

CENTER for advanced
FACIAL PLASTIC
SURGERY

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What Causes Bags Under the Eyes and How to Get Rid of Them



Under-eye bags form as people age. But, people who take care of their facial skin can reduce bags under the eyes or prevent them from forming.

What Causes Bags to Form Under the Eyes?



Muscles and tissue that support the eyelids weaken over time. So, as people get older, the facial skin begins to sag, and fat surrounding the eye does the same. When this occurs, under-eye bags can form.

In addition, fluid can accumulate in the space beneath the eyes. This can cause the under-eye area to look puffy or swollen.

Other factors can impact the development of under-eye bags, too. These include:



1. Sleep

Fluids accumulate under the eyes when people are sleeping. If people fail to get sufficient rest, however, blood vessels near the eyes can leak and mix with fluids that accumulate beneath the eyes. The result: dark circles can form under the eyes that make people look older than their actual age.



2. Allergies

Allergies can cause the sinus tissue to swell. In this instance, the area beneath the eyes can become puffy.



3. Smoking

Smoking damages the skin, and it can cause crow's feet to form on the outer edges of the eyes. It can also constrict blood vessels near the eyes, which prevents oxygen from reaching skin cells and hampers the production of collagen and elastin that support skin health. Furthermore, smoking can affect sleep patterns, to the point people cannot get sufficient rest and dark circles form beneath their eyes.



4. Alcohol Use

Alcohol dehydrates the body, and it can weaken skin under the eyes and cause bags to form.



5. Makeup

Forgetting to remove makeup before going to sleep can irritate tissue under the eyes, resulting in puffiness and swelling.

How to Get Rid of Bags Under Your Eyes

Under-eye bags are problematic, but there are many things that people can do to alleviate this issue in its early stages, **such as:**



1. Get Sufficient Rest

Getting seven to nine hours of sleep every day can make a world of difference relative to skin health. By developing a bedtime routine and sticking to it, people are well-equipped to prevent under-eye bags from forming.



2. Use Sunscreen Regularly

Applying sunscreen any time people go outdoors can lower the risk of premature skin aging in the face. Along with using sunscreen, people can wear a hat and other accessories to guard against prolonged exposure to the sun's ultraviolet (UV) rays.



3. Maintain a Healthy Diet

Avoiding alcohol and nicotine can help people improve their skin health and their overall wellbeing. Also, people can limit their salt intake to reduce their risk of dehydration that can ultimately lead to under-eye bags.

What Under-Eye Bags Treatments Are Available?



If people are dealing with under-eye bags that cause severe puffiness, swelling, redness, or itchiness, they should seek medical support. At this point, a doctor can help a patient determine the root cause of under-eye bags and offer an appropriate treatment option.

In cases where under-eye bags are caused by allergies, a doctor may recommend medication. With regular use of medication, a patient may reduce swelling under their eyes and prevent it from becoming an ongoing issue.

Various procedures can also be used to treat under-eye bags. **These procedures include:**



1. Laser Skin Resurfacing

Laser skin resurfacing involves the use of DOT Deka laser skin treatments to correct under-eye bags and other visible signs of aging in the face. It enables patients to treat under-eye bags and wrinkles surrounding the eyes, mouth, and forehead. Laser skin resurfacing can also help patients improve skin tone, pigmentation, and texture.



2. Dermal Fillers

Dermal fillers are injectable treatments that can address under-eye bags and fine lines around the eyes.



3. Blepharoplasty

Blepharoplasty surgery, also referred to as an eyelid lift, can be used to remove under-eye bags and excess skin from the upper eyelids. With a lower eyelid blepharoplasty, a patient can correct puffiness in the lower eyelids.

What Is the Best Treatment for Under-Eye Bags?



The best treatment for under-eye bags depends on the patient and the severity of their symptoms. If a patient is searching for a short-term solution to correct under-eye bags for cosmetic reasons, he or she may benefit from laser skin resurfacing or facial fillers. On the other hand, if a patient is looking for a permanent solution to treat under-eye bags that contribute to a tired, worn-down facial appearance, he or she may want to pursue an eyelid lift.

For people who are considering different under-eye bags treatments, meeting with globally recognized facial plastic and reconstructive surgeon Dr. Babak Azizzadeh can be beneficial. Dr. Azizzadeh is a highly trained facial plastic and reconstructive surgeon with many years of experience treating under-eye bags and other skin aging issues. As such, Dr. **Azizzadeh can evaluate a patient, find out why under-eye bags have developed, and offer a personalized treatment plan to address this issue.**

What to Expect During an Treatment Consultation with Dr. Azizzadeh



Dr. Azizzadeh encourages people dealing with under-eye bags to request a free consultation. That way, Dr. Azizzadeh can conduct a full evaluation of a patient's under-eye bags and determine the best course of action to treat them.

During a consultation, Dr. Azizzadeh reviews a patient's medical history, conducts a physical exam, and evaluates their under-eye bags. Dr. Azizzadeh wants to ensure that a patient can correct their under-eye bags without putting their wellbeing in danger. So, Dr. Azizzadeh performs a thorough evaluation to learn as much as possible about a patient and their under-eye bags.

Dr. Azizzadeh may recommend one or more treatment options to help a patient address their under-eye bags. He explains each treatment recommendation and responds to his patient's concerns or questions. If a patient agrees to treatment, Dr. Azizzadeh works with him or her to deliver long-lasting results.

Learn More About Under-Eye Bags Treatments from Dr. Azizzadeh

Dr. Azizzadeh is available to discuss under-eye bags treatments and offers in-person and virtual consultations. To learn more about under-eye bags treatments or to schedule a consultation with Dr. Azizzadeh, **please contact the CENTER for Advanced Facial Plastic Surgery online or call us today at 310-657-2203.**

