

Take care of your eyes

Moisturize the area and treat the problems that may arise which steal the youth from the area.

El Nuevo Día 9 July 2015
Liz Sandra Santiago

liz.santiago@gfrmedia.com



Skin care is everybody's job. However, for that routine to be more effective, it is necessary to address the specific needs of each area.

For example, the eyes area is considered the thinnest of the entire body. Within this line, the tissue covering the lower eyelid is the most delicate.

According to Sesderma skincare company's medical affairs manager, Dr. Inmaculada Expósito, this area requires early care.

"Everyone should use a basic moisturizer from an early age. You should apply it from the outside to the interior with slight strokes, always respecting the tear area," Expósito recommends.

These creams should contain ingredients such as retinol in low concentrations and ingredients that moisturize the skin. To prevent problems of premature wrinkling and dryness in the area it is important to be consistent. It should always be applied in the morning and at night, Expósito suggests.

Ultherapy is a treatment that has hit the market and proven to be successful, says eyes and face rejuvenation surgeon **Jose Raúl Montes**, who offers it at his office located in Hato Rey. This ultrasound technology operates by heating the skin around the eyelids to create more collagen and boost the skin's elasticity and strength.

MORE AGGRESSIVE OPTIONS. When the use of creams is no longer enough, it may be time to think about other procedures, such as injectables or even surgery.

According to Montes, the sensitivity that characterizes this area requires a lot of precision when performing any procedure, either surgery or injectables, to avoid complications.

Montes explains that to make the decision you have to take into account the degree or amount of fat herniation or bag in lower eyelid.

"An ideal patient for filling is someone who does not have much prolapsed or herniated fat and has only that line of demarcation that separates the eyelid from the cheek, which can be filled without surgery. The ideal candidates for surgery are those who have a lot of fat. However, in that procedure it is better to reduce or accommodate the fat. Patients with swelling around the eyes or who suffer from chronic allergies are better candidates for surgery than for filling, because with filling the swelling can be aggravated," explains Montes.

If looking to rejuvenate the area correcting wrinkles and sagginess, blepharoplasty is recommended, which is a surgery that can be done in the upper and lower eyelids, together or separated, depending on the person's need.

In perfect order

A daily routine requires a proper order when applying products in order to achieve a greater effectiveness.

Doctor Inmaculada Expósito, Sesderma's medical affairs manager, points out that the most beneficial order is as follows:

- Start the routine by cleansing the skin, both in the morning and evening.
- Apply your eye cream.
- Add serum and any products in liquid formula.
- Apply creams. They can be for daily or nightly use.
- In the morning, the routine ends with a sunscreen.