

Hooded Eyes Treatment - Eyelid Lift Melbourne | Me Clinic

Canonical:

<https://directory.meclinic.com.au/facial-concerns/hooded-eyes-treatment-eyelid-lift-melbourne-me-clinic/>

Description:

Hooded Eyes Treatment - Eyelid Lift Melbourne | Me Clinic ## Quick Summary **What causes hooded eyes:** - Natural ageing and loss of skin elasticity around the upper eyelids - Genetic predisposition...

Details:

Quick Summary

What causes hooded eyes: - Natural ageing and loss of skin elasticity around the upper eyelids - Genetic predisposition to excess eyelid skin - Fat pad descent and orbital changes with age - Weakening of the levator muscle supporting the eyelid

Treatment options available: - Non-surgical: Anti-wrinkle injections (brow lift), laser skin tightening, radiofrequency treatments, plasma pen therapy - Surgical: Blepharoplasty (upper eyelid surgery), brow lift (forehead lift)

Expected results: - More visible upper eyelid space and brighter, refreshed eye appearance - Timeline: Surgical results visible within 2-4 weeks; non-surgical results appear gradually over 2-3 months - Duration: Surgical results last 5-15 years; non-surgical treatments last 3-18 months

Cost range: - Non-surgical: \$400-\$3,500 - Surgical: \$5,000-\$12,000 - *Prices based on Me Clinic's transparent pricing policy*

Next steps: - Book free consultation at Me Clinic - Discuss customised treatment plan - Review before/after gallery - Understand recovery timeline and realistic expectations

Understanding Hooded Eyes

What are hooded eyes?

Hooded eyes occur when excess skin on the upper eyelid droops over the crease, creating a "hood" that partially or completely covers the mobile eyelid. This can make the eyes appear smaller, create a tired or aged appearance, and in severe cases, may interfere with peripheral vision. Many people confuse hooded eyes with ptosis (true eyelid drooping), but they're different conditions requiring different treatments.

Common misconceptions include believing hooded eyes are always age-related (some people are born with this eye shape) or that makeup alone can permanently correct the issue (it can enhance appearance temporarily but doesn't address the underlying anatomy).

Visually, hooded eyes are characterised by limited visible eyelid space when the eyes are open, a heavy or tired appearance, and difficulty applying eye makeup. The eyelid crease is often hidden beneath the overhanging skin.

What causes hooded eyes?

1. **Natural ageing** - Collagen and elastin breakdown: As we age, the proteins that keep skin firm and elastic deteriorate, causing skin to lose its structural support and sag - Reduced skin elasticity: The thin, delicate skin around the eyes is particularly susceptible to stretching and sagging - Fat pad repositioning: Orbital fat can descend or redistribute, contributing to a heavier upper eyelid appearance - Weakening of supporting muscles: The levator muscle and surrounding structures may weaken over time

2. **Genetic factors** - Hereditary predisposition: Many individuals are born with a naturally hooded eye shape due to their bone structure and skin distribution - Ethnic variations: Certain ethnicities have a higher prevalence of epicanthal folds and hooded eye anatomy - Family patterns: If your parents have hooded eyes, you're more likely to develop them

3. **Lifestyle factors** - Sun exposure: UV damage accelerates collagen breakdown and skin ageing around the delicate eye area - Smoking: Reduces blood flow and oxygen to skin, accelerating tissue ageing - Weight fluctuations: Significant weight loss can cause skin laxity; weight gain can add fullness to eyelids - Sleep position: Sleeping face-down can contribute to fluid retention and skin stretching over time - Repetitive facial expressions: Years of squinting or raising eyebrows can contribute to skin changes

Who experiences hooded eyes?

Hooded eyes can affect people of all ages and genders, though they become increasingly common with advancing age. While some individuals are born with hooded eyelids as part of their natural eye anatomy (typically visible from early adulthood), age-related hooding typically becomes noticeable from the mid-40s onwards.

There's no significant gender difference in prevalence, though women may seek treatment more frequently due to makeup application challenges and aesthetic concerns. Men equally experience hooded eyes but may be less likely to pursue cosmetic intervention.

Functionally significant hooding (affecting vision) typically develops in individuals over 60, though this varies considerably based on genetics and skin quality.

