Double Chin Before and After - Me Clinic Melbourne

Canonical: https://www.meclinic.com.au/face/double-chin-reduction/before-and-after/

Details:

Before and after photographs help show what double chin reduction changes. The submental area is unusually easy to misrepresent in a photograph, so it is worth knowing what to look for.

Photographs are shown and discussed at consultation, where your practitioner can select cases relevant to your anatomy.

The standards these photos must meet

Before and after images used by registered health practitioners in Australia are governed by the Medical Board of Australia's Guidelines for advertising regulated health services.

Images must be genuine - real patients, real results. Manufacturer stock images, illustrations, or photographs of people who were not treated at the clinic are not before and after images and must not be presented as such.

Photographs on this website have been retouched only to protect patient privacy, never to enhance or alter the results of treatment.

Images must carry a clear and prominent disclaimer that results may vary between individuals.

Patients must consent to the use of their images.

Results may vary between individuals. A photograph records one person's outcome, not a prediction of yours.

Two more things the rules prohibit, worth knowing because they are common: testimonials about clinical care are not permitted in advertising by registered health practitioners, and neither are time-limited offers, package deals or competitions for these treatments. A clinic running either is telling you something before you get to the clinical question.

Head position is everything here

The submental area changes shape dramatically with head position. Tilting the chin up stretches and flattens it; tilting it down creates fullness in almost anyone. A photograph taken chin-down before and chin-up after shows a transformation that has nothing to do with treatment.

So the first thing to check is that both frames show the same head position and the same camera height. Profile and three-quarter views are the informative ones. A straight-on frontal view shows very little of the area.

Also check that the jaw is in the same position in both - clenching or protruding the jaw changes the contour.

Other things worth checking

Lighting. Light from above creates shadow under the chin and exaggerates fullness. Flat or upward light hides it.

Time elapsed. The injectable treatment works over weeks, and swelling in the first days after each session temporarily makes the area look worse, not better. A meaningful comparison is taken well after the course is complete.

How many sessions. The result shown may represent one session or six. Ask.

Weight change. Where the patient also lost weight between the two photographs, the change is not attributable to the treatment.

Which treatment. Injectable fat dissolving, liposuction and a neck lift produce different degrees of change. A liposuction result is not a guide to what injectables will do.

The three treatments produce different things

Comparing a gallery across treatments is comparing different procedures, so this is worth having straight before you look at any photograph.

	Injectable fat reduction	Liposuction	Neck lift
What it treats	Fat only	Fat only	Skin, often muscle, and fat
Sessions	A course over months	One procedure	One procedure
Anaesthesia	Topical or local	Local or sedation, often	General
Visible recovery	Days of swelling after each session	About a week, chin strap	Weeks, visible incisions
Result visible	Over weeks, across the course	Three months, settling to a year	Months
Indicative cost	From $3,500	Around $5,000 surgeon's fee	Considerably more

The cost line is the one most often misread. "From $3,500" is the starting point for a course , not a per-session price - ask what the full course costs for the amount of fat you actually have before comparing it against a surgical fee.

Why your result will differ

Outcomes vary with how much submental fat is present, skin quality and elasticity, jaw and chin bone structure, the position of the hyoid bone in the neck, age, and how many sessions are completed.

Bone structure matters more than most people expect. A receded chin or a low-set hyoid bone produces a less defined neck angle regardless of how much fat is removed, and no fat treatment changes that. Where this is the case, an honest assessment will say so - and may suggest that chin augmentation, rather than fat reduction, is the relevant conversation.

What the photographs do not show

Skin. Where someone has loose skin with relatively little fat, removing the fat can make the looseness more apparent. Gallery cases are generally selected for good skin quality.

The swelling. Several days of pronounced swelling after each session is part of the experience and does not appear in a gallery.

Side effects. Numbness, firmness, bruising, and less common complications such as marginal mandibular nerve injury causing an uneven smile.

Durability. Fat cells destroyed do not return, but remaining cells enlarge with weight gain. A photograph is a moment, not a guarantee.

The cases that were not photographed. A gallery is a selection, and you cannot see what it was selected from.

Whether the person was pleased. A good contour and a satisfied patient are different measurements, and only one of them is in the frame.

Before you judge your own chin at all

A great deal of what people dislike about their submental area in photographs is the photograph, not the anatomy.

A phone held below eye level foreshortens the neck and creates fullness in almost anyone. So does a laptop camera on a desk during a video call - which is how many people now see their own face most often.

A wide-angle phone lens at close range distorts proportions. Step back and zoom rather than moving the camera closer.

Filters and "beauty" modes are frequently on by default and slim the jaw and neck silently. Turn them off before you assess anything.

Looking down while sitting is where most of us spend the day, and it is the position that flatters this area least.

Assess yourself in a mirror, standing, with your head level and the light in front of you. What you see there is closer to what other people see than any photograph.

Taking useful photographs of your own

More useful to you than any gallery, because it is the same person in both frames:

Camera at eye height , on a tripod or propped, never handheld from below.

Head level , looking straight ahead, jaw relaxed and unclenched.

Three views: straight on, three-quarter, and full profile. The profile is the one that matters.

Same room, same light, same time of day. Morning swelling is real.

No filters, no beauty mode, no zoom change.

Repeat identically before each session and six to eight weeks after the last.

Note your weight each time , so you can separate treatment from weight change later.

Costs

Double chin treatment starts from $3,500 for the non-surgical option; double chin liposuction is around $5,000. As at September 2024 and including GST, a consultation with a Cosmetic Doctor is $150.

