

WITH EYES WIDE OPEN

Can You Fake a Blepharoplasty? I Gave It My Best Shot.

From energy devices to eye drops, I tried everything out there—except a scalpel—to lift my sagging lids.

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Why Eyes Age the Way They Do

Adam Kolker, MD, a board-certified plastic surgeon in New York City, offers a counterintuitive explanation on the puffiness many of us mistake for weight gain. “People misconstrue that extra fullness of the lower eyelid as gaining fat. It’s actually the opposite. The septum becomes lax, and you lose some of the superficial soft tissue volume. When the tide goes out, you see more of the fat pocket and more of the shadow.” And as the anatomy around our eyes evolves, so does **the story our eyes can tell so powerfully**. Over time, you may have a face that miscommunicates how you feel. You can be wide awake and fully present, but your face reads as disengaged or running on three hours of sleep.

Why I Haven't Gotten a Blepharoplasty

Without releasing those ligaments, even **thread lifts** don't last. The procedure restores support rather than subtracting tissue, often making it look less "operated on." Maybe my eyelids didn't need anything cut away—they needed support. Plus, my neighbor's bleph result had given me pause, so I decided to see what noninvasive treatments could realistically accomplish first. These can tighten skin and improve texture, but they can't fix the structural laxity behind hooding or reposition bulging fat pads. “A millimeter of fat removal or repositioning, done within an hour in a procedure room, is going to be more valuable than five years of devices,” says Dr. Kolker. Consider my reality checked.