

Larchmont Chronicle

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Q: My lids are droopy and I look exhausted all the time. I'm not thinking about surgery at this point. What are my options?

"**Erasing years from your eye area** is all about playing with light and shadows," explains Dr. Rebecca Fitzgerald. If you're just starting to notice a look of sleep deprivation, **an application of Botox, or its newer cousin, Dysport will lift lids to open your eyes**, she says. Both wrinkle-relaxers work similarly. However, initial reports suggest that results from Dysport application are apparent in as soon as one to two days, while Botox may take up to three to five days.

As we continue to age, our skin stretches and we lose volume around our eyes. This loss of fat allows the bone structure of our eye orbit to become more visible. Tissue loss coupled with diminished elasticity also causes shadows and sagging. (*Feel free to sigh here.*) The great news is that hyaluronic acid filler works immediately and lasts an entire year.

Hyaluronic acid is a natural component of our bodies, but in this case it is, rest assured, created in a lab. It is touted for creating a soft, natural look. "**By injecting a filler at the brow I can lift this area** and I can also fill in anywhere you have diminished volume," says Dr. Fitzgerald.

Another way to feign youth and rest? *Plump up your lashes.* Like the rest of the hair on our body they thin with age. Latisse is a prescription treatment used to gradually grow longer, thicker, darker lashes.

"I've seen patients using Latisse with **no makeup** at all **looking beautifully made-up and gorgeous**," Dr. Fitzgerald tells us. Over all it may take fewer steps than you think to look incredibly refreshed.