



Say goodbye to tired eyes

The non-surgical tear trough rejuvenation procedure, promises to eliminate dark hollows to restore a youthful appearance.



The nasal-jugal groove or tear trough is the groove between the lower eyelid and the cheek. This groove creates the dark circles under our eyes that can make us look tired and aged. These are often noticeable in our 30s and 40s.

As we get older, the tear trough depression becomes accentuated. This is because the skin and soft tissues around the eye become thinner and less elastic. The skin sags, the orbital bones appear more pronounced and the fat pads of the lower eyelids bulge, aggravating the shadows.

Patients with a nasal-jugal groove or otherwise known as a tear trough, often use a range of skincare products and a range of different coloured concealers and foundations to camouflage this area.

There are also surgical and non-surgical treatments. Great results can be achieved with cosmetic surgery, especially for men and women over 50 years that have baggy eyelids. Consult a plastic and reconstructive surgeon to find out which eyelid procedure would be most suitable, which might include fat grafting or blepharoplasty. In the past, skin, fat pads and muscle were cut away to remove the bags, but this often accentuated the hollow look and deepened the nasal-jugal groove. Newer techniques move the lower eyelid fat so that it cushions the orbital rim and fills in the groove, restoring a youthful appearance.



If the main problem is dark circles under the eyes, consider a more conservative approach. The tear trough can be lessened with either non-permanent or permanent dermal fillers to replace the lost volume. These offer immediate cosmetic results with low risk of complications. They can be used at any age, including in those who have had a previous blepharoplasty.

The most popular non-permanent dermal fillers contain hyaluronic acid (polysaccharide), which is slowly injected in tiny amounts into the groove, using a fine needle. Hyaluronic acid is a harmless complex sugar and is a normal component of human skin.

The treatment is a 30-minute lunchtime procedure with minimal discomfort. It can result in minor swelling and occasional bruising for a few days, but this can be easily concealed with makeup so there is little

downtime. At Tristram Clinic, the cost to treat the nasal-jugal groove with a non-permanent dermal filler is around \$470.00. The effect can last from 6-12 months or longer, when the treatment may safely be repeated.

At Tristram Clinic, Sonya Ferguson (Appearance Medicine nurse) says that treating the nasal-jugal groove has dramatic results. It works immediately to make men and women look younger and less tired.

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Before



After