

OPHTHALMOLOGY

To bright eyes

It's the festive season, and the year has definitely left your eyes looking tired. You need to fix them before the many gatherings and parties – what are the options available?



Dr Elaine Chee
Ophthalmologist

In your experience, what are the five most popular aesthetic treatments for eyes?

Among the patients who see me for aesthetic treatment of the eyes, the five most common aesthetic treatments are: Botox for crow's feet and the forehead area, filler treatment for the undereye areas, double eyelid surgery, surgery for droopy eyelids and eyebag removal surgery.

There is usually a spike in demand for such treatments before the festive season; when is the best time to do them so that you recover in time for the festive season?

The timing depends on the treatment the patient is undergoing. For procedures

such as Botox, there is hardly any downtime but the effect takes about 2-3 days to be seen, hence patients should have the treatment at least five days to a week before the festive season.

Patients who have fillers done may get some bruising, depending on the exact area of injection and their tendency to bruise. The bruising may take about a week to settle; hence I would advise these patients to have fillers done at least 1-2 weeks before the festive season.

When it comes to surgery, there is usually more swelling and bruising associated with the procedures that can take about 1-2 weeks to subside. Hence for a full recovery, it is probably

safer to have these surgeries performed about a month before the festive season.


Are temporary quick fixes gaining popularity over permanent ones?

I would say that both are equally popular. The choice of treatment usually depends on the nature of the patient's needs and the severity of the condition. For example, if it is the problem of wrinkles, then the temporary quick fix of Botox is usually more popular. A patient with very minimal eye bags may opt for just fillers, compared to an older patient with more severe eye bags who will opt for surgery for a more permanent solution. However, there is a changing trend in terms of patients' views of beauty; more patients are now seeking to look rejuvenated with as little done as possible. The idea is to look natural despite having done some procedures.

Are more men seeking aesthetic treatment for eyes? If so, what is the increase like compared to five years ago?

Yes, definitely. In the past, the majority of patients were women. However, in recent years, many more men are seeking aesthetic treatment. Men are more conscious of their looks now and are more open to seeking aesthetic treatment. Some 40% of patients these days are male as compared to probably 1-2 male patients out of 10 in the past.

What is the average age of patients seeking eye cosmetic surgery?

The age of the patients varies widely. It ranges from the 20s to the 70s depending on the type of treatment. 



Eye & Retina Surgeons
1 Orchard Boulevard
#13-03 Camden Medical Centre
Singapore 248649
Tel: 6738 2000
www.ers.clinic