Face Procedures Melbourne - Me Clinic

Canonical: https://www.meclinic.com.au/face/

Details:

We offer surgical and non-surgical facial procedures from our clinic at 4 Burke Road, Malvern East. Surgery is performed by Specialist Plastic Surgeons at accredited private hospitals around Melbourne; non-surgical treatments are performed at the clinic by cosmetic doctors and nurses.

This page sets out what is available, and — more usefully — how to work out which of them is relevant to what you actually want changed.

Start with the problem, not the procedure

Most facial ageing is a combination of four separate processes. They respond to different treatments, and choosing the wrong one is the most common and most expensive mistake.

What has changed	What addresses it
Skin quality — texture, pigmentation, fine lines	Laser and skin treatments , sun protection, skincare
Lines created by muscle movement	Anti-wrinkle injections
Volume loss — hollows, flattening, shadows	Dermal fillers or fat transfer
Skin laxity and tissue descent — jowls, loose neck skin, hooded lids	Surgery: facelift , neck lift , blepharoplasty , brow lift

The fourth row is the one injectables do not solve. Filling a face whose real problem is descent adds weight to tissue that is already falling. A proper assessment identifies which of these is driving what you see, and an honest one will tell you when a procedure is not the answer.

If this is what you would say in the mirror

People do not arrive knowing they have “mid-face volume loss”. They arrive knowing they look tired. This table starts where you start.

What you would say	Usually	Start here
“I look tired even when I’m not”	Upper lid heaviness, under-eye hollowing, or flat cheeks	Eye area surgery , fillers
“I look cross when my face is relaxed”	A set frown line between the brows, or downturned mouth corners	Anti-wrinkle injections
“My jaw isn’t a line any more”	Jowls — descent, sometimes with volume loss above	Facelift , thread lift
“My neck aged before my face”	Loose skin, platysmal bands or submental fat	Neck lift , double chin reduction

“There’s fullness under my chin and nothing shifts it”	Submental fat, or sometimes skin or chin position	Double chin — the five causes
“My eyelids are heavy and my glasses rest on them”	Excess upper lid skin, or a descended brow	Upper blepharoplasty
“I have bags under my eyes”	Fat pads, a hollow beneath, fluid, or pigment — four different things	Lower blepharoplasty
“My cheeks have gone flat”	Volume and bone loss	Fillers , fat transfer
“There’s a bump on my nose”	A dorsal hump — camouflaged or removed, depending on what you want	Non-surgical nose augmentation
“My ears stick out”	Prominent ear cartilage	Cosmetic ear surgery
“My skin is dull, blotchy or rough”	Skin quality — pigment, vessels or texture	Laser skin rejuvenation
“I go red and it doesn’t settle”	Vessels, diffuse redness, or rosacea	Facial vein treatments
“I have fine hair on my face”	Vellus or terminal hair — treated differently	Facial hair removal
“I have a spot that bleeds, scabs and comes back”	Not cosmetic — have it looked at first	Mole removal and skin checks

That last row overrides everything else on this page. Anything new, changing, bleeding or not healing is assessed before any cosmetic treatment, because lasers and resurfacing destroy the tissue a pathologist would need.

Four tests you can do before you speak to anyone

Ten minutes at a mirror in daylight, and the consultation becomes a different conversation. Each is set out in full on anti-ageing procedures .

The lie-down test. Look at your face in a mirror held above you while lying flat. Hollows still there are volume loss ; folds and jowls that vanish are descent .

The release test. Frown hard for five seconds and let go. A line that vanishes instantly is dynamic ; one that lingers or was there already is static .

The recoil test. Pinch a fold of skin on your cheek, hold five seconds, release and count. Instant flattening means good elasticity; a ridge standing for several seconds means significant elastic loss, and nothing non-surgical makes skin retract meaningfully at that point.

The raking-light test. Turn so light falls across your face from one side. Then close your eyes and feel the area — if you can see it but not feel it, it is colour rather than texture, and they are treated by different things.

Write down what you find and bring it. “I look tired” cannot be planned against; four specific observations can.

Surgical procedures

Facelift (rhytidectomy) — repositions descended tissue and removes excess skin in the mid and lower face. Facelift costs range from $20,000 to $50,000 depending on type.

Neck lift — addresses loose skin and banding in the neck, often combined with a facelift.

Blepharoplasty (eyelid surgery) — removes excess skin and reduces puffiness of the eyelids. Upper eyelid surgery $8,000 to $12,000; lower eyelid $9,000 to $13,000; upper and lower together $15,000 to $18,000. Where drooping eyelids impair the visual field, MBS item 45618 may apply. See also upper blepharoplasty and lower blepharoplasty .

