

LOOKING GLASS

YOU LOOK TIRED / FILLER FAUX PAS / SURGICAL STRIKES



Fellow NYC surgeon Adam Kolker notes that a bit of fat grafting is often useful as well. "Aging lower lids are often characterized by hills and valleys. Puffiness or bags form immediately beneath the lash line and interface with the tear trough, which is the shadow immediately beneath them. The goal is to reduce the 'hill,' fill the 'valley,' and smooth the junction between the eyelid and the cheek. Fat grafting is a terrific adjunct. It can work as a standalone procedure for hollowing or in conjunction with a lower bleph to better smooth that junction." Downtime for the whole shebang is generally one to two weeks.