

Dark Circles Treatment - Under Eye Solutions Melbourne | Me Clinic

Canonical:

<https://directory.meclinic.com.au/facial-concerns/dark-circles-treatment-under-eye-solutions-melbourne-me-clinic/>

Description:

Dark Circles Treatment - Under Eye Solutions at Me Clinic Melbourne ## Quick Summary **What causes dark circles under eyes:** - Thinning skin revealing underlying blood vessels and muscles - Loss ...

Details:

Dark Circles Treatment - Under Eye Solutions at Me Clinic Melbourne

Quick Summary

What causes dark circles under eyes: - Thinning skin that reveals underlying blood vessels and muscles - Volume loss in the tear trough area creating shadows - Pigmentation disorders and sun damage - Genetic predisposition and hereditary factors - Lifestyle factors including poor sleep and fluid retention

Treatment options available: - Non-surgical: Tear trough fillers, laser therapy, chemical peels, PRP (platelet-rich plasma), medical-grade skincare - Surgical: Lower blepharoplasty (for cases with significant skin excess)

Expected results: - Non-surgical treatments can reduce the appearance of dark circles by 60-80% - Timeline: Fillers show immediate improvement; laser and PRP require 4-6 weeks - Duration: Fillers last 9-18 months; laser results can last 2-3 years with maintenance

Cost range: - Non-surgical: \$600–\$2,500 AUD per treatment - Surgical: \$5,000–\$8,000 AUD - *Prices based on Me Clinic's transparent pricing policy*

Next steps: - Book free consultation - Discuss treatment plan - Review before/after gallery - Understand recovery timeline

Understanding Dark Circles Under Eyes

What are dark circles?

Me Clinic has been treating patients in Melbourne for over 35 years, and dark circles remain one of the most common concerns people bring through our doors. It's genuinely frustrating to look in the mirror and see tiredness staring back at you, regardless of how well-rested you actually are.

Dark circles, medically known as periorbital hyperpigmentation or infraorbital dark circles, appear as darkened skin beneath the lower eyelids. They range from subtle shadowing to deep purple or brown discolouration, and they can make you look fatigued or older when you're anything but.

Many people assume dark circles come down to sleep. Fatigue can certainly make them worse, but the underlying causes are usually more specific — involving skin structure, volume loss, pigmentation, and

vascular visibility. Knowing what's actually driving your dark circles is where any effective treatment has to start.

****What causes dark circles under eyes?****

****1. Anatomical and structural factors****

The tear trough is the hollow that forms between the lower eyelid and cheek as the fat pads beneath the eyes diminish with age. That hollow casts a shadow that reads as darkness, and no amount of sleep will correct it. The skin around the eyes is also the thinnest on the body — around 0.5 mm, compared to roughly 2 mm elsewhere — which means underlying blood vessels and muscles show through more easily. Venous pooling beneath that thin skin creates a bluish or purplish tint, and as collagen and elastin break down over time, the skin becomes even more translucent.

****2. Genetic and hereditary factors****

Dark circles often run in families. Genetic factors influence skin thickness, pigmentation tendencies, and facial bone structure. People with darker skin tones (Fitzpatrick skin types IV–VI) are more prone to melanin deposition around the eyes, and certain facial structures create natural shadowing in the orbital area that's simply part of your anatomy.

****3. Pigmentation disorders****

Excess melanin production in the under-eye area — often triggered by sun exposure — is called periorbital melanosis. Inflammation from allergies, eczema, or habitual rubbing can cause post-inflammatory hyperpigmentation. In some cases, pigment sits deeper within the dermis layer, which affects which treatments will actually work.

****4. Lifestyle and environmental factors****

Chronic sun exposure stimulates melanin production and accelerates collagen breakdown. Poor sleep contributes to fluid retention and paler skin, making vessels more visible. Smoking worsens vascular changes and breaks down collagen faster. Alcohol dehydrates and dilates blood vessels. Seasonal or chronic allergies cause inflammation, fluid retention, and frequent rubbing. High sodium intake causes puffiness that casts shadows beneath the eyes.

