



# eyes right

Queensland cosmetic doctor **Dr John Flynn** explains how eye area rejuvenation can restore a more youthful appearance to the entire face. Gillian Samuel reports.

They say that the eyes are the windows to the soul,' says Queensland cosmetic doctor Dr John Flynn. 'When we meet someone, we initially look at their eyes. They are the focal point of our first impression of a person's appearance and health. The mouth is second, then the overall appearance and contours of the face. This all occurs in a fraction of a second, so it's easy to understand the importance of the eyes in a cosmetic sense.'

He says that rejuvenation of the eyes involves a number of areas of the face and issues related to them: the brow and brow position, upper eyelid redundancy, definition of the eye socket and improving vision, lower eyelid fat

bulges, eye troughs and the 'tired look', cheekbones and the temporal fossa or hollows around the outer eye.

Dr Flynn says he commonly uses a combination of corrective surgery and dermal fillers for rejuvenating the eye area. 'With ageing the skin becomes loose and saggy and needs repositioning,' he says. 'Loss of volume under the skin needs to be replaced through the use of fillers. The third factor is the complexion and texture of the facial skin, which requires treatment to smooth and improve tone.'

### Upper eyelid and brow

According to Dr Flynn the upper eyelid and brow are of major importance to an eye rejuvenation procedure. 'The

descent of the brow contributes to looseness of the upper eyelid,' he explains. 'In undertaking surgery for the upper eyelid you must also look at the position of the brow, which may need to be elevated. Most procedures can be done in isolation of each other but approaching both the upper eyelid and brow simultaneously gives a better overall result.'

He says particular care must be taken with brow elevation to be as aesthetically pleasing as possible and to avoid the 'startled' or 'windswept' look.

### 'the eyes are the focal point of our first impression of a person's appearance and health'

Aspects to consider are the brow position which, he says, is especially important in males, who typically have heavier, straighter and more lowset brows. 'Elevating procedures need to be undertaken with a great deal of care as it is important not to feminise the appearance,' he warns.

With performing blepharoplasty on the upper eyelid to correct drooping, Dr Flynn says it is important not to remove too much fat from around the eye as there is a risk that overdoing it can result in a sunken-eyed appearance.

Some people seek blepharoplasty because their sagging upper eyelids are affecting their eyesight. 'Sometimes upper eyelids are so redundant they obscure vision. Fixing drooping eyelids gives the impression of improving vision because the corrected eyelids let in more light,' Dr Flynn explains.

In cases where the upper eyelid is drooping sufficiently to obscure vision, a Medicare rebate may be available for surgery to the lid, but not the brow, he adds.

### Lower eyelid and under-eye area

Perhaps more common is the 'tired eyes' syndrome, where skin pouches under the eye along the line of the tear trough and hollow of the eye socket.

Dr Flynn says with correction to the lower eyelid it is necessary to consider the loose skin and bulging of fat, and the hollow under it that can make it look worse.

'As the brow descends the cheek also descends, so it may be necessary to elevate the cheek to get the right contour to improve the appearance of the eye area. There are three key elements involved: the fat bulge, hollowing and loose skin. It may be necessary to lift the cheek as well as the lower eyelid,' he says.

This can be achieved through surgery and the use of dermal fillers to replace the lost volume and correct a hollow look around the outer eye in the temporal fossa (temple) area can be improved by filling this out as well. The same applies to eyebrow and forehead, he says. Injecting fillers in these areas can give a younger, fresher look.

'The reason for this is that the major difference between a young face and an aged face is loss of volume under the skin. Most people are familiar with the use of fillers in the perioral area, for the nasolabial folds, for example. In the same way, replacing volume in all the forehead, brow and eye areas gives a much more rejuvenated effect.'

### Discreet incision sites

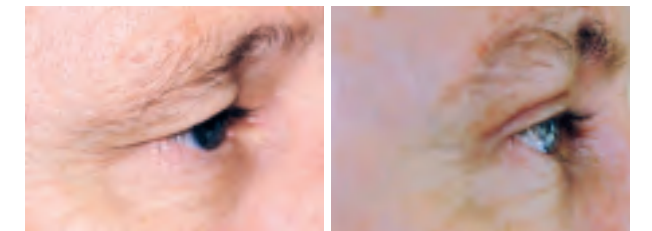
Dr Flynn says that people considering eye surgery are often worried about visible scars. 'Any surgery will leave a scar but it's important to make it as inconspicuous as possible,' he says.

He explains that a brow lift scar will generally be concealed in the hairline and for upper eyelid surgery the scar is hidden in the natural crease of the lid.

'The lower eyelid can be operated on from inside the eyelid so there is no external scar at all,' he says. 'Alternatively the scar is immediately under the eyelash line which disguises it well.'

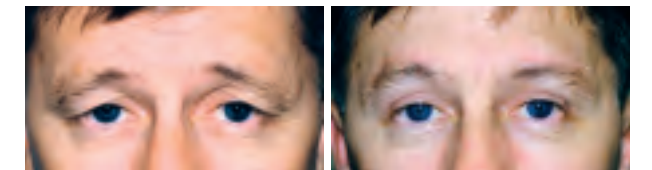
Scars from cheek lifts can be completely undetectable if the incision is made through the lower eyelid or through in the mouth. They can also be made in the hairline above the ear.

As the eye area can be one of the first to show signs of ageing, rejuvenation procedures can be highly effective in achieving a fresher, more youthful appearance. **acsm**



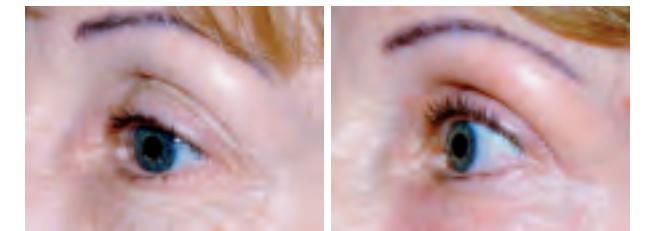
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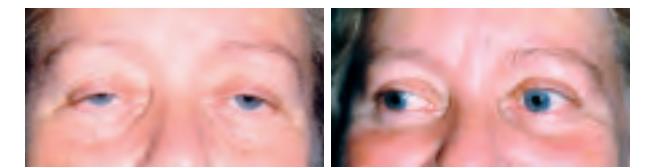
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