

ENHANCE YOUR EYES DOSSIER

COSMETIC SURGERY PROCEDURES

Looking for an instant fix? Here is our everything-you-need-to-know guide to the best of the invasive and non-invasive procedures promising to transform your peepers

INVASIVE TREATMENTS

LOOSE SKIN OVER YOUR EYES OR LARGE BAGS UNDERNEATH THE EYES CAN MAKE YOU LOOK OLDER AND MORE EXHAUSTED THAN YOU FEEL INSIDE. AS A GENERAL RULE THESE COMPLAINTS REQUIRE A SURGICAL APPROACH TO OBTAIN A SIGNIFICANT IMPROVEMENT.

BLEPHAROPLASTY

(Upper and/or lower eyelid surgery)
WHAT IS IT?

This is a surgical procedure involving the removal of fat and excess skin in the upper and lower eyelid to improve the appearance of bags underneath the eyes and hooded skin over the eyes. The procedure involves the surgeon cutting along the natural crease of the eye, before any excess skin and unwanted fatty tissue are removed. The cut is then closed with a single layer of stitches, hiding the scar inside the natural fold of the eyelid. The operation takes around 2-3 hours for the upper and lower lids on each eye to be treated.

'Blepharoplasty can be performed on both the upper and the lower eyelid to improve the appearance of drooping eyelids or puffiness around the eyes,' says Raman Malhotra of McIndoe Surgical Centre (mcindoe-surgical.co.uk).



INTRODUCING THE EXPERTS...

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RAMAN MALHOTRA

Raman Malhotra is a consultant ophthalmic and oculoplastic surgeon at McIndoe Surgical Centre. He specialises in both surgical and non-surgical approaches to eye rejuvenation and is a member of many prestigious ophthalmic organisations. mcindoe-surgical.co.uk



ANGELICA KAVOUNI

Angelica Kavouni is one of London's leading female plastic surgeons, with a Harley Street address for treatments. She specialises in facial rejuvenation using chemical peels, Botox, fillers and laser therapy to achieve optimum results for the skin. cosmetic-solutions.co.uk



DR ROB HOGAN

Dr Rob Hogan is president and chairman of the board of The College of Optometrists and chairman of DOCE. He is the director of professional services for Dollond & Aitchison, and a member of the Birmingham Local Optometric Committee. college-optometrists.org

RISKS AND SIDE EFFECTS?

The eyes can be uncomfortable, swollen and bruised for up to two weeks. Other temporary difficulties may include blurred vision, dry or gritty eyes, excessive tear production or difficulty closing the eyelids. Be warned: Blepharoplasty cannot remove dark circles under the eyes, smooth crows feet or lift sagging eyebrows.

RECOVERY TIME?

Most patients find that they are ready to go out in public within 7-10 days.

COST?

£1,500-£2,500 for upper lid surgery.
£2,000-£3,000 for lower lid surgery.
£3,000-£4,500 for upper and lower lid combined.

CONTACTS

For listings of eye treatment practitioners and their contact details, go online at brandnewyoumagazine.com/experts

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CASE STUDY



BEFORE



AFTER

Angie Spencer, 45, had upper and lower blepharoplasty treatments with costing £4,000

'I felt that my eyes were really adding to my years and I was becoming increasingly self-conscious about my upper eyelids looking hooded and bags underneath my lower lids,' she says. 'Friends would always comment on how tired I looked and I felt like I looked much older than I felt. I have to say since my surgery my eyes have never seemed so alive. The recovery time wasn't bad - around 10 days all in all. I wish I'd had it done years ago. I love wearing eye make-up now and only look tired when I actually am! My husband says the op has taken years off me.'

BOTOX

WHAT IS IT?

Currently the number-one cosmetic treatment for dynamic (movement-associated) smile lines around the eyes, Botox works by relaxing the muscles around the eyes that cause the skin to crease and develop crows feet. It can also be used to subtly elevate or alter the shape of the eyebrows.

During the procedure, the practitioner will inject botulinum toxin into a specific muscle to block the signal from the nerve to the muscle, so that the nerve ending cannot tell the muscle to move. After Botox injections, the treated skin will look smooth and less wrinkled. You will still be able to laugh, smile and frown, but with less creasing of the skin in the areas treated. The whole treatment should usually take no longer than 10-15 minutes.

'Botox is great for reducing crows feet at the sides of the eyes,' says Angelica Kavouni. 'Skilled Botox administration can also help to restore a natural eyebrow arch, which lifts a hooded eyelid.'

RISKS AND SIDE EFFECTS?

The injections cause little discomfort but expect mild temporary swelling or bruising at the site. It is necessary to have repeat treatments every 3-6 months to maintain and improve upon the original results.

RECOVERY TIME?

You can resume your normal activities immediately after the procedure.

COST?

£175-£300 per treatment area.

Images courtesy of Cosmetic Solutions