

ask the expert



Question:

"What can I do to correct my drooping eyelids? My husband says I look tired and angry!"

- Carolyn G, White Rock BC

Answer:

Laxity of the skin and pockets of fat around the eyes both in the upper and lower eyelids contribute to the tired or angry appearance that many men and women begin to notice in middle age. The issue can be treated with an eyelid operation wherein the skin and muscle are removed above the upper eyelid crease, and the fatty hernias are treated to give the patient an aesthetically more youthful look. In the lower eyelids, the fatty hernias are addressed by an incision on the lower lash margin, where it is very minimally visible. If the lower eyelid skin is tight, surgery can be done from inside the eyelid on the conjunctiva so that there is no scar on the lid. The fat in the lower eyelid is redistributed and a conservative excision of fat is performed. The eyelid incisions are very minimally visible and in women, they are easily hidden by eyeliner and mascara.

The satisfaction rate in these surgeries is very high and the procedure can help build up a patient's confidence with a rejuvenated appearance. Preoperative and postoperative photographs are available on my website: www.cosmeticsurgery-bc.com.

Dr. Kimi Rai has been B.C. Board Certified in Plastic Surgery since 1975. He is also the past president of the Canadian Society of Plastic Surgeons and the Northwest Society of Plastic Surgeons. www.cosmeticsurgery-bc.com or 604-522-2925.



Question:

"My skin is beginning to look dull and lifeless and is in real need of a pick-me-up. What can I do to keep my skin looking healthy and vibrant?"

- Macy Pickett, Delta BC

Answer:

First and foremost, it is important to have a daily skincare program that is supporting the skin and replenishing it daily. Aside from that, the top three skin rejuvenation treatments I recommend are a lactic acid peel, a vitamin A infusion peel, and an osmosis medi-facial. The lactic acid peel is a beautiful treatment that gently removes the dead, dull outer layer, revealing vibrant healthy skin while also boosting the hydration of the skin. The vitamin A infusion peel works on the second layer called the dermis, where all the collagen and elastin reside, and provides the skin with a high dose of vitamin A to stimulate the production of collagen and elastin while replenishing the skin with potent antioxidants. Lastly, the osmosis medi-facial is a clinical facial that uses potent enzymes to polish the skin, followed by the infusion of powerful nutrients and antioxidants to repair and restore the skin back to its healthiest state.

Amanda Beisel is the owner of the award-winning SKN Holistic Rejuvenation Clinic in Yaletown. Amanda offers clients innovative and non-invasive skin rejuvenation treatments, all in an effort to repair, restore and replenish the skin and body. Contact 604-568-6333 or www.skinclinic.ca.