

# THE ROYAL OBSERVER

## LA Surgeon Claims Meghan Markle's 'Striking' Appearance May Indicate Cosmetic Procedures

Andrea Cutinho November 27, 2025



Meghan Markle attends the Balenciaga Womenswear Spring/Summer 2026 show as part of Paris Fashion Week. (Cover Image Source: Getty Images | Arnold Jerocki)

Meghan Markle has long been hounded by baseless rumors since entering royal life. From fake baby bumps to unwarranted cosmetic procedures, the Duchess of Sussex has faced constant scrutiny, choosing silence as her best response. After her recent solo appearances, royal watchers speculated that she may have gone under the knife. Now, LA surgeon Dr. Raffi Hovsepian has claimed Markle may have undergone upper blepharoplasty and other subtle procedures, pointing to her 'striking' before-and-after photos as evidence of change.

Dr. Hovsepien, who has not treated Markle, reviewed pictures of her from 2019 to 2022 alongside those taken in 2025 and found that the "heaviness of her upper lids is no longer present." According to [Sky News](#), he said that her new [Harper's Bazaar cover photo](#) showed her "upper eyelid crease appears more defined, higher, and cleaner, while the skin between the crease and brow looks tighter and less hooded." The 'very consistent' aesthetic outcome, he argued, is often seen after upper blepharoplasty (eyelid surgery), Upper eyelid skin pinch technique, and conservative fat pad reduction. He also pointed out to her noticeably 'brighter and more sculpted' eye shape as evidence of a potential cosmetic procedure.



Meghan Markle on day thirteen of the 2019 US Open. (Image Source: Getty Images | Clive Brunskill)

To argue his point, Dr. Hovsepien compared Markle's recent appearances with images from 2022. He opined, "The tighter skin, higher crease, and reduction in lateral hooding all align with the type of transformation we typically see after an upper blepharoplasty or surgical brow/eyelid rejuvenation." Explaining what other cosmetic procedures he believed she may have had, he continued, "There are also midface refinements, smoother under-eye transitions, and improved brow support that collectively enhance her overall look." However, some of the noticeable changes around her eyelids could also be attributed to her makeup-free style, which she has been embracing of late for public outings.



Meghan Markle attends the Balenciaga Womenswear Spring/Summer 2026 show. (Image Source: Getty Images | Arnold Jerocki)

In the past, the Duchess was known for wearing heavy false eyelashes, but she has since scaled back for a more natural, makeup-free look. She first appeared bare-faced on The Jamie Kern Lima Show podcast, where she celebrated the freedom of going without makeup. Holding back tears while reading a letter from her children, she said, "Oh, I wasn't expecting that one. This is why it's so nice not to have makeup on." More recently, before the Harper's Bazaar interview, she attended Balenciaga's Paris Fashion Week with minimal makeup, relying on subtle contouring and nude lipstick to achieve a runway-ready appearance.

While Markle has not commented on her alleged plastic surgery recently, she once addressed the rumors in a 2015 interview with Porter magazine, saying, "I don't pay a lot of attention, frankly." As for her minimal makeup routine, skincare expert Laura Porter told the Mirror that the Duchess likely invests in 'high quality skincare' including "gentle exfoliation, pigment correcting serums like vitamin C, and hydrating ingredients such as hyaluronic acid or peptides." She also noted that Markle's well-known love of facial massage boosts circulation and gives a lifted, rested look without makeup.