****Who experiences dark circles?****

Dark circles can affect anyone, but they're most common in adults aged 25–50, when volume loss and skin thinning start becoming noticeable. People with a family history of dark circles, those with darker skin tones, and individuals dealing with chronic allergies or disrupted sleep are particularly prone.

While dark circles can appear in younger patients due to genetic or lifestyle factors, they typically become more pronounced with age as skin thins and volume gradually depletes.

****Why it matters****

Beyond how they look, dark circles can make you appear exhausted even when you feel fine, add years to your perceived age, and affect your confidence in professional and social situations. Occasionally they're worth exploring from a health perspective too — anaemia, thyroid changes, and chronic allergies can all contribute.

The good news is that modern aesthetic medicine offers several evidence-based treatments that can meaningfully improve the appearance of dark circles, whatever their cause.

Treatment Options Comparison

Non-Surgical Treatments

****1. Tear Trough Fillers****

Dermal fillers are among the most effective options for dark circles caused by volume loss and hollowing beneath the eyes.

How it works

Hyaluronic acid fillers are injected into the tear trough area to restore lost volume, eliminate the hollow depression, and reduce shadowing. The filler also hydrates the surrounding skin, contributing to an overall improvement in appearance.

- ****Best for:**** Volume-related dark circles, tear trough hollows, shadowing - ****Procedure time:**** 20–30 minutes - ****Downtime:**** Minor swelling and potential bruising for 1–3 days - ****Results appear:**** Immediate improvement, settling over 2 weeks - ****Results last:**** 9–18 months (often longer in the tear trough due to limited movement) - ****Cost range:**** \$800–\$1,200 AUD per treatment - ****Pros:**** Immediate visible results, natural appearance when performed correctly, reversible with hyaluronidase if needed - ****Cons:**** Requires a highly skilled injector (this is an advanced technique), potential for bruising, results require maintenance

Tear trough filling should only be performed by experienced, qualified practitioners. Me Clinic's injectors undergo specialised training in periorbital injection techniques, which matters both for your safety and for getting a natural-looking result.

****2. Laser Therapy****

Laser treatments address pigmentation whilst stimulating collagen production to gradually thicken and strengthen the skin.

How it works

Different laser wavelengths target specific concerns: - Q-switched lasers break up pigment deposits - Fractional lasers stimulate collagen production to thicken skin - IPL (Intense Pulsed Light) targets both pigment and vascular components

- ****Best for:**** Pigmentation-related dark circles, skin quality improvement - ****Treatment sessions:**** 3–6 sessions, spaced 4–6 weeks apart - ****Downtime:**** 3–7 days of mild redness and potential temporary darkening before improvement becomes visible - ****Results appear:**** Gradual improvement over 6–12 weeks - ****Results last:**** 1–3 years with sun protection and maintenance - ****Cost range:**** \$400–\$800 AUD per session - ****Pros:**** Addresses pigmentation at its source, improves overall skin quality, long-lasting results - ****Cons:**** Multiple sessions required, temporary darkening possible, requires committed sun avoidance, not suitable for all skin types

****3. Chemical Peels****

Medical-grade chemical peels can lighten pigmentation and improve skin texture in the delicate periorbital area.

How it works

Chemical solutions exfoliate the skin's surface layers, removing pigmented cells and stimulating healthy cell turnover. For dark circles, light to medium-depth peels are typically most appropriate.

