

Ask Dr Section

Question:

Hi,

I have the serious dark circle problem since teens. I got lots of fine line around my eyes... (very dry skin) and it makes me looks old... I have oil seed problem too...and I thought it's because of those off-the-shelf eye creams I used to buy. Can you share your opinion about this matter?

Thank you,

Regards,

Wong Bih Yun
Kulai, Johor

Answer:

Dear Bih Yun,

Dark unsightly eye circles can leave you looking tired and older. In your case, it is compounded by Milia Seeds. First of all, let us look into your dark eye circle problem. Knowing the cause of this problem is important. It allows you to seek for the right treatment.

Causes of Dark Eye Circles:

1. Inappropriate use of products, especially soap based cleansers, may leave the skin around the eye area dry and wrinkled. These products draw moisture away from the eye areas, resulting not only in dry skin but also allow the capillaries under these areas to become more prominent.
2. Hereditary may play a part too. Families with allergies leading to itchy skin conditions are susceptible to dark circles since inflammation and rubbing of eyes can thicken and darken the skin around them. People with chronic sinusitis may also present with dark eye circles. Taking antihistamines can help in such situations.
3. Lack of sleep is one of the major culprits in causing dark eye circles. Without adequate rest, blood capillaries under the eye lids may become de-oxygenated, resulting in darkening of blood cells and hence, giving the skin above these capillaries a darkened appearance too.
4. Sun exposure can draw pigmentations to the skin surface and create dark circles.

5. Poor nutrition can also result in dark eye circles.
6. Hormonal changes during pregnancy or menstruation may lead to darkening of the skin around the eye areas.

Therefore, knowing the root cause of dark eye circles is half the battle won. To combat this problem systematically, drink plenty of fluids every day, rehydrate adequately to prevent dehydration of the skin, get good rest and adequate sleep, consume vegetables and fruits rich in vitamin A and maintain a nutritionally balanced diet. For topical application, use a gentle cleanser and lotion that is packed with powerful antioxidants.

However, due to your Milia seeds problem, do not over moisturize the skin around the eyes. Apply product slightly above cheekbone area and allow moisture to be drawn upwards towards the eye areas.

Milia seeds (oil seeds) are white bumps that form when sweat glands are clogged by salt from sweat and soap-based products or mineral oils hidden in a lot of cosmetics and skin care products. The lack of exfoliation, sun exposure and/or oily moisturizer and sunscreens (some off the shelf products) that are not suitable for the delicate eye areas may exacerbate the problem.

Dry skin not only cause fine lines and wrinkles, it also prevents normal epidermal shedding of dead skin cells, hence, trapping oils beneath the skin and pores, forming Milia seeds as a result.

To treat Milia seeds, you need to have them removed. Do not attempt it yourself as you may cause unnecessary injury to the delicate eye area. You can visit **Ido's** Mediskin Centre, our very competent consultants and therapists will be able to assist you and help solve your problem.

For maintenance and home care, gently exfoliate affected areas once or twice a week. Use a gentle cleanser and avoid oil based products around eye areas. Cover eye areas with adequate amount of non oily sunscreen. Keeping the epidermis and pores clear will help to cut down on the formation of Milia seeds.

Product recommendations from Apex Online Store:

1. Ido's 23 Mega Eye Complex (For eye areas)

(Link: <http://www.onlineskincare.apex.sg/webshaper/store/viewProd.asp?pkProductItem=21>)

2. Ido's 16 Scrub de Soft (Gentle exfoliating cleanser)

(Link: <http://www.onlineskincare.apex.sg/webshaper/store/viewProd.asp?pkProductItem=6>)

3. DS.01 Purifying Foam Cleanser (Gentle cleanser)

(Link: <http://www.onlineskincare.apex.sg/webshaper/store/viewProd.asp?pkProductItem=1>)

4. DS.11 Intensive Care Essence (Moisturizer for very dry skin, avoid eye areas)

(Link: <http://www.onlineskincare.apex.sg/webshaper/store/viewProd.asp?pkProductItem=14>)

5. DS.12 Refining Cream (Gentle dead skin cells remover)

(Link: <http://www.onlineskincare.apex.sg/webshaper/store/viewProd.asp?pkProductItem=19>)

Ido's Mediskin Centre website: www.idos.sg

(We are currently updating our Ido's Website, but you will be able to locate all the outlets on www.idos.sg.)

Regards,

Dr Lucas Chia