Brow lift (forehead lift) — raises descended brows and softens forehead lines. From $10,000.

Rhinoplasty — cosmetic nose surgery, $15,000 to $30,000. Where performed to correct breathing difficulties, MBS items 45632 to 45644 and 45650 may apply.

Otoplasty (cosmetic ear surgery) — reshapes or repositions prominent ears. $7,000 to $14,000.

Fat transfer to face — uses your own fat, harvested by liposuction, to restore facial volume.

Non-surgical treatments

Anti-wrinkle treatments — temporarily relax the muscles creating expression lines. Effects typically last three to six months.

Volume enhancing treatments (dermal fillers) — restore contour to cheeks, lips, jawline, temples and folds. From $590 per treatment. Includes non-surgical nose augmentation and dissolving of previous filler .

Thread lift — absorbable sutures placed under the skin to reposition tissue and stimulate collagen. With Dr Ku from $4,900. Includes neck and nose thread lifts.

Laser skin rejuvenation — a range of devices addressing texture, pigmentation, redness and fine lines, including Fraxel, CO2 laser , Laser Genesis, Yag laser, IPL, Healite II LED and photodynamic therapy .

Double chin reduction — from $3,500.

Facial vein treatments — for visible surface vessels and redness.

Facial hair removal , including epidermal levelling .

Anti-ageing procedures , including Factor4 and preventative cosmetic medicine .

Temporary or permanent: the comparison people skip

The decision that matters most is rarely which brand or which device. It is whether you are buying something that repeats or something that does not — and the two are usually compared on the wrong numbers.

	Lasts	What ten years looks like
Anti-wrinkle injections	3 to 6 months	Roughly 30 to 40 treatments
Dermal filler	6 months to over a year	Repeated, area by area, indefinitely
Laser and skin treatments	Maintained with sun protection	An initial course plus annual upkeep
Thread lift	18 to 24 months	About five procedures
Facelift or neck lift	Resets the starting point; ageing continues	Once, for most people

Neither column is the right answer. Temporary treatments are flexible, reversible in some cases, and let you change your mind; surgery is a single decision with a single recovery. But comparing one filler appointment with a facelift is comparing the wrong figures — compare a decade of one with the other,

and make the choice knowing both numbers.

One pattern worth naming: where an examination says descent, years of injectables to postpone the decision typically cost more than the procedure and can end with a heavier face than the one you started with. Have the comparison early, even if the answer is “not yet”.

Before booking any cosmetic surgery

Australian rules changed in 2023 and they are worth knowing before you start:

A GP referral is required. Since 1 July 2023, all patients must have a referral from a general practitioner before seeing a plastic surgeon or doctor about cosmetic surgery.

A cooling-off period applies. For adults, at least seven days must pass after the second consultation before surgery can be booked or a deposit paid. For patients under 18, a three-month cooling-off period applies, along with a mandatory assessment by a registered psychologist, psychiatrist or GP.

Screening for body dysmorphic disorder forms part of assessment, with referral for psychological assessment where indicated. It is a safeguard, not an obstacle placed in your way.

Titles are regulated. Specialist Plastic Surgeon is a protected title held by doctors who have completed accredited surgical training and are Fellows of the Royal Australasian College of Surgeons. Anyone’s registration can be checked free of charge on the AHPRA public register.

What a good consultation looks like

You are assessing the clinic as much as they are assessing you. Some things should be present, and some should not.

Signs of a careful consultation

You are examined , not just looked at — and told which of the four processes apply to you.

You are told what a procedure will not do , and where your own anatomy sets a limit.

Someone is willing to say “not yet” or “not this”. A consultation that ends in no treatment is a good outcome, not a failed sale.

You know who will perform the procedure , by name, and can check their registration.

You get a written, itemised quote naming every party who will bill you, plus revision and cancellation terms.

You get written risk information with time to read it , rather than a form to sign on the day.

You can bring someone with you , and ask for a chaperone during any examination or photography.

You are given an after-hours number that reaches a person.

Things that should give you pause

Pressure to decide today , or a price that expires.

Time-limited offers, discounts or packages on cosmetic procedures — Australian advertising rules prohibit them.

Patient testimonials about clinical care — also prohibited, under section 133 of the National Law. Their absence is a sign a clinic follows the rules, not a gap.

A single number instead of an itemised quote.

Vagueness about who is operating , or about their qualifications.

Promises of a specific result , or language about being the best — unsubstantiated superiority claims are prohibited too.

Before and after photographs with no dates, no session counts and no mention of what else was done.

Reluctance to discuss complications , or to say what happens if you are unhappy.