Common peeling agents used around the eyes: - Glycolic acid (AHA) - Kojic acid (pigment inhibitor) - Vitamin A (retinol) - Combination formulations

- ****Best for:**** Mild pigmentation, overall skin tone improvement - ****Treatment sessions:**** 4–6 sessions for optimal results - ****Downtime:**** Light peels involve minimal downtime; medium peels typically involve 3–5 days of visible peeling - ****Results appear:**** Gradual improvement over 4–8 weeks -

****Results last:**** 6–12 months with maintenance - ****Cost range:**** \$150–\$400 AUD per session - ****Pros:**** Also improves fine lines and texture, relatively accessible cost, minimal downtime with lighter peels - ****Cons:**** Multiple sessions needed, results are subtle, requires ongoing sun protection

****4. Platelet-Rich Plasma (PRP)****

PRP therapy uses your body's own growth factors to rejuvenate the under-eye area.

How it works

A small amount of blood is drawn and processed to concentrate the platelets, which are then injected into the under-eye area. These growth factors stimulate collagen production, improve skin quality, and can help reduce pigmentation over time.

- ****Best for:**** Skin quality improvement, mild volume loss, overall rejuvenation - ****Treatment sessions:**** 3 sessions, spaced 4–6 weeks apart, then annual maintenance - ****Downtime:**** 1–2 days of mild swelling and potential bruising - ****Results appear:**** Gradual improvement over 2–3 months - ****Results last:**** 12–18 months - ****Cost range:**** \$600–\$900 AUD per session - ****Pros:**** Uses your own biology, improves overall skin quality, reassuring safety profile - ****Cons:**** Results are subtle and gradual, multiple sessions required, more of an investment than topical treatments alone

****5. Medical-Grade Skincare****

Prescription-strength topical treatments can improve mild dark circles and support the results of other treatments over time.

Key ingredients for dark circles: - Retinoids: stimulate collagen, thicken skin, improve pigmentation - Vitamin C: brightens pigmentation, protects from oxidative damage - Vitamin K: reduces vascular visibility - Caffeine: constricts blood vessels, reduces puffiness - Peptides: stimulate collagen production - Niacinamide: reduces pigmentation transfer - Kojic acid/Arbutin: inhibit melanin production - Hyaluronic acid: hydrates and plumps

- ****Best for:**** Mild dark circles, maintenance, supporting other treatments - ****Application:**** Daily, typically morning and evening - ****Results appear:**** 6–12 weeks of consistent use - ****Results last:**** Ongoing with continued use - ****Cost range:**** \$80–\$250 AUD per product (2–3 month supply) - ****Pros:**** Non-invasive, fits into a daily home routine, supports and extends other treatments - ****Cons:**** Results are subtle, requires consistency, most effective for mild cases

Surgical Treatments

****Lower Blepharoplasty****

Surgical eyelid rejuvenation is reserved for cases where non-surgical treatments alone won't achieve meaningful improvement.

What it is

Lower blepharoplasty removes excess skin and fat from the lower eyelids, and can reposition fat pads to restore volume to the tear trough hollow. The procedure can be performed using a transcutaneous approach (incision below lashes) or a transconjunctival approach (incision inside the eyelid), depending on your anatomy and goals.

- ****Best for:**** Significant skin excess, severe fat bulging (eye bags), advanced ageing changes - ****Procedure time:**** 1–2 hours - ****Anaesthesia:**** Local with sedation or general anaesthesia - ****Hospital stay:**** Day surgery - ****Recovery time:**** 1–2 weeks for social recovery, 4–6 weeks for full healing - ****Results appear:**** Initial improvement visible at 2 weeks, final results at 3–6 months - ****Results last:**** 10–15 years (though natural ageing continues) - ****Cost range:**** \$5,000–\$8,000 AUD - ****Pros:**** Significant and lasting improvement, addresses multiple concerns at once - ****Cons:**** Invasive procedure with 1–2 weeks downtime, risks including scarring and ectropion (rare), higher cost

Lower blepharoplasty is not the first-line treatment for dark circles caused by volume loss or pigmentation. In keeping with our Responsible Cosmetic Medicine™ philosophy, it's reserved for patients with excess skin or significant fat bulging that can't be addressed non-surgically. We always explore the most conservative appropriate option first.