Ask for the cost of the whole course rather than a session, and ask what happens if you want to stop partway. Both are reasonable questions and the answers should be in writing.

What you should leave the consultation with

Whether fat, skin or bone structure is actually driving your concern

Which treatment is proposed and why that one

The number of sessions expected and the total cost, in writing

What happens if you stop partway through a course

Written risk information

The prescriber's name where an injectable is used, along with the product and batch number, the amount used, and the date

A number to call after hours, and who answers it

A review date

Risks

For fat-dissolving injections these include swelling, bruising, pain, numbness, redness and firmness at injection sites; injury to the marginal mandibular nerve causing an uneven smile or facial weakness; difficulty swallowing; injection site ulceration or tissue damage; hair loss at the injection site; infection; asymmetry; and little or no response. The full list is on the double chin reduction page.

Individual results may vary. Any surgical or invasive procedure carries risks. Before proceeding you should seek a second opinion from an appropriately qualified health practitioner.

Common questions about double chin before and after photos

What is the single biggest variable in these photos?

Head position. The submental area changes shape dramatically with it - tilting the chin up stretches and flattens the area; tilting it down creates fullness in almost anyone.

What does a chin-down "before" and chin-up "after" show?

A transformation that has nothing to do with treatment.

Which views are informative?

Profile and three-quarter views. A straight-on frontal view shows very little of the area.

What else should match between the two frames?

The same camera height, and the same jaw position - clenching or protruding the jaw changes the contour.

How does lighting affect it?

Light from above creates shadow under the chin and exaggerates fullness. Flat or upward light hides it.

Can an "after" photo look worse?

Yes, early on. The injectable treatment works over weeks, and swelling in the first days after each session temporarily makes the area look worse, not better. A meaningful comparison is taken well after the course is complete.

Does one photo represent one session?

Not necessarily - the result shown may represent one session or six. Ask.

What if the patient also lost weight?

Then the change is not attributable to the treatment.

Can I compare a liposuction result to injectables?

No. Injectable fat dissolving, liposuction and a neck lift produce different degrees of change, and a liposuction result is not a guide to what injectables will do.

How do the three treatments actually differ?

Injectables and liposuction both treat fat only; a neck lift treats skin, often muscle, and fat. Injectables are a course over months with days of swelling after each session; liposuction is one procedure with about a week of visible recovery; a neck lift is one procedure with weeks of recovery and visible incisions.

Is "from $3,500" the price of a session?

No - it is the starting point for a course. Ask what the full course costs for the amount of fat you have before comparing it against a surgical fee.

Are clinics allowed to use patient testimonials?

Not about clinical care, in advertising by registered health practitioners. Time-limited offers, package deals and competitions are not permitted for these treatments either.

Can a clinic show me stock images?

Not as before and after images. Manufacturer stock images, illustrations, or photographs of people not treated at the clinic are not before and after images and must not be presented as such.

Why will my result differ?

Outcomes vary with how much submental fat is present, skin quality and elasticity, jaw and chin bone structure, the position of the hyoid bone in the neck, age, and how many sessions are completed.

Which factor is most underestimated?

Bone structure. A receded chin or a low-set hyoid bone produces a less defined neck angle regardless of how much fat is removed, and no fat treatment changes that.

What happens if that applies to me?

An honest assessment will say so - and may suggest that chin augmentation, rather than fat reduction, is the relevant conversation.

What if I have loose skin rather than fat?

Where someone has loose skin with relatively little fat, removing the fat can make the looseness more apparent. Gallery cases are generally selected for good skin quality.

Is my chin actually as bad as it looks on my phone?

Probably not. A phone held below eye level foreshortens the neck, a laptop camera on a desk does the same, a wide-angle lens at close range distorts proportions, and beauty modes are often on by default. Assess yourself in a mirror, standing, head level, light in front of you.

How should I photograph myself?

Camera at eye height on a tripod or propped, head level and jaw relaxed, three views with the profile mattering most, same room and light and time of day, no filters or zoom changes, repeated identically before each session and six to eight weeks after the last - and note your weight each time.

What does the gallery not show about recovery?

Several days of pronounced swelling after each session, which is part of the experience.

What side effects are invisible in a gallery?

Numbness, firmness, bruising, and less common complications such as marginal mandibular nerve injury causing an uneven smile.

What else can a gallery never show?

The cases that were not photographed, and whether the person was actually pleased. A good contour and a satisfied patient are different measurements.

Is the result permanent?

Fat cells destroyed do not return, but remaining cells enlarge with weight gain. A photograph is a moment, not a guarantee.

What does it cost?

Double chin treatment starts from $3,500 for the non-surgical option; double chin liposuction is around $5,000. As at September 2024 and including GST, a consultation with a Cosmetic Doctor is $150.

What should I ask about cost?

The cost of the whole course rather than a session, and what happens if you stop partway. Both answers should be in writing.

What should I leave with after an injectable session?

The prescriber's name, the product and batch number, the amount used, the date, aftercare instructions, an after-hours number and a review date.

What are the risks of fat-dissolving injections?

Swelling, bruising, pain, numbness, redness and firmness at injection sites; injury to the marginal mandibular nerve causing an uneven smile or facial weakness; difficulty swallowing; injection site ulceration or tissue damage; hair loss at the injection site; infection; asymmetry; and little or no response.

Related pages

See double chin reduction , double chin liposuction , neck lift , or all face procedures .

Individual results may vary. Any surgical or invasive procedure carries risks. Before proceeding you should seek a second opinion from an appropriately qualified health practitioner.