Why it matters

Beyond aesthetic concerns, hooded eyes can impact daily life in several ways:

- **Appearance impact**: Hooded eyes can create a perpetually tired, sad, or aged appearance that doesn't reflect how you feel - **Makeup challenges**: Limited eyelid space makes eye makeup application difficult, with products often transferring to the hood - **Visual field obstruction**: Severe hooding can reduce peripheral vision, particularly affecting upward gaze and activities like driving - **Eyelash interference**: In pronounced cases, the overhanging skin may contact eyelashes, causing irritation - **Psychological considerations**: Many patients report feeling self-conscious about their appearance or frustrated by looking older than they feel

Treatment is worth considering when hooded eyes affect your confidence, cause functional problems, or when you're seeking a more refreshed, youthful appearance.

Treatment Options Comparison

Non-Surgical Treatments

1. Injectable Treatments

Anti-Wrinkle Injections (Brow Lift)

- **How it works**: Strategic placement of anti-wrinkle injections relaxes the muscles that pull the brow downward, allowing the muscles that lift the brow to work unopposed. This creates a subtle brow

elevation that can reduce upper eyelid hooding - **Best for**: Mild hooding caused by brow descent; younger patients (30s-50s) with good skin elasticity; those wanting to try non-surgical options first - **Procedure time**: 10-15 minutes - **Downtime**: None to minimal; possible minor bruising - **Results appear**: 3-7 days, with full effect at 14 days - **Results last**: 3-4 months; requires regular maintenance - **Cost range**: \$400-\$800 per treatment - **Pros**: Quick procedure, no downtime, reversible, low risk, good option to "test" before surgery - **Cons**: Temporary results, requires ongoing treatments, subtle improvement only, won't address excess skin

****2. Energy-Based Treatments****

Laser Skin Tightening

- **How it works**: Fractional laser or ablative laser energy heats the deeper layers of skin, stimulating collagen production and causing mild skin contraction - **Best for**: Mild skin laxity, fine crepey skin around the eyes, patients wanting gradual improvement - **Treatment sessions**: Usually 2-4 sessions spaced 4-6 weeks apart - **Downtime**: 3-7 days of redness and minor swelling; possible crusting with ablative lasers - **Results appear**: Gradual improvement over 2-6 months as collagen remodels - **Results last**: 12-24 months, varies by individual and skin quality - **Cost range**: \$800-\$2,500 per session - **Pros**: Stimulates natural collagen, also improves skin texture and tone, can treat other periorbital concerns simultaneously - **Cons**: Multiple sessions required, modest improvement for hooding, downtime, not suitable for all skin types

Radiofrequency/Ultrasound Treatments

- **Examples**: Thermage, Ultherapy (ultrasound), RF microneedling - **How it works**: Delivers controlled heat energy to deeper skin layers, triggering collagen production and tissue tightening without disrupting the skin surface - **Best for**: Mild to moderate skin laxity, patients wanting skin tightening without incisions - **Treatment sessions**: Usually 1-2 treatments - **Downtime**: None to minimal; possible temporary swelling or redness - **Results appear**: Gradual over 2-3 months, continuing to improve for up to 6 months - **Results last**: 12-24 months - **Cost range**: \$1,500-\$3,500 per treatment - **Pros**: No incisions, minimal downtime, dual benefit of tightening and collagen stimulation - **Cons**: Results are subtle, expensive for temporary outcome, not effective for significant excess skin

****3. Plasma Pen Therapy****

- **How it works**: Uses plasma energy to create controlled micro-injuries in the skin, causing immediate contraction and stimulating long-term collagen remodeling - **Best for**: Mild hooding, crepey eyelid skin, patients wanting to avoid surgery - **Sessions needed**: 1-2 treatments - **Downtime**: 5-7 days with crusting and swelling - **Results appear**: Immediate tightening with continued improvement over 8-12 weeks - **Results last**: 2-3 years - **Cost range**: \$1,000-\$2,000 per session - **Pros**: Visible skin contraction, longer-lasting than some alternatives, no incisions - **Cons**: Significant downtime with visible crusting, risk of hyperpigmentation (especially on darker skin), results still modest compared to surgery

