



# What Do Your Eyes Express?

*A woman's eyes can express love, joy, and excitement. But at the same time, the eyes are the first to show signs of stress, sun damage, and aging. If you're tired of looking "tired," you may want to explore the surgical and non-surgical options available at Blair Plastic Surgery.*

**BEATING CROW'S FEETS** - Cause: Repetitive expressions such as squinting form creases that deepen as we lose elasticity from sun exposure and aging.

**Treatments:** Botox works quickly to soften crow's feet by limiting motion. For a more definitive solution, combine Botox with laser treatments around the eyes to resurface and tighten the skin with minimal downtime. Look for products that exfoliate and hydrate while supplying antioxidants to help fight free radicals and sun damage. Try: Vivite Revitalizing Eye Cream or MD Forte AHA Eye Cream.

**FIGHTING BAGS** - Cause: Over time, collagen and elastin break down causing skin to lose elasticity and structure. The fat pad, the eye's "shock absorber", bulges outward and falls. Water retention amplifies this problem.



**Treatments:** A lower lid blepharoplasty (under eye surgery) can dramatically rejuvenate this area by removing and/or repositioning the fat pad and tightening the overlying skin. This is a fast and effective way to turn back the clock. There are also individuals who suffer from hereditary fat protrusions which may make someone in their twenties a good candidate. While eye products have minimal effects on protruding bags, look for medical grade vitamin C rich creams or serums to support collagen production. Try: SkinCeuticals A.G.E. Eye for mature skin.

**FIXING DARK CIRCLES** - Cause: The skin under the eyes is the thinnest and most transparent on our bodies which allows the blood moving through the veins closest to the surface to show through as a bluish tint. Deep set eyes create shadows which accentuate the problem. Nasal congestion and related inflammation can also lead to dark pigment deposits, while eye strain and fatigue can make the circles appear darker by contrast.

**Treatments:** Fillers and lasers may be helpful in spe-

cific instances but would need to be evaluated on a case by case basis. Consider a consultation to determine your course of action. For immediate improvement, look for a concealer closest to your natural complexion, as lighter tones will make circles look gray. Use a daily eye cream containing vitamin K to help clear the blood by-products and with a reflective quality to instantly brighten the area with light. Try: Revision's Teamine Eye Complex for illumination or Replenix Eye Cream containing arnica, vitamin K and peptides.

**PREVENTING CRINKLED EYELIDS** - Cause: All skin loses elasticity as we age. That loss combined with the stretching effects of gravity causes excess skin to collect in the upper and lower lids. You may be noticing that your eyes appear smaller, or you're having trouble putting on eye shadow. Excess skin in the upper eyelids can form extra skin folds that can even hang over the lashes and obstruct vision.

**Treatments:** Surgery can dramatically improve this area by removing the excess skin and "open" the eye area. In cases where the upper eyelid interferes with vision, surgery may be covered by insurance. Treat the eye area gently and eliminate talc-based shadows which sap moisture. Use a daily eye cream each morning and a rich cream at night. Try: SkinCeuticals Eye Balm or Replenix Eye Cream.

*Dr. Robert Louton is a board certified plastic surgeon with extensive experience in rejuvenative eye surgery. Blepharoplasties may be performed on upper lids, lower lids or both and can be combined with other procedures like a brow/forehead lift, midface lift or fat transfer for enhanced overall results. If you've been sleeping well and following a healthy lifestyle and still wake up looking tired, you may want to explore your options. Call to set up a private consultation with Dr. Robert Louton. 814-949-7280.*



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