

LONGEVITY

A PRACTICAL GUIDE TO THE ART AND SCIENCE OF STAYING YOUNG

THE “BLEPH” BOOM

When it comes to the latest trends in plastic surgery, the eyes have it. And for good reason: Innovations are aimed at reducing post-op black-and-bruised eyes, minimizing already-minute scarring and speeding up surgery time. These new options are open to anyone contemplating blepharoplasty—the technical name for the surgery.

MELTING BAGS AWAY

A new wave in blepharoplasty is fat evaporation, a particular boon for eyes that simply need fat pouches removed—a condition usually seen in younger people—not skin or muscle tampering.

Fat can be evaporated without making an incision at all. Instead the highly stretchable lower-lid skin is pulled down revealing the fat below. A probe is then inserted, which

FASTER SURGERY FEWER SCARS

flash-heats the fat, steaming out its water content—a full 90 percent of fat—in two to three seconds, instantly shrinking pouches.

Compared with normal fat depouching surgery via an incision, evaporation has advantages other than no scarring. In a study of 2000 people, the incidence of fairly common, temporary post-surgery droop was almost completely absent. A slightly concave, hollow look—a result of overremoving fat—was also averted. And because no cutting is involved, recovery time took only a few days, according to Michael Evan Sachs, M.D., director of research for the division of facial plastic surgery at New York Eye and Ear Infirmary/New York Medical College, and the inventor of the technique.