

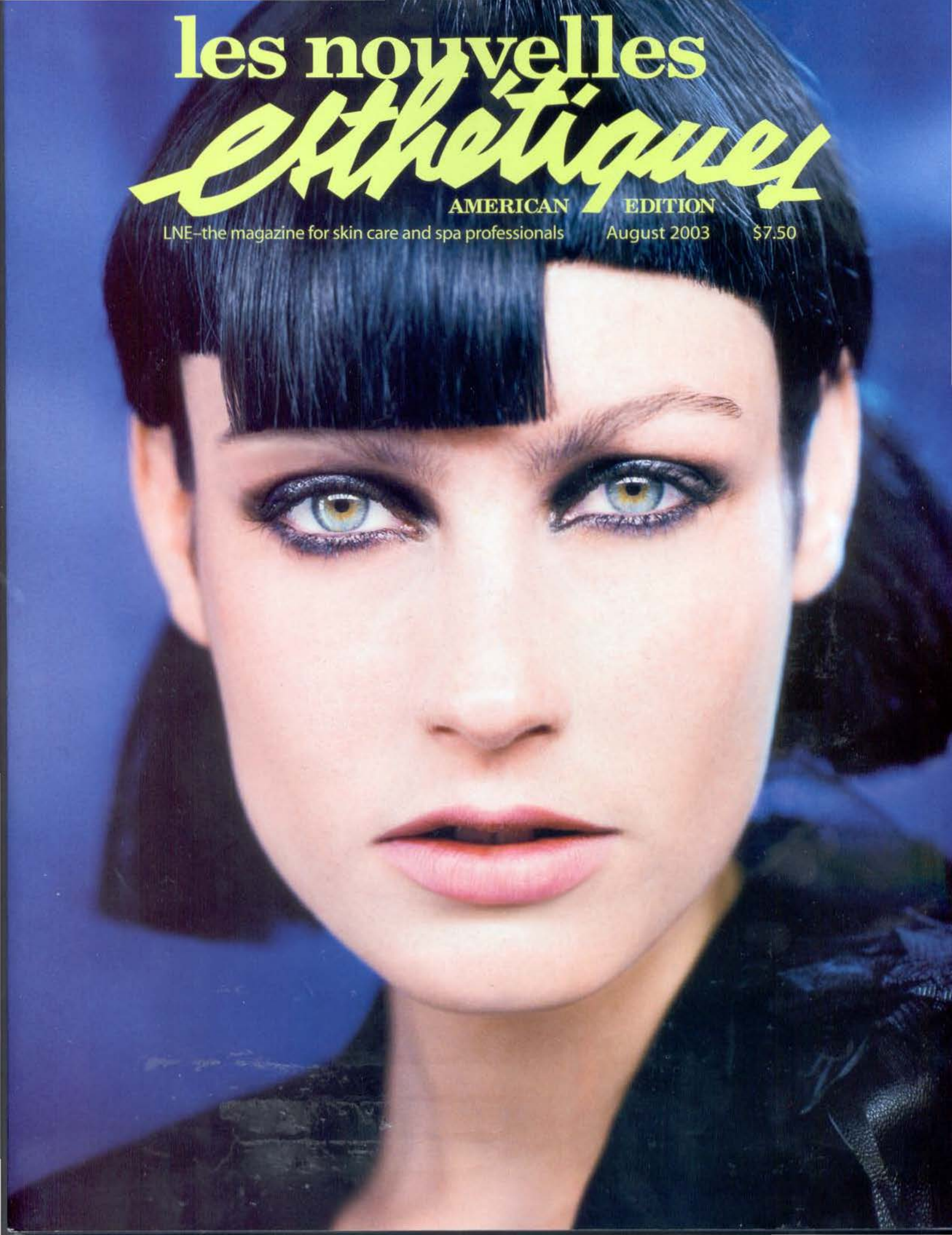
# les nouvelles *esthétiques*

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# dermatology update

by Dr. Debra Price

## Questions and Answers

### Syringomas

*What are those yellow bumps in the under eye area?*

The small yellowish- to flesh-colored bumps that commonly occur on the lower eyelid are syringomas. They are benign growths that tend to be multiple and bilateral. Their appearance can sometimes be improved by ablative resurfacing or light electrodessication.

### Elevated cholesterol?

*What are the yellow plaques that sometimes occur on the upper and lower eyelids?*

Xanthelasma are soft, yellow plaques that occur on the upper and lower eyelids and the region around the inner canthus (medial eyelid area). They can sometimes be associated with elevated cholesterol.

### Skin tags

*How do you get rid of skin tags on the eyelids?*

The easiest manner to remove skin tags is through simple scissor excision. The procedure can be done in the office under local anesthesia.

### Tighten skin

*What is the best way to tighten skin around the eyes?*

Ablative and nonablative lasers can tighten skin around the eyes and improve skin tone. Chemical peeling can also improve eyelid skin texture. Botox can relax the

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muscles around the eyes, lessening crow's-feet and rhytides below the eyes, and elevate the brow. Topical therapy with retinoids such as Retin-A, Differin and Tazarac can also improve skin texture. Individuals with significant skin laxity may also benefit from blepharoplasty.

### Styes: cause and treatment

*What is a sty and what causes it?*

*How is it treated?*

Styes are furuncles of the eyelash follicles caused by a bacterial infection. They are generally treated with warm soaks and topical antibiotics by an ophthalmologist.

### Conjunctivitis link

*I suffer from chronic redness and acne on my face. I recently saw my ophthalmologist for grittiness and redness of my eyes. He diagnosed conjunctivitis and told me that my eye problem may be related to my skin problem. What do you think?*

Your ophthalmologist is correct. Rosacea is an acneform condition of the skin that can be associated with

conjunctivitis and even blepharitis. The skin manifestations respond to Tetracycline, Periostat, and topical prescription therapies such as Noritate, Metrogel, Finacea and Nicomide. OTC creams such as Cutanix can also lessen the redness associated with rosacea. The latter contains quadrinone, a naturally occurring anti-inflammatory compound.

### Treating puffiness

*How do you reduce eyelid puffiness without surgery?*

Lower eyelid swelling can be improved with the use of cool soaks, and topical agents such as Temine. Individuals with associated allergies may benefit from antihistamines. Of course, those with significant lid laxity will generally require surgery. ■

**Debra Price, M.D.**, graduated from New York University School of Medicine and interned at New York University Medical Center. She is a diplomate of the American Board of Dermatology and is an assistant professor at University of Miami's department of dermatology and cutaneous surgery. An author of several scientific papers, Dr. Price is an award-winning dermatologist and past president of the Miami Dermatologic Society, in Florida. She has a private practice in Kendall, FL. To reach her, please call (305) 670-1111.