What to bring to a consultation

Your GP referral, for anything surgical

A list of everything you take — prescriptions, over-the-counter medicines and supplements, fish oil included

Your medical history, including any bleeding or clotting problems, diabetes, and how you heal

A record of any previous cosmetic treatment: what, where, when, by whom — particularly any filler

Photographs of yourself from fifteen or twenty years ago, and current ones taken in daylight

The notes from your four self-tests

Your written questions, including the awkward ones

Someone with you, if you would like a second set of ears

Consultation fees

As at September 2024 and including GST:

Consultation with a Specialist Plastic Surgeon — $350

Consultation with a Cosmetic Doctor — $150

Skin assessment with a nurse or aesthetician — $50, redeemable on products or services

A partial Medicare rebate may be available for some consultations with a valid GP referral. Your consultation fee is due at the time of booking. For major surgery, payment is due four weeks before the procedure.

Medicare

Purely cosmetic surgery is not covered by Medicare. Where a facial procedure serves a functional purpose and meets strict MBS criteria — blepharoplasty for visual field impairment (item 45618), rhinoplasty for nasal obstruction (items 45632 to 45644, 45650), skin cancer removal with reconstruction (item 45060) — a partial rebate may be available. Eligibility is a clinical judgement made at consultation and requires a valid referral.

We are not a no-gap provider , so out-of-pocket costs apply even where a rebate is available. See does Medicare cover my surgery.

Two things worth understanding about any rebate: the MBS amount is a fixed schedule figure, not a proportion of the fee , so it does not rise because the fee does; and private health fund cover for hospital costs follows the existence of an item number , so without one a fund will generally pay nothing.

Risks

All surgical and invasive procedures carry risks. For facial surgery these include infection, bleeding and haematoma, permanent scarring, changes in sensation which may be permanent, nerve injury affecting facial movement, asymmetry, delayed wound healing, skin necrosis, hair loss along incisions,

anaesthesia complications including rare but serious events, blood clots, an unsatisfactory result and the possible need for revision surgery.

Non-surgical injectable treatments carry their own risks, including bruising, infection, asymmetry, altered expression and — for dermal fillers — vascular occlusion, which can cause tissue death and, rarely, permanent vision loss.

Please read our information on the risks and complications of cosmetic surgery before proceeding.

Three things to seek urgent attention for

Any change in vision after any procedure around the eyes or after filler anywhere in the face.

Severe or increasing pain with rapidly increasing swelling after surgery — particularly around the eyes, where bleeding behind the eye is a time-critical emergency.

Skin going pale, then mottled or dusky after filler — which can indicate a blocked vessel and is treated urgently.

In each case, ring us immediately at any hour, and if you cannot reach anyone, go to an emergency department. Do not wait to see whether it settles.

Where procedures are performed

Non-surgical treatments and minor procedures are performed at 4 Burke Road, Malvern East VIC 3145 — five minutes' walk from Caulfield station. Major surgery is performed at accredited private hospitals where our surgeons hold operating rights, including Masada Private (St Kilda East), Epworth Geelong (Waurn Ponds), St Vincent's Werribee, Sir John Monash Private (Clayton), Peninsula Private (Langwarrin) and Linacre Private (Hampton). See hospitals.

Clinic hours are Monday, Wednesday and Friday 9am to 5pm, Tuesday and Thursday 9am to 6pm, and Saturday 9am to 2pm. Phone 1300 852 050, or use the online consultation form .

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.

Nose surgery: septoplasty and rhinoplasty

Nose surgery divides into two purposes that are often performed together but are funded, justified and assessed quite differently. Getting the distinction right is the single most useful thing to understand before a consultation.

Septoplasty corrects a deviated septum - a nasal septum significantly off-centre or crooked - to improve airflow and relieve obstructed breathing. It is a functional operation. The work is done through the nostrils without an external incision (the closed approach), and the bent cartilage and bone are removed or reshaped to straighten the septum.

Rhinoplasty alters the external shape of the nose. Where it is performed purely to change appearance it is cosmetic. Where it corrects an airway obstruction or a structural deformity it may be functional.

Septoplasty is routinely performed and generally a day procedure. You will need someone to drive you home afterwards and to help in the first day or so, because of the anaesthetic rather than the surgery itself.

Whether Medicare contributes depends on why it is being done

A functional indication - documented obstructed breathing, a structural problem - is what opens the possibility of a rebate. Appearance alone does not. Item numbers our patients most often ask about

are:

MBS item	Covers
41671	Septoplasty
41672	Reconstruction of the nasal septum
45635	Partial rhinoplasty addressing the bony structure
45641	Rhinoplasty correcting airway blockage

Each has strict criteria that must be met, and a valid GP referral is required. We are not a no-gap provider , so out-of-pocket costs apply even where an item number is accepted, and theatre, hospital and anaesthetist fees are advised separately. Ask at consultation whether an item is expected to apply in your case and have the answer written into the quote.

