

Treatment of Infra Orbital Hollow with Hyaluronic Acid Fillers

Jaishree Sharad

Institute Skinfiniti Aesthetic skin and laser clinic, India

Abstract

Eyes are the most attractive part of the face. Dark circles are a common concern amongst people. Sometimes, the under eyes look dark if you have sunken eyes. In a lot of Indians, sunken eyes is a genetic trait where the bones in the under eye area i.e. the maxilla and zygoma are more concave, and so you see them in youngsters too. The other causes of sunken eyes are aging, massive weight loss, trauma, and lower lid blepharoplasty surgery.

As we age, the orbital rim recedes and there is loss of bone under the eyes too. Apart from this, there is loss of deep fat, thinning of muscles, tethering of ligaments, loss of collagen and elastin fibers in the skin. There is descent of superficial fat due to loss of support. All these changes lead to under eye hollows. When light falls on these hollows, it casts a shadow which gives the false perception of dark circles. Hyaluronic acid filler injections under the eye are the perfect treatment for under eye hollows. I prefer using a hyaluronic acid filler with a low G prime i.e. a thin and light filler which blends in the under eye region very well. HA fillers are safe, FDA approved and when injected properly, they create a smooth transition between the eyelid junction and the cheeks, thus taking under eye shadows away. So the person looks fresh and well rested. The injections should be given deep on the bone to avoid a bluish discoloration or tyndall effect. The treatment is not painful. A numbing cream is applied for 30 minutes to alleviate pain or discomfort during treatment. Immediately after injections, there could be a little swelling which may take 24 – 72 hours to reduce. Rarely there is a bruise which may last for 5 to 12 days. We can minimize the risk of bruising by skin the patient to avoid pain killers, vitamin E, omega 3 fatty acid supplements, fish oil, flax seeds, pumpkin seeds, garlic, green tea, ginkgo biloba and other herbal supplements at least 4 to 5 days before the injections. Smoking and alcohol should be avoided at least 24 hours before the injection. After the injections, one should not wash the face with tap water for 12 hours. Cosmetics and under eye creams should be avoided for 24 hours. The person should avoid exercise for 48 hours and facial massages should be avoided for a week.

HA fillers are most forgiving. In case there are any lumps or tyndall effect or you do not like the end result, the filler can easily be dissolved with an injection called hyaluronidase.

Autologous microfat grafts can also be injected instead of HA fillers. Both treatments require expertise and an artistic eye.

Biography

Jaishree Sharad is a renowned cosmetic dermatologist practicing in Mumbai since January 2000 and is the founder of Skinfiniti Aesthetic Skin and Laser Clinics, Mumbai, India. She is a board of Director of the International Society of Dermatologic Surgery. She is a mentor for the American Society for Dermatologic Surgery International Traveling Mentorship Program (ITMP). She is the associate editor of the Journal of Cosmetic Dermatology. She has authored two

award winning bestsellers, *Skin Rules* and *Skin talks*, both published by Penguin Random House. She has written around 20 chapters on peels, Botulinum Toxin, Fillers, Microneedling in various textbooks of aesthetic dermatology. She is an International trainer for injectables and a renowned faculty at various National and International conferences.