

Q

What are the dark circles under my eyes and what can I do about them?

A

Although it would seem that there is darker pigmentation in the lower lids, more often than not the problem is one of shadows. Fat bulges from around the globe and is kept above the rim of the bone by a membrane. Below it there is a groove which corresponds to the rim of the bone. The bulging accentuates the groove and gives the appearance of a shadow (worse in certain light) that looks like a dark circle. What I do to improve this is to divide the membrane and gently tease the fat over the rim of the bone to fill the “groove.” The muscle is then tightened and any extra skin that is present removed. Sometimes the lower eyelid ligament also needs to be tightened. There is usually little bruising and sutures come out after five days. This operation can be done under local anesthesia or with sedation. Dark circles and “tired looking” bulges are gone. This has been my standard lower eyelid operation for the past 10 years and has yielded excellent, long-term results.

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