

# Non-Surgical Eyelid Rejuvenation

By Daniel J. Leeman, M.D.

COMBINATION THERAPIES CONTINUE  
TO PROVIDE PATIENTS WITH  
NON-SURGICAL OPTIONS AND  
OUTSTANDING  
RESULTS

**E**yes are the most prominent feature of the face. The appearance of the eyes attracts constant attention; and unfortunately as we age, the delicate skin around our eyes ages as well. As the upper eyelids age, the skin wrinkles, becoming redundant and less opaque. Wrinkles can be over the lids or extend beyond the eyes to become crow's feet. Patients often complain that applying make-up has now become a difficult process as the skin does not

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absorb the eye shadows and eye liners as well on wrinkled skin, and smudging is a common occurrence. As the muscles and skin of the lower eyelids age, they sag, creating bags, bulges, and dark circles. Patients complain that they always look

puffy and tired.

The standard of treatment for aging eyes has been a surgical procedure known as blepharoplasty, which is a series of different surgeries for reshaping and adjusting the eyelids. Yet, with the introduction of delicate laser technology and wrinkle relaxers available today, there is no need to go under the knife.

We have so many new technologies at our fingertips which produce exceptional results without surgery; I wanted to offer my patients a non-surgical eyelid rejuvenation option that really works. I have perfected a procedure which utilizes the DOT CO<sub>2</sub> fractionated laser with Dysport®, the latest FDA cleared neuromuscular blocking agent which treats severe frown lines between the brows. By combining these two procedures, I am able to target lax or puffy skin, sun damage, wrinkles, and fine lines around the eyes with the laser and treat the deeper frown lines and crow's feet with Dysport, making for well-rounded eye rejuvenation without making any incisions.

With the introduction of the Fraxel and other



*Before (left) and After (right) DOT Therapy and Dysport Injections.*

non-ablative laser fractionated technologies that offer great skin rejuvenation results with no downtime, I thought the days of the ablative laser were over. Yet, by combining the CO<sub>2</sub> laser with a fractionated technique, the latest innovation in skin rejuvenation, DOT Therapy (Dermal Optical Thermolysis) has become the optimal choice for active patients desiring significant effects from a single treatment with minimal downtime. Additionally, DOT Therapy is ideal in causing immediate contraction of wrinkles and loose skin around the eyes, results that non-ablative lasers produce in a time span of about six months.

The DOT CO<sub>2</sub> Laser (DEKA

Medical, Inc.) has proven that it delivers superior results with maximal safety and efficacy. I treat the entire upper and lower lids up to the lash line.

Additionally, I treat the infra brow skin up to the brow and extend out to encompass the crow's feet all the way up to the temporal hair tuft. It is done with a single pass at 25-30 watts with a dwell time of 1000 micro seconds, spacing between 300-400 microns.

### Fractional Technology

Unlike any other skin resurfacing CO<sub>2</sub> laser, the DOT system is unique because it ablates a customized pattern of tiny, micro-sized dots, rather than the entire skin surface. This results in



DOT Therapy CO<sub>2</sub> Laser

the creation of very tiny columns of thermal damage that penetrate deep into the dermis and stimulate the growth of new collagen. The energy is applied in a "fractional" way in which tiny columns of thermal damage are spaced so that tissue between each is spared, which in turn leads to a faster healing process.

The technological advancements in the delivery system of DOT technology allow us to offer patients custom designed treatments tailored to their specific needs and downtime tolerance.



### BOTOX™ vs. Dysport®

Until now, frown lines between the brows and crow's feet had been treated with BOTOX™. Yet, the chief complaint among BOTOX™ patients is its staying power. Some come to experience injection fatigue where the duration between treatments becomes shorter and shorter.

This is where Dysport may outshine BOTOX™. With eye rejuvenation the Dysport range is between 50-75 units for the glabellar lines and 50-75 units

for crow's feet usually split evenly between the two sides. I add two injection sites for the brow lift using five units per injection.

### Dysport Taking Hold

Clinical studies, patient reports, and treatment experience have shown that Dysport may last up to six to eight months compared to the four to six months that BOTOX™ is effective. I have observed in my patients that Dysport seems to take effect more quickly. This is both a cost and time saver for patients.

### Single Session Procedure

This non-surgical eyelid rejuvenation procedure is done in a **SINGLE** session. Downtime is minimal and there is minimal pain or discomfort. Redness may last a few days versus a few weeks, and the results have been remarkable. Only a topical anesthetic is needed for the treatment, and patients can resume applying makeup soon after the procedure. 



### About the Author

**Daniel J. Leeman, M.D.**, is Board Certified by the American Board of Facial Plastic & Reconstructive Surgery and the American Board of Otolaryngology/Head & Neck Surgery. He is the Medical Director of New U Plastic Surgery in Austin, Texas.

He received his medical degree from the University of Medicine & Dentistry in New Jersey and completed his Facial Plastic & Reconstructive Surgery training at The Mount Sinai School of Medicine in New York. In addition to his busy Austin practice, he is a national trainer for Cynosure and Eclipse.

Dr. Leeman was the *Austin Under 40 2006* Winner in the Medical Healthcare Category and was voted Top Cosmetic Surgeon by the *Austin Business Journal* in 2008.