Factor4 Anti-Ageing Treatment Melbourne - Me Clinic

Canonical: https://www.meclinic.com.au/face/anti-ageing-procedures/factor-4/

Details:

Factor4 is an anti-ageing treatment prepared from the patient's own blood. It is autologous - made from your own tissue and returned to you - which is the defining feature of the treatment and the reason it is prepared and handled the way it is.

This page covers where Factor4 fits among the facial anti-ageing options , and how to tell whether it is the one that addresses what you actually want changed. For the full detail on what Factor4 is, how it is made and its risks, see the main Factor 4 page.

This treatment is available at Me Clinic, Malvern East.

Faces age in four different ways

This is the framework that makes the rest of the page useful. A face does not simply "get older" - four distinct things change, they change at different rates, and each is addressed by a different treatment. Most people over 40 have some of all four.

What changes	How you recognise it	What addresses it
Skin quality	Texture, fineness, dullness, crepiness, fine lines visible at rest	Factor4 , skin needling, laser, peels, cosmeceuticals
Movement lines	Lines that appear when you frown, squint or raise your brows, and vanish when you stop	Anti-wrinkle injections
Volume loss	Hollowing at the temples, under the eyes, in the cheeks; a flatter mid-face	Dermal fillers, fat transfer
Descent	Jowls, a heavier jawline, folds deepening because tissue has moved down	Thread lift, facelift - surgical or suspension

Factor4 addresses the first row only. Not the other three. It is unusually good at what it does and completely inert against what it does not.

The mistake this framework prevents

Someone whose main change is volume loss will not be satisfied by a course of Factor4, however well it works on their skin - and will conclude the treatment failed when in fact it was aimed at the wrong thing. The reverse happens too: someone whose skin is thin and crepey gets filler, and ends up with the same textured skin over more volume.

So the useful question at consultation is not "is Factor4 good?" It is: which of the four is actually driving what I see in the mirror, and in what proportion? That is a question with a real answer, and it is what the

assessment is for.

How Factor4 compares with the other facial options

	Factor4	Anti-wrinkle injections	Dermal filler	Thread lift
Targets	Skin quality	Muscle movement	Volume	Position
Material	Your own blood	Prescription medicine	Manufactured gel	Absorbable sutures
Onset	Weeks to months	Days	Immediate	Immediate
Course	3-4 sessions, 2-4 weeks apart	Single session	Single session	Single procedure
Duration	Maintained, not permanent	Months	Months to over a year	Limited, and it is not a facelift
Reversible	No, but it fades	No, but it wears off	Some types can be dissolved	No

These are frequently combined rather than chosen between, because most faces need more than one row of the first table addressed. A plan that names which treatment is doing which job is a good sign.

What it is

Factor4 is a serum containing a concentration of the patient's own growth factors and anti-inflammatory proteins. It belongs to the same broad family as platelet-rich plasma treatments, but is produced by a different process that concentrates growth factors to a higher degree than centrifuging plasma alone.

How it is prepared

The process is what distinguishes Factor4 from other blood-derived treatments:

Blood is drawn from the patient into specialised tubing.

The drawn blood is incubated for between six and nine hours. During incubation it is exposed to small glass beads etched with carefully shaped grooves. This surface contact triggers a rapid increase in the formation of growth factors.

The tubes are centrifuged, the serum is extracted and filtered.

The serum is portioned and stored frozen at -18°C until treatment.

Because of the incubation step, Factor4 is not a same-visit treatment in the way a simple platelet-rich plasma injection is - the blood draw and the treatment are separate appointments.

What it is used for

Factor4 is used for concerns relating to skin quality and texture, including:

Wrinkles and fine lines

Creping of the face, neck and décolletage

The backs of the hands

Dark circles around the eyes

Stretch marks

Scars

The intention is to stimulate the skin's own repair processes, which may help soften static lines and improve overall skin texture. Results vary between individuals, and some people notice little change.

