyelids, you will want to consider to do something about it as these skin conditions generally make you look tired, dull and older than you actually are.

## Recommended Eye Treatments

1. If you are looking to lighten the dark eye circles caused by pigmentation, **lasers** are generally used to treat this skin condition. The laser energy helps to break down the pigment. However, a single treatment would typically, not be sufficient, so patients

should work towards a realistic goal with their doctors to achieve the desired results.

2. If the cause of the eye bags are hollowness or loss of fat, one can consider hyaluronic acid fillers to fill up the hollowness and make it look uniform. The undereye area is an extremely delicate area to do so it's important to choose a doctor who has extensive training to achieve good results.
3. If the cause of your eye bags is due to skin laxity, skin tightening treatments such as **Thermage Eyes** or **iExilis** are a great way to build collagen and restore firmness of the skin. Both treatments utilise radiofrequency energy to stimulate collagen and helps improve skin tone and texture while effectively tightening and contouring skin for an overall younger appearance.
4. To improve the appearance of droopy eyes and hooded eyelids, you can opt for the **Ultherapy Eyes** procedure. It is the only FDA-approved technology that uses ultrasound energy to heat the tissue under the skin surface and stimulate the production of collagen in the treated area, improving skin tone, texture and lifting skin. There are patients who may choose to combine Thermage eyes and Ultherapy Eyes to achieve optimum results.

Regardless of the procedures you would like to undergo, it should be performed in a medical aesthetic clinic. You should always seek a certified doctor for a proper consultation to discuss what you hope to achieve through your treatment of choice. The doctor will be able to advise you on the best treatment options for you.