Choosing the Right Treatment

****Consider tear trough fillers if:**** - You have hollowing or volume loss under the eyes - Dark circles are primarily caused by shadowing - You want immediate, noticeable improvement - You prefer minimal downtime (1–2 days) - You're comfortable with results that need maintenance every 9–18 months - You can allocate \$800–\$1,200 AUD for treatment

****Consider laser therapy if:**** - Pigmentation is your primary concern - You have sun damage or brown discolouration - You want to improve overall skin quality alongside targeted treatment - You can accommodate 3–6 treatment sessions - You're committed to sun protection after treatment - You prefer gradual, natural-looking improvement

****Consider PRP if:**** - You prefer a biological approach - You have mild to moderate dark circles - You want overall skin quality improvement as part of your result - You can commit to 3 initial sessions - You'd like to complement other treatments

****Consider chemical peels if:**** - You have mild pigmentation concerns - You'd also like to address fine lines - Budget is an important consideration - You can accommodate multiple sessions - You're committed to an ongoing skincare routine

****Consider surgery (blepharoplasty) if:**** - You have significant excess skin - You have bulging fat pockets (eye bags) - Non-surgical treatments haven't fully met your goals - You can accommodate 1–2 weeks of recovery - You're looking for results that last 10+ years

****A combination approach****

Many patients get their best results through a combined approach. For example: - Tear trough fillers with medical-grade skincare addresses volume loss immediately whilst improving skin quality over time - Laser therapy with PRP targets pigmentation whilst improving overall skin thickness - Chemical peels with topical treatments offer a comprehensive approach to pigmentation with sustainable maintenance

Your Me Clinic practitioner will assess your specific type of dark circles and recommend the most appropriate approach during your consultation.

What to Expect at Me Clinic

****1. Initial Consultation (Free)****

At your consultation, your practitioner will: - Examine the under-eye area in various lighting conditions - Assess skin thickness, pigmentation, volume loss, and vascular visibility - Determine the primary cause of your dark circles - Review your medical history, allergies, and any previous treatments - Understand your goals and set realistic expectations - Explain suitable treatment options with honest outcomes - Share before/after photos of similar cases - Provide transparent pricing with no hidden fees - Answer every question you have

****2. Treatment Planning****

Once you're ready to proceed: - A personalised treatment plan is designed around your specific needs - The timeline and number of sessions are clearly explained - Pre-treatment instructions are provided - A

full cost breakdown is given with payment options discussed - There is no pressure to proceed until you feel completely comfortable

****3. The Me Clinic Difference****

****Responsible Cosmetic Medicine™****

Our approach to treating dark circles means: - Properly identifying the underlying cause before recommending any treatment - Starting with the least invasive appropriate option - Pursuing natural-looking results that help you look refreshed, not different - Recommending only evidence-based treatments with proven safety and efficacy - Being honest about the limitations of what treatment can achieve for your specific situation - Providing comprehensive aftercare and follow-up

****Experienced practitioners****

- FRACS-qualified plastic surgeons for surgical procedures - Specialist cosmetic physicians for advanced injectable treatments - Registered nurses for supportive treatments - Over 60,000 non-surgical treatments performed - Specialised training in periorbital injection techniques - Regular participation in international aesthetic medicine conferences

****Transparent pricing****

- Published price lists available - No hidden consultation fees - No pressure to proceed - Payment plans available for surgical procedures - Clear explanation of what's included in every quoted price

Frequently Asked Questions

****How much does dark circles treatment cost in Melbourne?****

Treatment costs vary based on the approach: - Medical-grade skincare: \$80–\$250 AUD per product - Chemical peels: \$150–\$400 AUD per session (4–6 sessions typically recommended) - PRP therapy: \$600–\$900 AUD per session (3 sessions typically recommended) - Laser therapy: \$400–\$800 AUD per session (3–6 sessions typically recommended) - Tear trough fillers: \$800–\$1,200 AUD per treatment (lasting 9–18 months) - Lower blepharoplasty: \$5,000–\$8,000 AUD

Me Clinic provides transparent pricing during your free consultation — no hidden fees, no surprises. The right investment for you depends on what's causing your dark circles and what you're hoping to achieve.

