

NEW ENGLAND DERMATOLOGY & LASER CENTER

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## **TREATMENT OF UNDER EYE DARK CIRCLES**

Dark circles under the eye are a common concern of many of our patients. They appear to be more common in individuals who have darker skin, hair, and eyes. In addition, ethnicity and genetics may play a role. Allergic individuals and those who frequently rub their eyes are likewise predisposed to this complaint.

There may be one or many factors responsible for darkening under the eyes. In persons who have deep set eyes, there may be apparent darkening because of shadowing. As light comes from above and is shielded by the upper brow, it casts a shadow on the lower lid giving the appearance of darkness. Secondly, the lower eyelid skin is quite thin allowing blood vessels under the surface to be seen also imparting a lower lid discoloration. Lastly, true excess pigmentation as a result of skin irritation from dermatitis, rubbing, or other skin irritation may be a factor.

Treatment depends upon which factor or factors appear to be most responsible. If this is a shadowing affect, applying a light colored concealer will reflect light giving the illusion of less darkening. If the discoloration is the result of blood vessels showing through thin skin, either a laser can be used to reduce the appearance of blood vessels and/or filler injected underneath the skin to hide the blood vessels resulting in improvement. Lastly, if the discoloration is the result of excess pigment, treating with bleaching creams, chemical peels, and lasers may be effective.

Often times, the discoloration is the result of multiple factors requiring several different approaches to obtain optimum results.