



# Ask Dr. Maxim

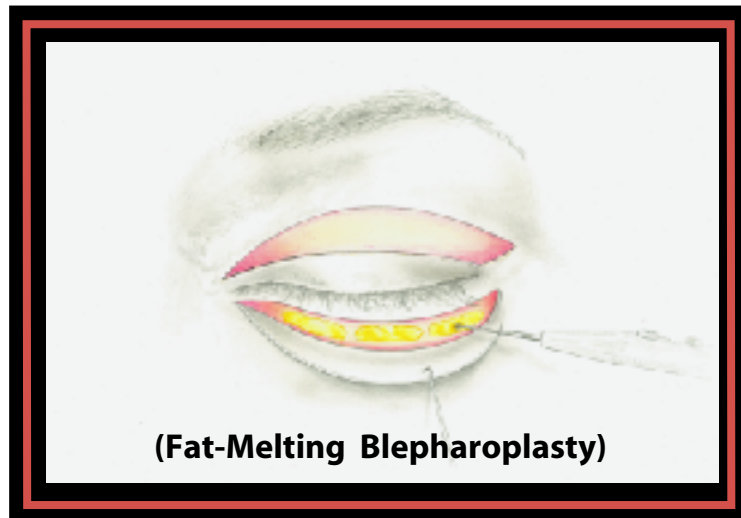
**This month:** We dish the hole truth and shed light on dark circles.

BY ESTER CRANE

## What's up with dark circles under my eyes? I get plenty of zzz's, but i still have Al Pacino Bags!

It takes more than sleep to get rid of the Grim Reaper eyes. Those circles are an unfortunate genetic trait-like male pattern baldness and littlus dickus-lovingly bestowed upon you by your ancestors. People with olive skin are more prone to pigment changes that darken undereye skin. And for people with high cheekbones, light reflects across a larger area under the eyes, casting rings. Also, as you get older the skin under your eyes thins out and makes your veins show up more, and that casts those oh-so attractive shadows, explains Michael E. Sachs, M.D., Surgical Director of Sachs Institute for Facial Plastic & Reconstructive Surgery.

So you're a young, low-cheeked, non Mediterranean type? Allergies may be the culprit. A chronically congested nose and irritated eyes may cause blood vessels beneath the sockets to swell and tint the whole area black and blue. "Scratching or rubbing your eyes further damages the blood vessels," says Dr. Sachs. "Undereye skin is extremely thin, so it doesn't take much to discolor it." Other aggravating factors include fatigue, alcohol, high-sodium diets, smoking, overexposure to the sun, and drinking tanker-loads of coffee per day—all of which blow up your vessels.



So aside from swearing off every vice on the planet and rifling through your girlfriend's makeup bag, what can you do to fight the sunken head look? Taking antihistamine and applying ice packs or frozen T-bones to the eyes for five to 10 minutes at a time will reduce allergy-caused swelling and shadows. For a more permanent solution, try **Fat Melting Blepharoplasty**. You can have your dark circles melted away.



Before



After

**Fat-Melting Blepharoplasty**