Surgical Treatments

****Upper Blepharoplasty (Eyelid Lift)****

- **What it is**: Surgical removal of excess skin and sometimes fat from the upper eyelids through precisely placed incisions hidden in the natural eyelid crease - **Best for**: Moderate to severe hooding, excess skin that impairs vision, patients seeking long-lasting correction, those who haven't achieved desired results with non-surgical options - **Procedure time**: 1-2 hours - **Anaesthesia**: Local anaesthesia with sedation or general anaesthesia - **Hospital stay**: Day surgery (go home same day) - **Recovery time**: Initial recovery 7-10 days (sutures removed); presentable in public after 10-14 days; final results visible at 6-12 weeks - **Results appear**: Dramatic improvement visible

immediately once swelling subsides (2-4 weeks) - **Results last**: 5-15 years or longer; many patients never require revision - **Cost range**: \$5,000-\$8,000 - **Pros**: Permanent removal of excess skin, dramatic and long-lasting results, can improve vision, relatively quick recovery for a surgical procedure, high patient satisfaction rates - **Cons**: Surgical risks (infection, scarring, asymmetry), 1-2 weeks downtime, higher upfront cost, requires skilled surgeon, irreversible

Brow Lift (Forehead Lift)

- **What it is**: Surgical elevation of the eyebrow position by tightening forehead tissues and repositioning the brow. Can be performed via endoscopic technique (small incisions), temporal approach, or traditional coronal incision - **Best for**: Hooding caused primarily by low brow position, patients with forehead heaviness and deep frown lines, cases where upper blepharoplasty alone wouldn't achieve optimal results - **Procedure time**: 1.5-3 hours depending on technique - **Anaesthesia**: General anaesthesia or deep sedation - **Hospital stay**: Day surgery or overnight observation - **Recovery time**: 10-14 days for initial healing; 2-3 weeks to look socially presentable; final results at 3-6 months - **Results appear**: Visible improvement once swelling subsides (2-3 weeks) - **Results last**: 7-15 years; endoscopic techniques may have shorter longevity than traditional approaches - **Cost range**: \$8,000-\$12,000 - **Pros**: Addresses root cause when brow descent is the issue, comprehensive upper facial rejuvenation, long-lasting, can be combined with blepharoplasty - **Cons**: More extensive surgery than blepharoplasty alone, longer recovery, higher cost, potential for altered hairline position (with coronal approach), risk of temporary numbness or altered sensation

Combined Blepharoplasty and Brow Lift

For some patients, optimal results require addressing both excess eyelid skin and brow position. This combination approach provides comprehensive upper facial rejuvenation but involves extended surgery time and recovery. Your surgeon will assess whether you need one or both procedures during consultation.

Choosing the Right Treatment - Decision Guide

Consider non-surgical treatments if:

✓ You have mild hooding with good skin elasticity ✓ Your hooding is primarily due to brow descent rather than excess eyelid skin ✓ You prefer minimal to no downtime ✓ You want to try treatments gradually before committing to surgery ✓ You're in your 30s-40s and seeking early intervention ✓ Budget is a primary concern and you prefer spreading costs over time ✓ You want reversible options to test outcomes first ✓ You have medical conditions that increase surgical risk

Consider surgical treatment if:

✓ You have moderate to severe excess eyelid skin ✓ Your hooding affects your peripheral vision ✓ You want long-lasting or permanent correction ✓ Non-surgical options haven't achieved your desired improvement ✓ You can accommodate 1-2 weeks of recovery time ✓ You're willing to invest in a comprehensive, one-time solution ✓ You're bothered by the ongoing cost and maintenance of temporary treatments ✓ You're over 50 and seeking more dramatic rejuvenation

Combination approach:

Many patients achieve optimal results by combining treatments strategically:

- **Anti-wrinkle brow lift before surgery**: Try non-surgical brow lifting first to see if this alone provides sufficient improvement, or use it to delay surgery by several years - **Surgery followed by maintenance injectables**: Upper blepharoplasty for permanent skin removal, then periodic brow lift injections to maintain elevated brow position - **Blepharoplasty with laser resurfacing**: Surgical excess skin removal combined with laser treatment to improve eyelid skin texture and tone - **Staged procedures**:

Address eyelids first, then reassess whether brow lift is needed 6-12 months later once healing is complete

Your Me Clinic surgeon will assess your specific anatomy, skin quality, brow position, and goals during consultation to recommend the most appropriate approach.

