Eyelid Rejuvenation: Latest surgical and non-surgical advancements in treating the aging eyelid

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• None
Cosmetic Eyelid Surgery

- One of the most common sought after plastic surgeries
- Elective procedure that patients undergo to help remove excess skin and fat pockets in their upper and lower eyelids
- Patients commonly complain of
  - Tired appearance
  - Extra skin draped over their lashes
  - Dark circles or bags under eyes
Upper Eyelid Aging

1. Dermatochalasia
2. Enlargement of nasal fat pockets
3. Atrophy of central preaponeurotic fat
Advancements in upper eyelid surgery

• Volume preservation
  – Sparing orbicularis and preaponeurotic fat
  – Achieving a natural-looking result while minimizing risks.

Performing Skin Only Upper Blepharoplasty
Preserving underlying muscle and fat
Lower Lid Aging

1. Increase in orbital fat ("bags")

2. Loss volume in cheek and midface (hollows)

Can not just remove excess fat
Advancements in lower lid blepharoplasty

• Trend toward volume preservation surgery
  – Less removal of fat in order to preserve volume
  – Periorbital volume augmentation
  – Less removal of skin

Lower lid evaluation

1) presence and extent of prominent orbital fat pads

2) presence and extent of infraorbital rim hollowing (which includes the tear trough deformity)

3) degree of skin excess

4) presence and extent of midface volume loss

5) Fitzpatrick score (in cases where skin resurfacing will be considered)

6) eyelid-cheek vector

7) lid tone
Fat repositioning

Mobilizes excess fat to fill in hollows along the rim and cheek.
Illustrations and photographs courtesy of Master Techniques in Blepharoplasty and Periorbital Rejuvenation, Massry, MD, Guy G., Murphy, MD, Mark R., Azizzadeh, MD, Babak (Eds.) 2012
Minimally invasive lower lid blepharoplasty

Excess fat partially removed
The remaining was repositioned along the inferior orbital rim
No skin removal in lower lids
Non surgical “eye lift”

• Injectable fillers now give us the capability of rejuvenating some eyelids without having to undergo surgery.

• Can help “fill in” areas of volume loss along the infraorbital rim and midface area.

Although some fillers are FDA approved for fillers in certain areas of the face (i.e. Juvederm for nasolabial folds), filler injections to the eyelid/cheek area is performed as an off label procedure.
Hyaluronic Acid (HA) Fillers

• Space filling and stabilizing molecule
• Naturally found in skin as a structural component
• Have been used in ophthalmic procedures and intra-articular joint injections
• By cross-linking them, HA becomes more stable and larger.
• Several types of HA:
  – Juvederm
  – Restylane
  – Belotero
  – Voluma
HA fillers-Advantages

• Can offer long-lasting outcome without risks associated with permanent fillers
• Can be safely repeated.
• Reversible
  • Use hyaluronidase to reverse unwanted effects
Fillers to the eyelid/cheek area

• Low risk procedure with immediate results.
• Ideal for those with hollowing from lid/cheek volume loss but little fat prolapse
• Does not address herniated fat pockets but can camouflage them
• Surgery to rejuvenate the eyelids may ultimately be required
Latest in Cosmetic Surgery

• Properly evaluate the aging changes that have occurred (i.e. amount of fat prolapse vs volume loss)
• Create an appropriate treatment plan
• Allows for natural-looking rejuvenation
• Proper evaluation can help prevent the incidence of complications
Thank you!

Aesthetic and Reconstructive Oculoplastic Surgery
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