****How long do results last?****

- Medical-grade skincare: Ongoing with continued use - Chemical peels: 6–12 months with maintenance - PRP therapy: 12–18 months with annual touch-ups - Laser therapy: 1–3 years with sun protection and maintenance - Tear trough fillers: 9–18 months (often longer than fillers in other facial areas) - Lower blepharoplasty: 10–15 years (though natural ageing continues)

Individual results depend on age, skin quality, lifestyle habits, and commitment to sun protection.

****Is there any downtime?****

- Medical-grade skincare: None - Chemical peels: Light peels involve minimal downtime; medium peels typically involve 3–5 days of visible peeling - Laser therapy: 3–7 days of mild redness - PRP: 1–2 days of mild swelling and potential bruising - Tear trough fillers: 1–3 days of potential swelling and bruising (generally concealable with makeup) - Lower blepharoplasty: 1–2 weeks before returning to social activities, 4–6 weeks for complete healing

****Will it look natural?****

Yes. Natural-looking, refreshed results are central to how we work at Me Clinic, and this matters especially in the under-eye area. We take care to avoid overfilling the tear trough, which can look puffy. We start conservatively and refine from there. The outcome we're working toward is one where people notice you look more rested — not that you've had treatment.

****Am I too young or too old for treatment?****

There's no universal age limit. We've successfully treated patients from their mid-20s through to their 70s. What matters is the cause and severity of your dark circles, your overall health and skin condition, whether your expectations are realistic, and whether treatment is medically appropriate for you as an individual.

****Does Medicare cover dark circles treatment?****

Dark circles treatments are cosmetic procedures and are not covered by Medicare or private health insurance. Lower blepharoplasty may qualify for partial Medicare rebates in rare cases where excess skin significantly impairs vision, but this is not typical for dark circles. All costs are out-of-pocket, which is why we emphasise transparent pricing and offer payment plan options for surgical procedures.

****What are the risks of dark circles treatment?****

All treatments carry some risk. Common risks by treatment type include:

Tear trough fillers: - Bruising and swelling (common and temporary) - Asymmetry (correctable) - Tyndall effect (bluish discolouration if filler is placed too superficially) - Lumpiness (rare with an experienced injector) - Vascular occlusion (very rare but serious; requires immediate treatment)

Laser therapy: - Temporary darkening (post-inflammatory hyperpigmentation) - Redness and swelling - Burns (rare with appropriate settings and an experienced practitioner) - Hypo- or hyperpigmentation

PRP: - Bruising and swelling - Infection (very rare) - Minimal overall risk profile

Lower blepharoplasty: - Bruising and swelling (expected and temporary) - Dry eyes (usually temporary) - Ectropion (lower lid pulling away; rare) - Scarring - Asymmetry - Anaesthesia risks

Your practitioner will discuss specific risks during your consultation and explain how we minimise them through technique, experience, and careful patient selection.

****Can I see before/after photos?****

Yes. During your consultation, we'll share before/after galleries featuring patients who have consented to share their results. These show realistic outcomes across different types of dark circles and treatment approaches — including tear trough fillers, laser treatments, PRP, and surgical procedures.

