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86 percent of all eyelid surgeries in the U.S. are performed on women.

—ASPS

fix.

**THE PROBLEM**

# PUFFY EYES

“THE PUFFINESS UNDER MY EYES IS MAKING ME LOOK OLDER. HOW CAN I GET RID OF IT?”

by **Tatiana Bido**

**If the eyes are** the windows to the soul, the surrounding skin is the frame. Unfortunately, that frame can develop puffiness due to genetics, lifestyle and dietary changes, as well as the aging process. “As we age, the fat that protects our eyes protrudes into our eyelids, causing bags under our lower lids. The skin around our eyes also loses elasticity and develops wrinkles, too,” says New York oculoplastic surgeon James Gordon, MD. While it’s hard to prevent bags from forming, there are ways to smooth the area so the puffiness isn’t as much of an issue.