

The Conservation of Fat in Eyelid Rejuvenation

By Staff Editor

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(HealthNewsDigest.com) - Your own eyelid fat can be utilized in the latest techniques designed to reverse the signs of aging. Protruding fat is the major contributor to the baggy lower eyelid that makes us appear tired and old. It creates a demarcation between the eyelid and the cheek that interrupts the continuity of eyelid and cheek contours that are characteristic of the youthful face.

Traditional plastic surgery techniques advocated removal of the protruding lower eyelid fat to correct the baggy appearance. Seems logical? In fact, removal of the fat often created a hollow-eyed appearance with accentuation of the “tear trough” which is the line that extends from the corner of the eye closest to the nose out towards the cheek.

A renewed interest in rejuvenation of the lower eyelid and cheek, frequently an early sign of aging in the baby boomer age group, has led to a more complex understanding of this previously inadequately treated area of the face. Fat conservation is now the trend amongst plastic surgeons striving to give their patients top quality results. This “conservation of fat” approach advocates preserving the lower eyelid fat so that it can be repositioned surgically. The tear trough is thereby camouflaged by filling in the groove between the eyelid and the cheek. The blood supply to the fat is maintained so that survival of this transplanted tissue is assured. In some cases, fat grafts are utilized to achieve a similar effect.

“The bony rim below the eye acts as a point of demarcation between the cheek and the eyelid. A youthful sense of continuity between these two anatomic regions of the face is the goal of fat conservation techniques,” says New York Plastic Surgeon Dr. Bryan G. Forley. “This is truly a case of less is more. The less fat removed from the lower eyelid, the more youthful the result.”

Dr. Forley finds the conservation of fat in the lower eyelid to be a very valuable adjunct to facelifts and browlifts in trying to create a youthful harmony to the entire face. “Plastic surgeons were often frustrated in our inability to create eyes that appeared more youthful. The advances in successfully treating the aging changes of the face, neck, and brow were never matched by the results we achieved with eyelid surgery,” says Dr. Forley. “The lower eyelid fat conservation technique has given us a powerful new tool in our battle against the signs of facial aging.”

About Dr. Forley

Bryan G. Forley, M.D., F.A.C.S. is a board certified plastic surgeon who specializes in aesthetic facial, breast, and body contouring surgery as well as Fraxel® laser resurfacing, Ultherapy®, BOTOX® Cosmetic, and injectable fillers.

Dr. Forley was voted one of New York Magazine’s “Best Doctors” and listed as a “Super Doctor” in the 2011 Guide to the Top New York City Physicians. He is also listed annually in the Castle Connolly “Top Doctors” and America’s Cosmetic Doctors” guides. Dr. Forley has been quoted in numerous publications including Vogue, Allure, Time, The New York Times, The Wall Street Journal, The New York Post, Tatler, Men’s Health, Business Traveler International, and WebMD.

For further information, go to: [Dr.Forley](#)