What to Expect at Me Clinic

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

Your journey begins with a comprehensive consultation where we:

- Conduct a thorough assessment of your upper face anatomy, including eyelid skin quality, brow position, fat distribution, and muscle function
- Discuss your specific concerns, aesthetic goals, and any functional issues (vision impairment, makeup challenges)
- Review your complete medical history, including previous eye procedures, medical conditions, and medications
- Explain all suitable treatment options with realistic expectations for each
- Show before/after galleries of similar cases
- Provide transparent pricing with detailed cost breakdowns
- Answer all your questions in a no-pressure environment

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

Once you decide to proceed, we create a customized treatment plan:

- Detailed surgical plan (if proceeding with surgery) including incision placement and techniques
- Pre-treatment instructions (medication adjustments, smoking cessation requirements)
- Timeline outlining procedure day, recovery milestones, and follow-up appointments
- Comprehensive cost breakdown including surgeon fees, anaesthesia, facility costs
- Arrangement of pre-operative medical clearance if required
- Discussion of realistic recovery expectations and time off work/social activities

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

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

At Me Clinic, our Responsible Cosmetic Medicine™ philosophy guides every treatment decision:

- ****Evidence-based treatments only****: We offer only procedures with proven safety and efficacy
- ****Ethical patient selection****: We decline to treat patients when surgery isn't appropriate or expectations are unrealistic
- ****Natural-looking results prioritized****: We avoid overdone or obvious outcomes
- ****Conservative approach first****: We recommend the least invasive effective option
- ****Comprehensive aftercare****: We're with you throughout recovery and beyond

****Experienced Practitioners****

Your hooded eyes treatment will be performed by highly qualified specialists:

- ****FRACS-qualified plastic surgeons**** with specific expertise in oculoplastic and facial surgery
- ****Specialist cosmetic physicians**** for non-surgical treatments
- ****Registered nurses**** supporting your care throughout the process
- ****25,000+ surgical procedures**** performed collectively
- ****60,000+ non-surgical treatments**** delivered with exceptional safety records

****Transparent Pricing****

We believe you deserve to know exactly what you'll pay:

- Published price lists available during consultation
- No hidden fees or surprise charges
- All-inclusive surgical quotes (surgeon, anaesthetist, facility, follow-up)
- Payment plans available through multiple providers
- Medicare rebate guidance (applicable when functional vision impairment is documented)

Frequently Asked Questions

****How much does hooded eyes treatment cost in Melbourne?****

Treatment costs vary significantly based on the approach:

- ****Anti-wrinkle injections (brow lift)****: \$400-\$800 per treatment (every 3-4 months) - ****Laser skin tightening****: \$800-\$2,500 per session (2-4 sessions usually needed) - ****Radiofrequency/ultrasound****: \$1,500-\$3,500 per treatment - ****Upper blepharoplasty****: \$5,000-\$8,000 (one-time) - ****Brow lift****: \$8,000-\$12,000 (one-time)

At Me Clinic, we provide exact pricing during your free consultation with no hidden fees. When comparing costs, consider the longevity of results: surgical treatments may be more cost-effective long-term than ongoing non-surgical maintenance.

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

Result longevity depends on the treatment chosen:

- ****Injectable brow lift****: 3-4 months (requires ongoing treatments) - ****Laser treatments****: 12-24 months - ****Radiofrequency/ultrasound****: 12-24 months - ****Plasma pen****: 2-3 years - ****Upper blepharoplasty****: 5-15 years or longer (many patients never require revision) - ****Brow lift****: 7-15 years

Results also depend on individual factors including ongoing ageing, skin quality, genetics, sun exposure, and lifestyle factors.

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

Downtime varies by treatment:

- ****Non-surgical injectables****: None; possible minor bruising for 2-3 days - ****Laser treatments****: 3-7 days of redness and swelling - ****Radiofrequency/ultrasound****: Minimal; possible same-day redness - ****Plasma pen****: 5-7 days with visible crusting - ****Upper blepharoplasty****: 7-10 days initial healing; presentable in public after 10-14 days; residual swelling settles over 6 weeks - ****Brow lift****: 10-14 days initial healing; 2-3 weeks to look socially presentable

Your practitioner will provide specific downtime expectations based on your chosen treatment and individual healing factors.