Factor4 addresses skin quality. It does not add volume the way a dermal filler does, does not relax expression lines the way anti-wrinkle injections do, and does not lift descended tissue - that is a surgical problem. Being clear about which of those you are trying to change is the point of the consultation.

The areas where it is often the better choice

Under the eyes. Thin, crepey skin there is a quality problem, and filler in that area is technically demanding and unforgiving. Improving the skin itself is sometimes the more sensible starting point.

The neck and décolletage. Rarely a volume or movement problem; usually texture and sun damage.

The backs of the hands. Thin skin and visible texture - though volume loss there is also common, so both may apply.

Acne scarring. A texture problem by definition.

Treatment protocol

A typical protocol involves three or four treatments spaced two to four weeks apart. Some patients begin to notice changes a few weeks after the first treatment; others do not, and how quickly and how much anyone responds varies.

Factor4 can be used alone as an injectable, or combined with skin needling or fractional laser. Combining treatments is intended to improve the result and assist healing, though again results vary.

Where it fits in a longer plan

A reasonable order of operations, because sequence matters:

Sun protection and skincare first. Unglamorous and load-bearing - ongoing sun exposure works against every treatment on this page.

Treat active conditions - acne, rosacea, pigmentation - before pursuing quality work over the top of them.

Skin quality , which is where Factor4 sits, and which improves the canvas everything else sits on.

Movement and volume , as indicated.

Surgical options , where descent is the actual problem and nothing non-surgical addresses it.

The common error is starting at step four or five for a problem that sits at step one or three.

Risks and side effects

All injectable treatments carry risks. For Factor4 these include:

Pain, redness, swelling, bruising and tenderness at the injection sites and at the blood draw site

Infection at the injection site

Temporary lumpiness or irregularity

Changes in skin pigmentation

Fainting or light-headedness during the blood draw

No noticeable improvement

Where Factor4 is combined with skin needling or fractional laser, the risks of those treatments also apply - including prolonged redness, crusting, pigment change, scarring and infection.

Because the product is prepared from your own blood, the risk of allergic reaction to a foreign substance does not arise as it does with manufactured products. It does not remove the other risks above - "it is your own blood" is often heard as "so nothing can go wrong", and that is not what it means.

Who is not suitable

Treatment is generally avoided in people with active infection, certain blood disorders or platelet abnormalities, those on some anticoagulant medications, during pregnancy and breastfeeding, and where there is active skin disease at the treatment site. Your full medical history and medication list are assessed before treatment.

What you should leave the consultation with

Which of the four changes - quality, movement, volume, descent - is driving your concern, and in what proportion

Why Factor4 rather than one of the other three approaches, or which combination is proposed and what each is doing

Whether it is being used alone or with needling or laser, and the downtime that brings

The number of treatments and the written total cost, plus the maintenance interval and its annual cost

Written risk information

Who is performing it and their registration - checkable by name at ahpra.gov.au

Aftercare instructions and a number to call

A review date far enough out to be meaningful

Cost and booking

Cost depends on the number of treatments in the protocol and the areas treated, and is quoted at consultation after assessment. As at September 2024 and including GST, a consultation with a Cosmetic Doctor is $150 and a skin assessment with a nurse or aesthetician is $50, redeemable on products or services.

Factor4 is a non-surgical treatment, so the GP referral requirement that applies to cosmetic surgery does not apply here. Appointments are generally available within 7 to 14 days. Not covered by Medicare.

Because results are maintained rather than permanent, ask what a year costs rather than what a course costs.

We are at 4 Burke Road, Malvern East VIC 3145, five minutes' walk from Caulfield station.

Common questions about Factor4 for facial ageing

What actually is Factor4?

A serum containing a concentration of your own growth factors and anti-inflammatory proteins, prepared from your own blood.

What is the difference between this page and the main Factor 4 page?

This one covers where Factor4 sits among the facial anti-ageing options. The main page covers the treatment itself in full - preparation, protocol, risks and costs.

