

Nip & Tuck

Dr Tracy Mountford

SHE'S at the forefront of treatments to keep women looking younger for longer. So, who better to answer your questions on ageing than leading cosmetic skin expert Dr Tracy Mountford.

Q NO MATTER how much sleep I get, my upper eyelids always look puffy and I have a sunken area underneath that I can no longer disguise. Is a surgical eye-lift my only option?

A WOMEN can't believe it when I tell them there are some effective non-surgical treatments for perking up eyes that will hurt even less than plucking your eyebrows. Yes, there are effective non-surgical treatments.

Eyes are the key to how attractive and youthful we look, but often show the first signs of ageing. Fat is lost from the lower

Is surgery the only way to cure my puffy eyes?

eyelid area, creating that sunken look we call the 'tear trough'.

To plump out this area, I use a natural hyaluronic acid-based filler such as Restylane or Juvederm, gently injected into the tear trough.

This doesn't hurt and also improves fine lines. Usually one treatment, costing £450, is sufficient and lasts nine to 12 months.

The brow descends as we get older, making the upper eyelid heavier and this can be exacerbated by fluid retention in skin that is no longer

firm. A fabulous solution is Ultherapy, an ultrasound skin-lifting treatment that delivers heat to the muscle and deepest layers of the skin. We treat the eyes and the upper brow. It takes about 45 minutes, costs £1,200 and lasts two years.

Expertly placed botulinum toxin injections along the brow and around the eyes will also give a natural lift.

■ **IF YOU** have a question for Dr Mountford, send it to drtracymountford@dailymail.co.uk

