

# AMERICAN HEALTH

MEDICAL NEWS



## Eye Bags – Pfffft! and they're Gone *New technique melts pouches around the eyes*

Do those bags around your eyes make you look worn out—even when you feel great? If so, then you might consider having the unsightly puffs evaporated away.

Plastic surgeons across the country are now using a new de-bagging technique developed by Dr. Michael Evan Sachs. His method: Vaporize the fat inside the bags with a specially designed needle.

Eye bags develop when aging or an inherited tendency causes the ligaments around the eyes to weaken. This allows the fat to herniate, or bulge outward.

The new procedure, done under a local-twilight anaesthesia, takes approximately 30 minutes and heals in about one week.

Compared with the old-fashioned eyelid lift (blepharoplasty) fat evaporation is dramatically safer and more effective, Sachs

states in the June *Annals of Plastic Surgery*. The specially heated needle is inserted into the bulging fat pad and vaporizes the fat cells, which are about 90% water. "You're melting the fat tissue away, leaving a soft, natural, delicate contour," says Sachs. "And you can see exactly how much fat is being evaporated - there's no chance of cutting too much or too little."

In the past, surgeons had to cut away the fat bulges. But the scalpel often leaves jagged edges in the remaining fat, which creates unsightly lumps and bumps. If too much fat is removed, the result is an unnatural, sunken, wide-eyed look. Because the fat pocket is not cut open the bulges are less likely to return. Sachs reports not a single recurrence in over 1,000 cases he's performed in the past 5 years. Also, no infections.

If his next project is a success, you'll be able to melt the fat from under your chin and cheeks.

Beth Schwaner

