

5 Real Causes of Under-Eye Bags

1. When Under-Eye Bags Are Fat

Orbital fat shifts forward as the membrane holding it weakens with age, creating persistent fullness beneath the eye that is visible all the time and doesn't change with sleep. This structural issue requires repositioning or removing the displaced fat through lower blepharoplasty.





2. When Under-Eye Bags Are Fluid

Fluid-related puffiness fluctuates throughout the day, noticeable in the morning and fading by afternoon. Sleep position, high sodium intake, alcohol, allergies, and thyroid or kidney issues can all contribute to overnight fluid pooling.

3. When Under-Eye Bags Are Loose Skin

Aging skin loses collagen and elasticity, creating a soft, creased, or sagging appearance beneath the eyes. Unlike fat or fluid, skin laxity doesn't fluctuate; resurfacing treatments or lower blepharoplasty address it depending on severity.





4. The Cause Matters More Than the Symptom

Each cause points to a different solution, injecting filler where fat should be removed adds volume in the wrong place, and surgery may be unnecessary when fluid retention is the primary driver. Many patients have a combination of all three causes.

5. Starting With the Right Conversation

Finding out the cause before booking a procedure is essential. A double board-certified plastic surgeon can examine the area, provide an honest assessment, and develop a plan that addresses what is actually happening beneath the surface.



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