****How do I prepare for treatment?****

For injectable treatments (fillers, PRP): - Avoid blood-thinning medications (aspirin, ibuprofen, fish oil) for 7 days before treatment if medically safe to do so - Avoid alcohol for 24 hours before your appointment - Come with clean, makeup-free skin - Avoid scheduling treatment immediately before important events — allow 1–2 weeks to accommodate any temporary swelling or bruising

For laser treatments: - Avoid sun exposure and tanning for 4 weeks before treatment - Discontinue retinoids 3–5 days before your appointment - Arrive with clean skin and no makeup

For surgical procedures: - Obtain medical clearance if you're over 50 or have relevant health conditions - Stop smoking at least 4 weeks before surgery - Arrange transport home - Plan for 1–2 weeks away from work - Follow the specific pre-operative instructions your practitioner provides

****When will I see results?****

- Tear trough fillers: Immediate improvement, with the final result settled after approximately 2 weeks - Medical skincare: Meaningful improvement after 6–12 weeks of consistent use - Chemical peels: Gradual improvement over 4–8 weeks - PRP: Gradual improvement over 2–3 months as collagen builds - Laser therapy: Gradual improvement over 6–12 weeks following your treatment series - Lower blepharoplasty: Initial results visible at 2 weeks, final results at 3–6 months

****Can dark circles come back after treatment?****

It depends on the underlying cause and the treatment: - Volume loss: Dark circles won't return whilst filler is present, though natural ageing continues - Pigmentation: Results can be long-lasting with diligent sun protection, but pigment can return with UV exposure - After surgery: Results are long-lasting, but natural ageing does continue

Maintenance treatments, a quality skincare routine, consistent sun protection, and healthy lifestyle habits all help extend your results.

****What if I have allergies that cause dark circles?****

If allergies are contributing through ongoing inflammation and rubbing, addressing the underlying allergy is an important part of achieving lasting results. We may recommend consulting an allergist alongside your aesthetic treatment. Once inflammation is well-controlled, aesthetic treatments become considerably more effective. We'll assess whether treatment is appropriate given your current allergy status during consultation.

****Are there any non-treatment approaches that help?****

Professional treatments provide the most meaningful improvement, but these measures can complement your results: - Adequate sleep (7–9 hours) to reduce fluid retention - Elevating your head whilst sleeping to prevent fluid pooling overnight - Cold compresses to reduce morning puffiness - Daily sun protection (SPF 50+) to prevent and manage pigmentation - Managing allergies to reduce ongoing inflammation and rubbing - Staying well-hydrated - Reducing salt intake - Avoiding smoking and excessive alcohol - Managing stress where possible - Maintaining a daily skincare routine

These won't resolve dark circles caused by volume loss or genetic factors, but they can reduce the factors that make the appearance worse over time.

****What's the best treatment for dark circles?****

There's no single best treatment, because different people experience dark circles for different reasons. The most effective approach is the one matched to what's causing yours: - Volume loss and hollowing: Tear trough fillers - Pigmentation: Laser therapy or chemical peels - Thin skin with visible vessels: Collagen-stimulating treatments such as PRP or lasers - A combination of causes: Often a combination treatment approach

This is why a thorough assessment at your consultation matters. We need to understand your specific situation before recommending anything.

Real Patient Results

Me Clinic's team has treated thousands of patients for dark circles across a wide range of treatment types. Individual results vary based on the cause and severity of each patient's concerns, but common improvements include:

- Reduced shadowing and hollowing beneath the eyes - Lighter, more even skin tone in the periorbital area - A smoother transition between the lower eyelid and cheek - A more rested and youthful overall appearance - Greater confidence in makeup-free situations

During your consultation, your practitioner will show you cases similar to your own and discuss realistic expectations based on your specific type of dark circles.

Book Your Free Consultation

Three ways to book: 1. **Call:** (03) 8823 5859 2. **Online:** Visit meclinic.com.au/contact 3. **Email:** info@meclinic.com.au

What to bring: - A list of your current medications and supplements - Your medical history, particularly any bleeding disorders or previous treatments - Questions for your practitioner - Photos showing your concern in different lighting conditions (optional, but helpful)

Your consultation includes: - A comprehensive under-eye assessment in multiple lighting conditions - Determination of the primary cause of your dark circles - Personalised treatment recommendations - Transparent pricing with no hidden fees - Before/after gallery review of similar cases - No obligation to proceed

