



the eyes have it

You've never slept so well in your whole life, you're perfectly rested and you feel fabulous...but friends and colleagues still comment that you look tired!
Melbourne plastic surgeon **DR CHRIS MOSS** discusses your options.

The delicate skin around the eyes is usually the first place to show the signs of ageing. This is first obvious in the 30s and can lead to a tired look in the 40s. The appropriate time to have eyelid surgery is when this tired look first appears, says Melbourne plastic surgeon Dr Chris Moss. Surgery at this time will refresh the face without resulting in obvious changes in one's appearance. Recent advances in surgical techniques have made it possible to improve the natural eyelid support tissues. This corrects the signs of ageing but also slows the ageing process, therefore producing a longer lasting result.

The ageing process results in droopy upper eyelids and bags or wrinkles under the eyes. However ageing is not the sole cause of these complaints, explains Dr Moss. Eyelid changes can develop at a younger age for other reasons including inherited facial anatomy, sun exposure and racial characteristics. Fortunately modern surgical techniques are minimally invasive and offer a relatively safe and reliable solution. In these circumstances it is

appropriate to perform surgery at an earlier age, even in the 20s, if the complaint interferes with self-confidence and self-esteem.

The key to achieving a natural rejuvenation of the eyelids is to customise the procedure for each individual, explains Dr Moss. Firstly this involves an assessment of the patient's eyelid aesthetics to determine exactly what abnormalities are causing the aged appearance. Abnormalities can relate to four main areas: skin, muscle, fat and eyelid support. Surgery aims to refresh the eyelids without any signs of an operated look. Modern eyelid surgery now involves the balanced correction of all four of these areas, with a particular focus on improving the natural support of the eyelids. This results in a more natural recontouring by repositioning tissues to where they came from before the ageing process began, explains Dr Moss.

The skin of the upper and lower eyelids may need reduction. The following examples show patients who have undergone upper and lower eyelid surgery by Dr Moss.

Upper eyelids

The upper eyelid fold is re-supported using fine internal stitches that correct the drooping skin. Skin laxity and wrinkles are corrected using laser technology or judicious skin removals via fine incisions, strategically hidden in the natural creases.



BEFORE



AFTER upper eyelid surgery with eyelid fold fixation by Dr Moss

Lower eyelids

Lower eyelid bags result from bulges in the fat or muscle of the eyelid. Wherever possible these are corrected by repairing their supports and so maintaining a natural and youthful texture to the eyelid skin. If excess fatty bags are present in the lower eyelids they can be removed via an incision made inside the lower eyelid behind the lash-line (this is called transconjunctival fat removal). Naturally all surgery involves risks and it is very important to discuss these with your plastic surgeon. Of course there is a variable degree of post-operative swelling and bruising that largely resolves within the first week. Hospital admission is not essential and many elect to have their surgery as a day patient.



BEFORE



AFTER lower eyelid surgery with transconjunctival fat removal by Dr Moss



BEFORE



AFTER lower eyelid surgery with transconjunctival fat removal by Dr Moss

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