

TIRED LOOKING EYES



Here's what one doctor advises.

As time passes, our faces start to show our age. Eyebags and tear troughs form under our eyes. Lines become visible between the eyes (glabellar lines) and from the nose to the sides of our lips (nasolabial lines).

Our eyes become stressed out when we work in front of the computer for hours at a time. That is why many of us suffer from dark circles around our eyes, dry eyes and in severe cases, a sunken under eye area with prominent under eye muscle enlargement. Tired looking eyes are also caused by genetics, the normal aging process and diseases such as sinusitis.

The most common problem in the under eye area is muscle enlargement associated with a tear trough. In the early stages, patients can get away with applying concealer to reduce the severity of a tear trough and lighten up the under eye to reduce the sight of tiredness.

However, as time goes by, the tear trough deepens and cosmetics alone won't be able to mask the tired look that they give. The eyes end up looking sunken while the fat pads, extra skin and wrinkles all add up to create unsightly eye bags.

Likewise with other wrinkles and furrows that are all a part of nature taking its course. But worry not as there are ways to rejuvenate your eyes and face. There are a few ways to fill up the tear trough area and the material used is dependent on the severity of the problem at hand. For a mild to moderate tear trough, fat injection and hyaluronic acid filler are the preferred choices amongst physicians.



Dr. Anna Hoo

Dr. Anna Hoo prefers hyaluronic acid over other methods. "Hyaluronic acid is present in every tissue of the body, and it helps deliver nutrients to and carries toxins from cells that do not have a blood supply, such as those found in cartilage. Without adequate amounts of the acid, the joints will become brittle and deteriorate. Not only does it keep joints lubricated, but hyaluronic acid also encourages water retention in other body tissues."

Hyaluronic acid is found in large concentrations in the extracellular matrix (ECM), which is the fluid-filled space between cells. It locks moisture into the ECM, keeping collagen and elastin moist and promoting a youthful appearance. Studies show that as we age, the



Patient before and after TEOSYAL® filler.

amount of hyaluronic acid in the body depletes. By the age of 30, the amount of hyaluronic acid in the body will be down to 65 percent of what it was.

"As we lose this hyaluronic acid, fine lines will form. So, replacing what has been lost over time is simple logic. Besides that, hyaluronic acid has low risk of allergic reaction as it is something which already exists in our body and hence one does not require pre-treatment allergy testing," Dr. Anna explains.

A filler injecting procedure involves numbing the area with numbing cream for 30 – 45 minutes. After this, the treatment area is cleaned in preparation for the injection. Generally, there will be no down time as patients can go back to work immediately afterwards.

"However, there might be bruising at the injection site. The needle might bruise small blood vessels and this takes around three to seven days to subside but that is rarely the case," Dr. Anna adds.



Patient before and after TEOSYAL® filler.

After the procedure, patients are advised not to exercise, have a sauna or massage the treatment area for 24 hours as it might lead to bruising. After the initial 24 hours, patients resume their normal daily activities. A follow-up consultation is needed two weeks later for touch up if necessary.

This procedure has been well received by patients as they possess refreshed natural looking skin and no one can tell that hyaluronic acid filler has been administered. As a single hyaluronic acid filler treatment, hyaluronic acid generally lasts for six to nine months. Patients will have to repeat the treatment to maintain the effect thereafter.

Dr. Anna advises those who want to have anything done to their face or body to be well informed of the procedure and know what is being injected into their body. "Of course, thorough patient education and correct filler selection is of paramount importance," she concludes.

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