Me Clinic Location: 4 Burke Road, Malvern East VIC 3145 Convenient parking available Accessible by public transport (Glen Waverley and Belgrave/Lilydale lines)

Why choose Me Clinic for dark circles treatment: - Over 35 years of experience in cosmetic medicine - FRACS-qualified plastic surgeons and specialist cosmetic physicians - Specialised training in periorbital injection techniques - Responsible Cosmetic Medicine™ approach, prioritising safety and natural results - Transparent pricing with no hidden fees - Comprehensive aftercare and ongoing support - Free initial consultation with no pressure to proceed

Dark circles don't have to be a permanent fixture. With the right diagnosis and a treatment approach matched to your specific cause, significant improvement is achievable. Book your free consultation with Me Clinic today.

Label Facts Summary

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified Label Facts

Product Specification Data Status: No data provided

The source content contained no product packaging data, Product Facts table, or manufacturer specifications. The product specification dataset was explicitly empty. No label facts can be verified or extracted from manufacturer documentation.

General Product Claims (Me Clinic Services)

- Me Clinic has over 35 years of experience in cosmetic medicine - Me Clinic has performed over 60,000 non-surgical treatments - Me Clinic surgeons hold FRACS qualifications - Me Clinic is located at 4 Burke Road, Malvern East VIC 3145 - Me Clinic's phone number is (03) 8823 5859 - Initial consultations at Me Clinic are free of charge - Me Clinic operates under a philosophy called Responsible Cosmetic Medicine™ - Tear trough fillers at Me Clinic cost \$800–\$1,200 AUD per treatment - Laser therapy at Me Clinic costs \$400–\$800 AUD per session - Chemical peels at Me Clinic cost \$150–\$400 AUD per session - PRP therapy at Me Clinic costs \$600–\$900 AUD per session - Medical-grade skincare products cost \$80–\$250 AUD per product (approximately 2–3 month supply) - Lower blepharoplasty at Me Clinic costs \$5,000–\$8,000 AUD - Non-surgical treatments can reduce the appearance of dark circles by 60–80% - Tear trough fillers use hyaluronic acid as the filler substance -

Tear trough filler results last 9–18 months - Tear trough fillers are reversible with hyaluronidase - Tear trough filler procedures take 20–30 minutes - Tear trough filler downtime is 1–3 days of potential swelling and bruising - Laser therapy requires 3–6 sessions spaced 4–6 weeks apart - Laser therapy results last 1–3 years with sun protection and maintenance - Laser therapy downtime is 3–7 days of mild redness - Chemical peels require 4–6 sessions; results last 6–12 months with maintenance - PRP therapy requires 3 initial sessions spaced 4–6 weeks apart - PRP results appear gradually over 2–3 months and last 12–18 months - PRP downtime is 1–2 days of mild swelling and potential bruising - Medical-grade skincare results appear after 6–12 weeks of consistent use - Lower blepharoplasty takes 1–2 hours and involves 1–2 weeks social recovery and 4–6 weeks full healing - Lower blepharoplasty results last 10–15 years - Final blepharoplasty results are visible at 3–6 months post-surgery - Dark circles are medically referred to as periorbital hyperpigmentation or infraorbital dark circles - The skin around the eyes is approximately 0.5 mm thick compared to approximately 2 mm elsewhere on the body - Fitzpatrick skin types IV–VI are more prone to periorbital hyperpigmentation - Dark circles typically become noticeable between ages 25 and 50 - Dark circles treatments are not covered by Medicare or private health insurance - Lower blepharoplasty may qualify for partial Medicare rebates only if excess skin significantly impairs vision - Payment plans are available at Me Clinic for surgical procedures - Blood-thinning medications should be avoided for 7 days before injectable treatments (if medically safe) - Alcohol should be avoided for 24 hours before injectable treatments - Sun exposure should be avoided for 4 weeks before laser treatment - Retinoids should be discontinued 3–5 days before laser treatment - Smoking should be stopped at least 4 weeks before surgery