

Eye, Brow and Forehead Procedures

There's a saying that "the eyes are the windows to the soul." But if sagging eyelids or forehead creases are getting in the way, others may not be able to appreciate your most expressive features. Your eyes and forehead do a lot of work. Over time, repeated muscle movements cause lines and wrinkles to become "carved" into the tissues, making them more than just skin deep. Sagging eyelids or a drooping brow can make you look tired, angry or older than you are. Fortunately, you have several options, both surgical and non-surgical.

[Blepharoplasty](#), also known as an eyelid tuck, tightens and removes excess skin from your upper and/or lower lids. But simply cutting out the excess eyelid skin isn't always the right option, since it may not be "excess" at all. If the problem is weakened or sagging forehead tissue, an eyelid tuck will *not* correct the eye sag, and may actually make the problem worse by pulling your brows down even further. A [forehead lift](#) will rejuvenate the area above your brows (obviously), but is also a common treatment for sagging eyelids. Through very small incisions hidden in the hairline, the tissues can be lifted and reshaped before being then held in place with a small absorbable device that attaches to the bone. Both eyelid and forehead surgery provide excellent, long-lasting rejuvenation with minimal downtime, and are frequently performed together.

Even though [laser facial resurfacing](#) doesn't sound like a surgical procedure, don't be fooled; it requires anesthetic and at least two weeks of downtime. Many patients think the results are more than worth it. A CO2 Erbium laser directs intense, rapid pulses of light energy to your skin at a controlled depth. This "ultrapulsed" energy evens out wrinkles and discoloration on the surface of your skin, and can even have the effect of tightening skin in the lower eyelid area. You'll usually need a series of 3 to 6 monthly treatments.

You can also explore non-surgical options for eye and forehead rejuvenation. Of course, a minimally invasive procedure won't be able to produce the same effects as surgery, but also will not require as much downtime. Injectable [dermal fillers](#) can improve your facial contours by adding volume to baggy skin under your eyes and smoothing the vertical crease between your eyebrows. Similarly, [Botox](#) treatments around your eyes and brow area minimize the repeated muscle movements that lead to lines and wrinkles. You can also try one of these non-permanent treatments to get an idea of what surgery might be able to achieve, before you commit to it.

Your eyes are worth caring for, not just functionally, but aesthetically, too. So give yourself a new outlook on life by looking into plastic surgery. As always, consult with a board-certified plastic surgeon to find out about procedure(s) for which you may be a suitable candidate. Visit the ISAPS website today to [find a member surgeon](#) near you, and [learn more](#) about eye, brow and forehead rejuvenation.