

Tired Eyes

“I LOOK TIRED”

is one of the most frequent complaints we hear from patients. Tired, or aged, appearance of the eye occurs due to multiple factors. First, there are changes in the eyelid skin as well as the skin in the area around the eyelids. Secondly, there are changes in the fat compartments within the eye socket and the area around it. Lastly, muscle activity can create or enhance wrinkles.

THE MUSCLE FACTORS AROUND THE EYES ARE THE EASIEST TO ADDRESS.

Wrinkles around the eyes, known as “crow’s feet” may be successfully treated non-surgically with a neuromodulator, such as Botox® or Dysport®.

EXCESS EYELID SKIN IS THE HALLMARK OF A TIRED LOOKING EYE.

A surgical procedure known as blepharoplasty remains one of the most useful and simple procedures to make you look younger, brighter, and refreshed. The goal of surgery, always, is to look more youthful, but still look like you.

For the upper eyelids, blepharoplasty involves removal of extra skin, muscle, and fat. The scar is positioned along the upper eyelid crease. After surgery, patients will frequently comment that the operation “opened my eyes.”

The lower eyelids tend to develop wrinkled, extra skin, puffy fat pads, and a tear trough crease (the oblique line which extends downward from the eye). As with the upper eyelid,



the most effective treatment for excess skin is surgery. The incision is usually placed just below the eyelashes.

CHANGES IN THE AMOUNT OF FAT IN THE LOWER EYELID AND UPPER CHEEK ALSO HAVE A SIGNIFICANT IMPACT ON THE APPEARANCE OF THE LOWER EYELID AREA.

Modern blepharoplasty procedures focus on redistribution of fat and maintenance of volume

to avoid a hollow, aged look. The area underneath the eyelid may be restored simultaneously with transfer of fat from some other body area (fat grafting) or with a dermal filler such as Restylane®, Juvederm®, Lyft®, Voluma®, or others. The goal of these treatments is to smooth the eyelid and blend the transition from the eyelid to the cheek as seamlessly as possible into a youthful contour.

Surgeons certified by the American Board of Plastic Surgery have the skills needed to address all of these factors of eyelid aging.

Dr. David Kirn is a Board-Certified Plastic Surgeon who is devoted to advanced techniques in Cosmetic Surgery of the Face, Breast, and Body.

Dr. Kirn, Carey Sanders, RN, Shirley Ramsey DNP, APRN, and Tara Smith APRN offer a full spectrum of non-surgical treatments such as Botox®, Dysport®, Dermal Fillers, & Laser.



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