

“The eyes are likened to the windows of the heart” (Mark 7:20-23)

By Dr. Babak Farzaneh

“The eyes are the windows to your heart NOT your age. For most people the eyes impart more emotion than do any other part of the human body. Although eyes manifest our sincere emotions, at times they can give the wrong message. We all have heard comments like, “Are you tired?” or “Are you angry? When you are neither!

Eyes manifest the signs of aging very early and become the “window to our age.” Bags, puffiness, sagging, wrinkled skin or drooping eyebrows cause the eyes to appear tired, sad and angry. All of these can be corrected with a variety of modalities ranging from use of a night cream, laser skin tightening, Botox administration, to highly advanced surgical techniques.

Cosmetic surgery of the eyes and the brows has enjoyed an unprecedented increase in popularity over the past decade. The yearning of baby boomers to look and feel rejuvenated has led to new minimally invasive endoscopic techniques aimed at creating a more youthful and natural appearance with shorter recovery periods than existed in past decades. No other facial surgical procedure carries such a degree of rejuvenation and patient and doctor satisfaction.

The upper face frequently ages earlier than the lower face, and the eyelids and brows are frequent areas of concern in patients from the ages of 35 and older. Younger patients usually are concerned about droopy eyelids and fat bags, whereas older patients usually require brow repositioning along with eyelid surgery. For most patients it is a matter of cosmetics, although some patients have functional problems, such as eyelid drooping or visual obstruction. Aging in the upper and lower eyelid skin comes from multiple sources. This skin is the thinnest in the body which makes it vulnerable. Sun damage, smoking, genetics and plain simple “aging” contribute to loosening, wrinkling and texture changes in the eyelids. The bony framework also shrinks with age leading to bony support loss and hollowness and dark shadows.

The most obvious change is the presence of brow drooping or excess hanging skin of the upper eyelids and puffiness of the lower eyelids. With age, the brows and forehead also droop causing wrinkling and folding of eyelid skin. This is especially obvious in the outer aspect of the upper eyelids, known as “hooding”. Patients often grab this excess skin and want it removed. It is important to educate them that this may be forehead / brow skin and cannot be removed. It must be repositioned with a brow lift. Failure to diagnose a drooping brow and forehead is a common mistake, even from highly qualified surgeons. It is possible to narrow the correction to either the upper eyelids, lower eyelids or the brow lift. Upper eyelid surgery is performed through an incision within the lid’s natural crease and removing the extra skin. The lower eyelid surgery is carried out through an incision inside the lower lid, therefore, eliminating any skin incision. The lower eyelid lift usually includes a laser resurfacing that eliminates the loose skin and the wrinkles around the eye. Both methods are designed to eliminate or conceal scars within the natural creases of the eyelid region.

Dr. Farzaneh performs the Endoscopic Brow lift, also known as the minimal-incision brow lift technique to reposition the drooping eyebrows and soften the frown and forehead lines eliminating the sad, angry or a tired look. Any necessary incisions will be few, and are well-concealed in the hair bearing region. Matching the problem(s) to the ideal rejuvenation technique(s) is essential for maximum esthetic benefits.

Dr. Babak Farzaneh, Farzaneh Cosmetic Surgery