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

Me Clinic prioritizes natural-looking results through our Responsible Cosmetic Medicine™ approach. Our goal is to create a refreshed, well-rested appearance—not an obviously "done" look.

For surgical procedures, this means: - Preserving adequate eyelid skin (avoiding the overdone "surprised" look) - Maintaining natural brow position and shape - Creating symmetry while respecting your natural facial anatomy - Conservative fat removal (if needed) to prevent hollowing

We'll show you before/after galleries during consultation so you can see the natural aesthetic we achieve.

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

There's no universal age limit for hooded eyes treatment. We assess individual factors:

- ****Younger patients (30s-40s)****: May be candidates for preventative treatments or have congenital hooding; non-surgical options often appropriate first-line treatment - ****Middle-aged patients (50s-60s)****: Often ideal candidates for surgical correction with excellent outcomes - ****Older patients (70s+)****: Can be excellent candidates if in good health; may have functional vision concerns making treatment medically beneficial

During consultation, we evaluate skin quality, overall health, healing capacity, and realistic expectations rather than age alone.

****Does Medicare cover any hooded eyes treatments?****

Most hooded eyes treatments are considered cosmetic and aren't covered by Medicare or private health insurance. However, ****upper blepharoplasty may qualify for partial Medicare rebates**** if:

- Excess skin demonstrably impairs your superior visual field - You meet specific criteria documented by visual field testing - An ophthalmologist confirms functional vision impairment

If you qualify for a Medicare item number, you may receive a rebate of approximately \$500-\$800. We'll assess your eligibility during consultation and can arrange visual field testing if appropriate.

Non-surgical treatments are not eligible for Medicare rebates.

****What are the risks of hooded eyes treatment?****

All treatments carry some risks. Common risks include:

****Injectable treatments:**** - Bruising, swelling (resolves in days) - Temporary asymmetry - Brow over-elevation or ptosis (temporary, resolves as product wears off) - Headache - Rare: infection, allergic reaction

****Energy-based treatments:**** - Redness, swelling (temporary) - Skin burns (rare with experienced practitioner) - Hyperpigmentation or hypopigmentation - Temporary skin sensitivity

****Surgical treatments (blepharoplasty/brow lift):**** - Bleeding, hematoma - Infection - Scarring (usually minimal and well-hidden) - Temporary or permanent dry eyes - Asymmetry requiring revision - Anaesthesia risks - Rare: vision changes, corneal injury, difficulty closing eyes

Serious complications are rare when procedures are performed by qualified, experienced surgeons. We discuss specific risks relevant to your chosen treatment during consultation.

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

Yes, absolutely. During your consultation, we'll show you an extensive gallery of before/after photos from patients with similar concerns to yours. This helps set realistic expectations and demonstrates the range of outcomes achievable.

We respect patient privacy and only show photos from patients who have provided consent for educational use.

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

Preparation varies by treatment type:

****General guidelines:**** - Avoid aspirin, ibuprofen, fish oil, and other blood-thinning supplements for 1-2 weeks before treatment (if medically safe) - Stop smoking at least 4 weeks before surgery (8 weeks ideally) and throughout recovery - Arrange transport home after treatment (especially for surgery or sedation) - Plan time off work (1-2 weeks for surgery) - Stock recovery supplies (ice packs, eye drops, comfortable head elevation for sleeping)

****Surgical-specific:**** - Pre-operative medical clearance if you have health conditions - Fast from food and drink as instructed (usually 6-8 hours before surgery) - Remove contact lenses, makeup, and jewelry - Wear comfortable, loose clothing to surgery - Arrange for someone to stay with you for the first 24-48 hours

We provide detailed written pre-treatment instructions specific to your procedure.

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

Result timing varies significantly:

- **Anti-wrinkle injections**: Effects begin at 3-7 days, peak at 14 days - **Dermal fillers** (if used): Immediate, with final settling at 2 weeks - **Laser treatments**: Gradual improvement over 2-6 months as collagen remodels - **Radiofrequency/ultrasound**: Progressive tightening over 2-3 months, continuing to improve up to 6 months - **Plasma pen**: Immediate skin contraction with continued improvement over 8-12 weeks - **Upper blepharoplasty**: Dramatic improvement visible once initial swelling subsides (2-4 weeks); final refined results at 6-12 weeks when all swelling resolves - **Brow lift**: Noticeable elevation within 2-3 weeks; final results at 3-6 months

Will I have visible scarring?