If your interest is in the appearance of the nose rather than breathing through it, and you would rather not have surgery, see non-surgical nose augmentation - which changes angles and shadows with filler, and can build but never reduce.

Common questions about face procedures at Me Clinic

How do I work out which treatment I need?

Start with what has changed rather than which procedure you have heard of. Most facial ageing is four separate processes — skin quality, movement lines, volume loss and descent — and each is addressed by something different.

Which one do injectables not solve?

Descent. Filling a face whose real problem is falling tissue adds weight to it and can make the face look heavier.

Can I work out which applies to me at home?

Largely. The lie-down test separates volume loss from descent; the release test separates dynamic from static lines; the recoil test measures skin elasticity; the raking-light test sorts colour from texture.

What should I do with the results?

Write them down and bring them. “I look tired” cannot be planned against; four specific observations can.

What if I have a spot that bleeds and scabs repeatedly?

Have it assessed before any cosmetic treatment. Lasers and resurfacing destroy the tissue a pathologist would need.

Do I need a GP referral?

For cosmetic surgery, yes — since 1 July 2023. Non-surgical treatments do not carry that requirement.

How long is the cooling-off period?

For adults, at least seven days after the second consultation before surgery can be booked or a deposit paid. For under-18s, three months, plus a mandatory assessment by a registered psychologist, psychiatrist or GP.

What is BDD screening and why does it apply to me?

Screening for body dysmorphic disorder forms part of assessment for everyone considering cosmetic surgery. It is a safeguard, not an obstacle.

What does “Specialist Plastic Surgeon” mean?

A protected title held by doctors who have completed accredited surgical training and are Fellows of the Royal Australasian College of Surgeons. Registration can be checked free on the AHPRA public register.

How should I compare temporary treatments with surgery?

Over a decade, not per appointment. Anti-wrinkle treatment is roughly 30 to 40 treatments in ten years; a thread lift about five procedures; a facelift usually once.

What is the most common expensive mistake?

Years of injectables to postpone a decision an examination already said was surgical — which typically costs more and can end with a heavier face.

What should a good consultation include?

An actual examination, being told what a procedure will not do, someone willing to say “not yet”, a named operating practitioner, a written itemised quote, written risk information with time to read it, and an after-hours number that reaches a person.

What should give me pause?

Pressure to decide today, a price that expires, packages or discounts on cosmetic procedures, patient testimonials, a single number instead of an itemised quote, vagueness about who is operating, promises of a specific result, and undated before-and-after photographs.

Why are there no testimonials on this site?

Because testimonials about clinical care are prohibited under section 133 of the National Law. Their absence is a sign a clinic follows the rules.

Why are there no special offers?

Time-limited offers, discounts and packages on cosmetic procedures are prohibited by Australian advertising rules.

Can I bring someone to a consultation?

Yes, and you can ask for a chaperone during any examination or photography.

What should I bring?

Your GP referral for anything surgical; a full list of medications and supplements; your medical history; a record of any previous cosmetic treatment including filler; old and current photographs; your self-test notes; and your written questions.

What do consultations cost?

A Specialist Plastic Surgeon $350, a Cosmetic Doctor $150, and a skin assessment with a nurse or aesthetician $50, redeemable on products or services — as at September 2024, including GST.

When is payment due?

The consultation fee at the time of booking; for major surgery, four weeks before the procedure.

Does Medicare cover any of this?

Not purely cosmetic surgery. Where a procedure serves a functional purpose and meets strict MBS criteria — blepharoplasty for visual field impairment (45618), rhinoplasty for nasal obstruction (45632 to 45644, 45650), skin cancer removal with reconstruction (45060) — a partial rebate may be available.

Does a rebate mean the gap is small?

Not necessarily. The MBS amount is a fixed schedule figure, not a proportion of the fee, and we are not a no-gap provider.

Will my health fund pay if Medicare does not?

Generally no — fund cover for hospital costs follows the existence of an MBS item number.

What should I seek urgent attention for?

Any change in vision after a procedure around the eyes or after facial filler; severe or increasing pain with rapidly increasing swelling after surgery; and skin going pale then mottled or dusky after filler. Ring us immediately at any hour, or go to an emergency department.

Where is surgery performed?

At accredited private hospitals where our surgeons hold operating rights, including Masada Private, Epworth Geelong, St Vincent’s Werribee, Sir John Monash Private, Peninsula Private and Linacre Private. Non-surgical treatments are performed at the Malvern East clinic.