

## How to Restore and Maintain Youthful Appearing Eyes



The eye and surrounding skin plays a pivotal role in the perception we have of one another's facial beauty. This area is at the center of emotional expression and is often the first thing we notice upon meeting a new person. The skin and tissue around the eye is delicate however, making it highly sensitive to the effects of gravity, UV radiation, and facial animation. As a result, this area is among the first to show signs of aging.

As an expert in facial aesthetics, many patients come to me with questions about how to give their eyes a brighter more youthful appearance. Specifically, many ask about treating crows feet and "11" lines, under eye hollowing, and drooping upper eyelids. Fortunately, there are a several ways to address these issues. Lets review the causes of these problems, and some of the methods we have to help correct them.

### Crows Feet and "11" Lines.

These terms refer to the horizontal lines that form around the outside of the eye and vertical lines between the eyebrows respectively. These lines occur after repetitive motion of the muscles around the eye when squinting or scowling. Over time, these repetitive motions can lead to wrinkles that persist at rest, a problem that can develop when a person is in their mid twenties. Fortunately, these lines can be corrected with the use of products such as Botox or Dysport. These products weaken the muscles responsible for squinting and scowling, which will not only eliminate current wrinkles, but will also prevent additional creases from forming in the future. These products are safe and simple to administer, requiring only a few pinpoint skin injections.

### Under Eye "Bags" and Hollowing

Beginning at age 25, all patients suffer progressive loss of facial volume. That is to say that gradually with time, the amount of fat, muscle, and bone under our skin decreases. This process may become noticeable around the eye by age 30, and presents with a hollowing, dark, or sunken appearance to the under eye area, also called the tear trough. Patients suffering from a deepening of the tear trough may look tired or depressed, even when they feel energetic and happy. Luckily, this problem can be effectively remedied with the use of subcutaneous filler. There are several types of these products available, including Restylene, Juvederm, and Belotero. These products may be injected beneath the skin to restore volume to the tear trough and eliminate dark, hollowed under eye circles.

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In like manner, these products may also be used to camouflage under eye bulges and wrinkles, which are often referred to as “bags” under the eye. These bags are caused by deep under eye fat that protrudes toward the skin surface. Placement of filler adjacent to these bags will soften their appearance and blend them to the natural contour of the cheek.

### Upper Eyelid Drooping

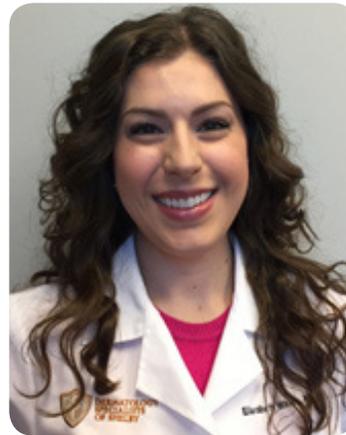
Drooping or sagging of upper eyelid skin (medically known as dermatochlasis) is also a common concern for many of our patients. This phenomenon may be first noticed by age 40 and will gradual progress with time. In advanced stages, lid skin may begin to encroach on the eyelash margin, which can block portions of the patient’s visual field. In the earliest of stages, dermatochlasis may be corrected with injection of Botox or Dysport to gently elevate the eyebrow and lift the upper lid. In cases of more significant wrinkling, or when a visual field deficient begins to occur, an upper eyelid “lift” (referred to as a blepharoplasty) may be necessary. This is a minor surgical procedure in which the excess upper lid skin is removed and tightened. I routinely perform this procedure in our office with local numbing medicine (patients need not be put to sleep) and it takes less than an hour to complete.

If you may be suffering from any of the above conditions, or have other questions about restoring or maintaining a youthful appearance to your skin, I would be happy to see you for a consultation. Please give us a call to schedule an appointment with me at our Brighton, Canton, or Shelby locations.

*Matteo C. LoPiccolo, MD, FAAD*



## Welcome Our New Physician Assistant



### Elizabeth White, M.S., P.A.-C.

graduated in 2010 Summa Cum Laude from the University of Michigan in Ann Arbor with Bachelors of Science in Nursing. Following graduation, she worked as a nurse at Troy Beaumont for about

4 years. She started as a nurse on a progressive care unit but spent most of her nursing career as a nurse on the labor and delivery unit.

Elizabeth graduated from Wayne State’s PA program with Master of Science degree in May 2016, with the honor of being inducted into Pi Alpha, the National Honor Society for Physician Assistants. She is a member of the American Academy of Physician Assistants, Michigan Academy of Physician Assistants and Michigan Dermatology Physician Assistants. Elizabeth looks forward to seeing you at the Shelby office.

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# Dr. Matteo LoPiccolo Receives International Recognition with Award!

On Thursday March 2nd, Dr. Matteo C. LoPiccolo received the Presidential Citation award from Dr. Abel Torres, President of the American Academy of Dermatology, at a special ceremony in Orlando, FL. This honor was bestowed upon him for his work in authoring the practice guideline entitled "Guidelines for the use of local anesthesia in office-based dermatologic surgery," which was published in the Journal of the American Academy of Dermatology this past June. This guideline now serves as a reference for surgeons worldwide in how best to prepare patients for dermatologic surgery. Please join us in congratulating Dr. LoPiccolo on this achievement!

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