For surgical procedures:

Upper blepharoplasty: Incisions are precisely placed within the natural eyelid crease and are typically invisible once healed. Most patients' scars are imperceptible, even with eyes closed. Scars fade significantly over 6-12 months.

Brow lift: Scar visibility depends on technique: - **Endoscopic approach**: 3-5 small incisions hidden within the hairline, typically invisible - **Temporal/limited incision**: Small scars at the temples, hidden within the hairline or natural creases - **Coronal approach**: Longer scar across the top of the head, concealed within hair

Proper surgical technique, good wound care, and individual healing factors all influence scarring. Non-surgical treatments don't create incisions or scars.

Can hooded eyes come back after treatment?

- **Non-surgical treatments**: Results are always temporary; hooding will gradually return as the treatment wears off, requiring maintenance - **Surgical treatments**: Excess skin that's removed is gone permanently. However, natural ageing continues, so new skin laxity can develop over many years. Most patients enjoy 10-15+ years before considering any revision, and many never require additional surgery.

What if I'm not happy with my results?

At Me Clinic, patient satisfaction is paramount:

- We set realistic expectations from the start to minimize disappointment - Comprehensive consent process ensures you understand potential outcomes - For injectable treatments: effects are temporary and will reverse naturally - For surgical procedures: we include follow-up care and will discuss revision options if needed (most revisions are minor adjustments) - We're committed to working with you until we achieve the best possible outcome within realistic parameters

Open communication throughout your journey helps ensure we're aligned on goals and progress.

Real Patient Results

At Me Clinic, we've successfully treated thousands of patients with hooded eyes using both surgical and non-surgical approaches. While individual results vary based on starting anatomy, age, skin quality, and chosen treatment, our before/after gallery demonstrates the range of outcomes achievable with our treatment protocols.

During your consultation, your practitioner will show you cases similar to yours—matching your age, degree of hooding, and treatment approach—so you can develop realistic expectations for your potential results.

Common improvements our patients experience include:

- More visible eyelid space and definition - Brighter, more open eye appearance - Easier makeup application - Refreshed, less tired look - Improved peripheral vision (in cases with functional impairment) - Enhanced facial symmetry - Greater confidence in their appearance

Book Your Free Consultation

Ready to explore your hooded eyes treatment options at Me Clinic Melbourne?

****Three ways to book:****

1. ****Call:**** (03) 8823 5859 2. ****Online:**** Book your free consultation at meclinic.com.au 3. ****Email:**** info@meclinic.com.au

****What to bring to your consultation:****

- List of current medications and supplements - Relevant medical history (previous eye procedures, medical conditions) - Questions for your practitioner - Photos showing your specific concern from different angles (optional but helpful)

****Your consultation includes:****

✓ Comprehensive upper face and eyelid assessment ✓ Discussion of your aesthetic and functional goals ✓ Personalised treatment recommendations ✓ Transparent pricing with detailed cost breakdown ✓ Review of before/after gallery with similar cases ✓ Opportunity to meet your potential surgeon ✓ No obligation to proceed

****Me Clinic Location:****

4 Burke Road, Malvern East VIC 3145 Convenient free parking available on-site

****Why choose Me Clinic for hooded eyes treatment?:****

- ****25+ years of excellence**** in cosmetic and plastic surgery - ****FRACS-qualified plastic surgeons**** specializing in facial procedures - ****Responsible Cosmetic Medicine™**** approach prioritising patient safety and natural results - ****Transparent pricing**** with no hidden fees - ****Comprehensive aftercare**** included in all surgical procedures - ****25,000+ surgical procedures**** performed with exceptional safety record - ****State-of-the-art facility**** in Melbourne's established medical precinct

Your journey to refreshed, more youthful-looking eyes begins with a conversation. Contact Me Clinic today to schedule your free, no-obligation consultation and discover which hooded eyes treatment is right for you.