

INSPIRE

Nip & Tuck

Dr Tracy Mountford



Is there a quick fix for the deep bags under my eyes?

Q I'M in my 50s and have developed deep hollows and unsightly bags under my eyes and nothing seems to get rid of them. I have looked in to getting under-eye fillers, but am afraid it could go drastically wrong. What would you recommend? I don't really want to do anything too invasive or with a long recovery time.

A UNDER-eye hollows are very ageing and generally make people look tired. It can be genetic and I even see the problem in young patients.

Fat loss in the undereye area is often the main cause. Depending on the extent of the problem, filling the tear trough hollow (the crease of skin below an eye bag) with a hyaluronic acid filler will correct the 'sunken' look.

This should make the under-eye area look less dark and help the eye bags look much less obvious.

The technique with filler is highly sophisticated but in the hands of the

right cosmetic doctor is a safe procedure, with minimal marking, swelling or downtime.

However, every patient is different and dependent on skin quality, ethnicity and age — bruising or swelling afterwards varies. Usually the downtime, if any, is only a day or two.

Most people can go to work or continue with normal activities the next day, though it is always worth having some concealer at the ready, just in case! Sometimes, the eye bags are so advanced that a cosmetic or plastic surgeon may be required to achieve optimum results.

But a non-surgical approach is so routinely performed and delivers such high quality results, many patients can avoid surgery or at least delay it for a few years.

Fees for undereye fillers start at £550 with the result generally lasting a year or more.

■ **IF YOU** have a question for Dr Mountford, email drtracymountford@dailymail.co.uk.

All correspondence will be printed anonymously