What are the four ways a face ages?

Skin quality, movement lines, volume loss, and descent. They change at different rates, each is addressed by a different treatment, and most people over 40 have some of all four.

Which of them does Factor4 address?

Skin quality only - texture, fineness, dullness, crepiness, and fine lines visible at rest. Not movement, not volume, not descent.

What happens if I pick the wrong one?

Someone whose main change is volume loss will not be satisfied by Factor4 however well it works on their skin, and will conclude the treatment failed. The reverse happens too - filler over thin crepey skin gives you the same texture over more volume.

So what should I actually ask at the consultation?

Not "is Factor4 good" but "which of the four is driving what I see, and in what proportion". That question has a real answer.

How does it compare with anti-wrinkle injections?

Those target muscle movement and work within days from a single session, lasting months. Factor4 targets skin quality over a course of three or four sessions with the effect building over weeks to months.

How does it compare with dermal filler?

Filler is a manufactured gel that adds volume immediately and lasts months to over a year, and some types can be dissolved. Factor4 uses your own blood, changes quality rather than volume, and fades rather than being reversed.

How does it compare with a thread lift?

A thread lift changes position using absorbable sutures, with an immediate but limited effect - and it is not a facelift. Factor4 does not change position at all.

Do I have to choose just one?

No, and most people do not. They are frequently combined, because most faces need more than one of the four addressed. A plan that names which treatment is doing which job is a good sign.

Where is Factor4 often the better choice?

Under the eyes, where thin crepey skin is a quality problem and filler is technically demanding; the neck and décolletage, which are usually texture and sun damage rather than volume; the backs of the hands; and acne scarring, which is a texture problem by definition.

What order should I do things in?

Sun protection and skincare first, then treat active conditions such as acne, rosacea or pigmentation, then skin quality, then movement and volume, then surgical options where descent is the real problem. The common error is starting at the surgical end for something that sits at the first.

How is it prepared?

Blood is drawn into specialised tubing, incubated for six to nine hours in contact with etched glass beads that trigger a rapid increase in growth factor formation, then centrifuged, extracted, filtered, portioned and stored frozen at -18°C.

Is it a same-visit treatment?

No. Because of the incubation step, the blood draw and the treatment are separate appointments - unlike a simple platelet-rich plasma injection.

What is it used for?

Wrinkles and fine lines, creping of the face, neck and décolletage, the backs of the hands, dark circles around the eyes, stretch marks and scars.

How many treatments?

A typical protocol is three or four treatments spaced two to four weeks apart. Some patients notice changes a few weeks after the first; others do not.

Can it be combined with other skin treatments?

Yes - it can be used alone as an injectable or combined with skin needling or fractional laser, which is intended to improve the result and assist healing.

What are the risks?

Pain, redness, swelling, bruising and tenderness at the injection and blood draw sites; infection at the injection site; temporary lumpiness or irregularity; changes in skin pigmentation; fainting or light-headedness during the blood draw; and no noticeable improvement.

Does using my own blood make it safe?

It removes the risk of allergic reaction to a foreign substance. It does not remove the other risks listed above.

Who is not suitable?

People with active infection, certain blood disorders or platelet abnormalities, those on some anticoagulant medications, during pregnancy and breastfeeding, and where there is active skin disease at the treatment site.

What does it cost?

Cost depends on the number of treatments and the areas treated, and is quoted at consultation after assessment. A consultation with a Cosmetic Doctor is $150, and a skin assessment with a nurse or aesthetician is $50 redeemable on products or services - both including GST as at September 2024.

Which cost figure matters?

The annual one, because results are maintained rather than permanent.

Do I need a GP referral?

No. Factor4 is a non-surgical treatment, so the referral requirement that applies to cosmetic surgery does not apply. Appointments are generally available within 7 to 14 days, and it is not covered by Medicare.

Related pages

See the main Factor 4 page, anti-wrinkle injections , dermal filler treatments , thread lift , or all anti-ageing 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.