

Eye Care Myths Debunked

By Dr. Tess Mauricio

- 1) **Nothing topical can help dark circles** - Dark under eye circles can be caused by many things including fatigue and allergies or even deep set eyes and are difficult to resolve. As we all age, the skin thins out and starts to show the bluish blood vessels in the undereye area. In addition, sun damage and some hereditary factors can cause extra pigmentation in the undereye area.

There are various topical treatments available to address dark circles: Vitamin K products increase the integrity of the blood vessels under the skin. I give these patients a product with Auriderm Vitamin K Oxide Illume Eye Creme can help to strengthen the capillary walls to prevent future leakage. In addition, Auriderm Illume Eye Creme will reduce or eliminate the pooled blood [hemosiderin] underneath the skin; and help to reverse the appearance of dark circles. Various products that are believed to increase collagen formation like Vit C, hyaluronic acid, Retinol and the latest growth factor product called Tensage, can increase the thickness of the skin making dark circles less visible.

- 2) **Using more products to help fine lines under the eyes is better** – Too much heavy and thick moisturizer can cause little whitish bumps (milia) that will not go away with squeezing on your own. You will need to go to your dermatologist to extract them. Too much retinol, hydroquinone, Vit C, toner, products which are alcohol based and acne products containing salicylic acid can actually make your wrinkles look worse. The skin can get dried out from irritation caused by the products, making wrinkles more pronounced
- 3) **Surgery is the only fix for loose skin around the eyes** – There are plenty of nonsurgical options to choose from to help rebuild collagen under the eyes. Various lasers, radiofrequency devices and my favorite one called Venus Freeze, which works through multipolar radiofrequency and pulsed magnetic energy, heat the area to build collagen and tighten any loose skin on the body.
- 4) **Surgery is the only fix for wrinkles around the eyes** – Wrinkles on our skin occur as the collagen, elastin and hyaluronic acid in our skin degrades with sun damage and intrinsic aging. Any nonsurgical lasers, radiofrequency devices such as Venus Freeze that can restore collagen to plump the skin can help erase wrinkles anywhere on the body including the sensitive area under the eyes and the upper eyelids!
- 5) **Botox cannot be used around the eyes** – Crow's feet, which are wrinkles made when you smile, are treated very effectively with Botox or Dysport. Although it seems like this is close to the eyes, don't be scared, it is actually done with very tiny needles just below the surface of the skin.
- 6) **False eyelashes are the only way to have fabulous lashes** – Latisse is an FDA approved topical solution which can help you to grow your own longer, darker lashes within a couple of months! There are other non-prescription products available over the counter claiming to do the same thing but results may not be as predictable.
- 7) **Surgery is the only fix for dark circles** – There are numerous technologies available to safely and effectively treat dark circles. There are IPL devices aimed at reducing the extra pigmentation and lasers and radiofrequency devices used to promote collagen production, tightening, and thickening of the area. This reduces the shadows created by loose, thin under eye skin that we all get as we all age.

- 8) My best friend's favorite eye cream will work for me too!** - Of course it might if your best friend is the same age, has exactly the same skin type and has exactly the same concerns as you do. Not usually. For a younger patient without much skin damage I might choose a light weight antioxidant eye cream with Vitamin C. The effective concentration of Vitamin C provides ongoing protection against environmental and free radical damage. And for the patient with sun damaged skin I prefer a stronger cream with a natural growth factor like in the Tensage cream. Tensage serum and cream helps repair photoaging in the area around the eyes and also smoothes and tightens the delicate eye area.
- 9) Eyebags can only be treated with surgery** – Eyebags appear later in life as skin loosens and the fat pad under the eyes herniates so any nonsurgical procedure that can tighten the loose skin can improve the appearance of eyebags. There is one treatment I like especially for patients with skin of color, who are prone to having eyebags, called EMatrix. For patients with fair skin, laser treatments like Fraxel and Mixto fractional CO2 lasers significantly improve eyebags.
- 10) Preparation H will help remove the puffiness under the eyes** - Don't have a clue where this one came from but I'm not putting that THERE! My go to product is The Eyes Have It! from PRESCRIBED Solutions. The Eyes Have It! has a patented complex of Hesperidin Methyl Chalcone in combination with Dipeptide VW and Lipopeptide Pal-GQRP that stimulates lymphatic drainage to relieve puffiness.
- 11) Rubbing your eyes can cause wrinkles.** It's really gravity and the repetitive movement of facial muscles like smiling or frowning that breaks down the collagen that creates wrinkles over time. My solution is a retinol. I rely on OTC retinols because they are less irritating and I can select the proper strength depending on the depth of the wrinkles on my patient. RetriDerm, the product I turn to, is available in 3 strengths and is in a unique serum formulation that penetrates the skin and delivers a patient-friendly cosmeceutical-strength retinoid with enhanced absorption for increased effectiveness. These vitamin A serums restore radiance, luminosity and firmer skin. Rough areas become softer and smoother. Skin becomes firmer and the appearance of fine lines and wrinkles are diminished.
- 12) You can only get your droopy eyebrows lifted with surgery** –there is a simple treatment with Botox between the brows that can create a “nonsurgical brow-lift” effect for patients. Not only will you get rid of the angry and stressed look, but the muscles that elevate your brows will also compensate by working more efficiently. Nonsurgical skin tightening and lifting of the brows can also be performed using various devices that can build collagen.

Dr. Tess Mauricio, “America's Favorite Dermatologist,” is an author, renowned international speaker, physician educator and nationally known media personality. She is the Founder of Scripps Ranch Dermatology & Cosmetic center in San Diego and Dr. Tess Dermatology in La Jolla, California. Learn more online at www.tessmd.com.