

A BULLS-EYE APPROACH

SURGEON SIGHTS IN ON EYE BEAUTY AND HEALTH



For almost six years, Judy Snow went without a good night's sleep. Itchy, scratchy eyes would force her out of bed in search of eye drops. She couldn't enjoy a novel or work at her computer for more than a few minutes at a stretch without pain, which dramatically affected her job as a rental-property manager. By the time she found Dr. Michael McCracken, she was losing hope.

"I called him up and told him I was desperate," says Snow, who had been searching for help ever since a plastic surgeon botched an eye surgery by removing too much of her lids, leaving the Centennial resident unable to close her eyes. Other surgeons said there was nothing they could do or offered only painful alternatives.

But McCracken, of McCracken Eye and Face Institute in Parker, knows eyes. One of the few members of the selective and esteemed American Society of Ophthalmic Plastic and

Reconstructive Surgery, the specially trained surgeon narrowed his focus to specialize in eyes and the surrounding areas so that he could provide highly skilled treatment to patients like Snow.

"The first thing that people look at is your eyes," McCracken says, explaining why eyelid surgery ranked No. 3 in the number of surgeries performed last year according to the American Society of Plastic Surgeons. And in order to help people look, see, and feel better, McCracken chose to forgo other lucrative procedures offered by most cosmetic surgeons.

“If one surgery were a breast case, and then the next a tummy tuck, I couldn’t be as skilled in my area,” says McCracken, whose interest in ophthalmology began when his grandmother went blind. “I saw the huge impact that had on her life,” he says.

Today, McCracken helps patients like Snow maintain their vision by treating many diseases and surgical needs of the eye, such as tumor removals, tear-duct troubles, and broken orbital bones. He frequently performs cosmetic eyelid surgery, from the complicated to the common, and he is known for his caring, individualized approach.

“He assured me everything would be just fine. He had no qualms about it whatsoever,” says Snow, who admitted her desperation and surgeon track record had left her pessimistic and even fearful. And more importantly? “He actually repaired my eyes,” Snow says. “I can finally close my eyes.”

Repairing damage done by other surgeries constitutes about 20 percent of McCracken’s cases. With all of his cases, he combines skill and advanced technology to offer quick procedure and recovery times. He also adds special touches, such as buffering anesthetic injections to reduce discomfort and providing herbs to minimize bruising.

“In two weeks, I felt really good, and it wasn’t painful at all,” Snow says of her recovery time. Being able to close her eyes and becoming a candidate for corrective cataract surgery were Snow’s main goals. Now in her 60s, cataracts are forming, and doctors told her they could not treat the blinding condition unless she had her lids fixed. “So you can imagine how grateful I am,” she says.

A Miss University of Arkansas in her younger days, Snow now looks normal again, thanks to McCracken. And she’s back to reading books, having productive work days, and sleeping with her eyes closed. “He’s Dr. Magic. The city is so lucky to have such a brilliant surgeon.”

For more about the McCracken Eye and Face Institute and the many other procedures performed there, go to www.mccrackenmd.com or call 720-851-6600.

COSMETIC OPTIONS



Many of Dr. Michael McCracken’s surgeries are performed in minutes in an outpatient setting with local anesthesia, offering patients quick, safe, permanent remedies for cosmetic concerns. Common cosmetic procedures include:

BLEPHAROPLASTY (EYELID SURGERY):

Cosmetic eyelid surgery can correct droopy upper eyelids and lower lid bags, taking years off the individual’s appearance. The procedure takes one to two hours and can be performed in the office without general anesthesia.

BOTOX® AND DYSPORT™ INJECTIONS:

These injections ease muscle tension, thereby smoothing crow’s feet, deep brow and frown lines, and bands around the neck. Dysport™ is a recently approved option that is similar to Botox®. Both take minutes and are associated with minimal discomfort, no downtime, and results that begin to show within a few days and last about four months. Dysport™ is less expensive and provides slightly quicker results.

DERMAL FILLERS:

A number of dermal-filler injections, such as Restylane®, Perlane®, and Juvederm®, are now available for a variety of facial troubles. They have the ability to smooth wrinkles, restore fullness, and/or reduce the appearance of bags under the eyes. All of these injections are now available with anesthetic in the product to minimize discomfort, and there is no downtime. Length of results varies from six months to a year.

LASER RESURFACING:

With state-of-the-art laser technology, laser resurfacing restores the youthful appearance of the skin more effectively than chemical peels. Length of procedure and recovery times will depend on the extent of the treatment.



BEFORE

FOCUSED ON EYE BEAUTY

Left:
Patient described above, before and after Dr. McCracken’s repair of unsatisfactory eyelid surgery



BEFORE

Right:
Patient before and after eyelid surgery by Dr. McCracken



AFTER



AFTER