



## EYE ON HEALTH & BEAUTY AT ANY AGE

### Q&A WITH DAVID A. SCHLESSINGER, M.D.

From sporting fashionable sunglasses to showing fatigue, the eyes reveal so much about a person's lifestyle. Regardless of age, it's never too late to focus on enhancing the appearance and condition of your eyes. Let's focus on prevention instead of beating ourselves up when we notice new sunspots or wrinkles. Here are some frequently asked questions regarding skin and eye care from his patients.

#### ONE OF THE MOST IMPORTANT ITEMS IN YOUR MAKEUP KIT IS A GOOD SUNBLOCK

**PATIENT:** Do I need to use anti-aging eye creams and are they effective?

**DAVID A. SCHLESSINGER, M.D.:** *Patients want to know what ingredients they should look for when choosing these products. Anti-aging creams are a helpful component in the comprehensive approach towards rejuvenation of the eye area. One of the most important items in your makeup kit is a good sunblock. After cleansing your face in the morning, it should be the first thing you put on. Hydrating creams can certainly plump up the skin and reduce the appearance of fine lines around the eyes like topical hyaluronic acid, which is easily absorbed by the skin and acts as a moisture magnet.*

*You may be surprised to learn that caffeine is an ingredient that firms the skin and makes it look more youthful. Many products have anti-oxidants, such as vitamin C and polyphenols. While these are helpful it's advantageous to consume your antioxidants through a diet rich in anti-oxidants, such as tomatoes, salmon and avocados. Retinoic acid is also helpful by keeping the epidermis thin and by stimulating new collagen growth in the deeper layers of the skin.*

**PATIENT:** What preventative measures can be taken that delays the signs of aging around the eye area?

**DS:** *This answer changes depending on age, background and just how many "bad" habits you need to change. It is never too early to start looking your best. Everyone needs to start off with a good sunblock. Most skin*

# SCHLESSINGER EYE & FACE

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damage occurs from harmful UV rays. In addition, toxins and free radicals from a high fat, high sugar diet can prematurely age your face. Good habits start early so teens and twenty-somethings need to concentrate on a healthy lifestyle that includes a low fat diet with plenty of fruits and vegetables. Avoid and limit toxic foods and habits like red meat, processed foods, cigarettes, alcohol and lack of sleep, which can accelerate the aging process.

As we proceed into our 30's, the use of Botox can severely diminish the early signs of aging by eliminating crow's feet and frown lines. Consistent use of Botox also prevents these lines from becoming permanent. Microdermabrasion is helpful in keeping your skin looking young and radiant by removing dry, tired skin cells.

The 40's ushers in more evidence of aging specifically in the reduction of facial fat, which leads to thinning of the lips, deflation of the cheeks and the appearance of lines on the sides of our mouths (marionette lines) and next to the nose (nasolabial lines). Fillers such as Restylane and Juvederm are very helpful in keeping up a rejuvenated look. IPL (Intense Pulsed

Light) can eradicate sunspots and tone aging skin. Fraxel is also very useful in tightening the face while delaying the need for more invasive procedures.

In our 50's we can see our eyebrows drop lower and excess skin accumulates on the upper eyelids. Lower eyelids become baggy and jowls begin to form. While we continue to recommend all of the above preventative measures, surgery may be an option. Brow lifts and upper eyelid blepharoplasty restores an alert and refreshed look. Lower blepharoplasty removes under eye bags and dark circles. Mid-face lifts improve the cheek and jowl area. All of these procedures are best performed before major aging ensues. All of these procedures can last for 10-15 years; moreover, if done early the patient looks rejuvenated rather than dramatically transformed.

**PATIENT:** Should you wear sun block around the eyes?

**DS:** Yes. Apply sunblock up to the bone around the eye socket. Upper eyelids rarely get sun damage since the brow bone covers them. However, lower eyelids need protection and mineral

makeup with SPF of 15 or more is beneficial. Buy a pair of good quality sunglasses with UV protection. Glasses don't need to be tinted in order to offer UV protection. If you wear prescription glasses, make sure your optician puts a UV coating on all of your glasses.

**PATIENT:** What are the "most" and "least" expensive procedures to treat under eye bags and dark circles?

**DS:** It is not about most and least expensive, but what procedure is right for a person. If an eye cream or Botox is all someone needs, then an eyelid lift which is more expensive is not necessary. It is all about doing the right procedure for the right person.

**PATIENT:** Is skin cancer of the eyelid more prevalent in mature patients or do genes, gender and race play a role?

**DS:** In most cases, skin cancer is caused by sun exposure, therefore the older the person, the more likely a person is to get skin cancer. However there are other factors, such as skin

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## STUNNING

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Still yet, the loss of volume in their mid-face has left them looking drawn.

The ability to speak in terms of balance and proportion can go far in helping patients understand the aging process. Explaining the shifting of facial tissues helps to underscore that the goal is not to merely pull and tighten but to put back into place. To recreate that heart shaped, or oval face that has become rectangular. By repositioning and restoring volume the harmony and the beauty and the youth of the face is restored.

Analysis is paramount in treating the face. Over correction can be as unsettling as under correction. Perceived perfection is not necessarily how smooth the nose is or how tight the

face is but rather how it all fits together.

Once the patient and plastic surgeon have defined the problem, a work plan can be established. Then it is a matter of making that plan work.

Many technical options exist in achieving balance and harmony. Structurally there can be the gamut of cutting and moving the hard and or soft tissues of the face; to adding or on laying implants, to utilizing filler agents. One, some, or all may be needed. A thorough consultation with a board certified plastic surgeon who is well trained in the art and science of facial balance is mandatory before undergoing structural surgery.

One thing is for sure — the face must be viewed as an aesthetic unit. Therefore, discussion may often involve more than one structure to achieve the balance and proportion that is perceived as beauty.

**IMAGE**

## YOUR ACHING KNEE

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The entire process takes less than 30 minutes. It is done in the office with the patient returning to their home or business immediately. Side effects are soreness, an occasional black and blue mark, and a recommendation of no sports for one month.

Lastly, for the severely arthritic patient, joint replacement is the gold standard. There is increased demand for this form of pain relief and improved function over the past decade. Today's pros-

thesis is very well made and the materials last longer than ever. Over 300,000 procedures are done annually with increased patient satisfaction. Most knee replacements should function well for twenty years. Since many are modular, parts can be replaced as needed.

Partial knee replacements including patella (kneecap) replacements are individualized and used in the younger arthritic. The success rate in my practice for all of these has been remarkable. A new chapter in knee joint management for "those aching knees" has arrived.

**IMAGE**

## EYE ON HEALTH AND BEAUTY

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*color, family history, smoking and exposure to toxins that can add to a person's risk factors. A fair skinned 35-year old smoker who spends a lot of time in the sun is more likely to get skin cancer than a dark skinned, health conscience person who avoids excess sun exposure.*

**PATIENT: What can we do to prevent skin cancer of the eyelid?**

**DS:** *An ounce of prevention is worth a pound of cure. Wear sunglasses, sun-*

*block, avoid sun exposure, especially in the peak hours and lead a healthy lifestyle. If you have a strong family history for skin cancer, get checked by a dermatologist at an early age. Be aware and check for unusual moles or skin growths and should you become suspicious, see your doctor.*

*Though it is true that the eyes and skin are easily damaged, with long-term repercussions — remember that just a few simple steps can go a long way. Play it safe by following straightforward precautions (wearing sunblock) and staying on top of your medical care (regular eye exams and skin cancer screenings) and you will keep your eyes and skin bright and problem-free.*

**IMAGE**