Laser Genesis Melbourne - Me Clinic

Canonical: https://www.meclinic.com.au/face/laser-skin-rejuvenation/laser-genesis/

Details:

Laser Genesis is a non-ablative laser treatment that works by gently heating the upper dermis — the layer beneath the skin's surface — without breaking the skin. That heat stimulates collagen regrowth over the following weeks, and additional heat generated within dilated capillaries reduces redness.

It is one of the gentler treatments in the laser skin rejuvenation range: no anaesthetic, no downtime, and a gradual result rather than a dramatic one.

The trade-off, stated plainly

Laser Genesis produces subtle results. That is the design: because it does not injure the skin surface, there is no peeling, crusting or recovery period, but the change accumulates gradually across a course of treatments rather than appearing after one.

If you want a visible change from a single session, this is not that treatment. If you want gradual improvement in texture and redness with no interruption to your week, it is well suited.

The treatment with the least feedback

Worth saying early, because it catches people out more than anything else about this treatment.

Almost every other procedure on this site gives you something to show for it — redness, peeling, a crust, a bruise, a scab. Those are unpleasant, but they are also evidence , and people find them oddly reassuring. Laser Genesis gives you none of that. It feels like warmth, it leaves a faint flush that fades within the hour, and you walk out looking exactly as you did walking in.

The result of that is a predictable pattern: people finish session two, see nothing, and conclude the treatment is doing nothing. In fact nothing is supposed to be visible at session two — collagen change takes months, and the redness improvement builds across the course rather than within a session.

Two practical consequences:

Take a proper baseline photograph before session one. There is no other way to know. This is the treatment where people most often abandon a working course.

Do not judge it before the course is finished. If you were told six sessions, six is when you assess it — not three.

Conditions it may help

Fine lines and wrinkles

Uneven skin texture

Open pores

Capillaries and skin redness

Facial veins and spider veins

Rosacea

Acne and acne scars

Scars

Age spots and hyper-pigmentation

Melasma

Skin lesions and skin vessels

Sun damage and skin ageing

Whether it is the right treatment for any of these in your case depends on the specifics, and different devices suit different problems — see the comparison on the laser skin rejuvenation page.

Where it genuinely earns its place

That list is long, and a long list invites the suspicion that a treatment is being offered for everything. Three uses are where this device is the right answer rather than merely an available one.

Diffuse facial redness and rosacea

The strongest case. Redness spread across the cheeks and nose, rather than a few distinct vessels, is exactly what a gentle, repeated, whole-area treatment handles well — and precisely what a targeted vascular laser handles badly, because there is no single vessel to target.

One caveat that should be stated before you start: treating the redness does not stop the flushing. Rosacea is a tendency, not a stain, and the triggers — heat, alcohol, spicy food, stress, exercise, sudden temperature change — continue. What a course does is lower the baseline. It is management, with maintenance, rather than a cure.

Anyone who cannot take downtime

People who are client-facing, on camera, or simply unwilling to look treated. The result is smaller than a fractional laser course would give, and it is available to someone who could never take a week of peeling. That is a legitimate trade rather than a consolation prize.

Maintenance between bigger treatments

Holding the result of a resurfacing course, or keeping redness down between whatever else is being done. Low-risk, low-commitment, repeatable.

What it does not do

Laser Genesis works on skin quality — texture, tone, redness and collagen. It does not tighten or remove loose skin, and it does not reposition descended tissue. Where the concern is sagging, a facelift or thread lift is what addresses it.

It also does not replace volume — that is dermal filler or fat transfer — and it does not relax the muscles that create expression lines, which is anti-wrinkle treatment .

It is also not the fastest route to any of the things on the list above. Distinct individual vessels respond better to a targeted vascular laser; established pigment responds better to a pigment-specific device; scarring and texture respond more decisively to fractional resurfacing or needling. Laser Genesis is chosen for its gentleness, not for its power , and if downtime is not an obstacle for you, something stronger may get you there in fewer sessions.

How many treatments

Because the effect of each session is subtle, a course is needed. Depending on your skin type and the condition being treated, expect 4 to 10 treatments to achieve a visible result.

That is a wide range, and what puts you at one end or the other is worth knowing before you budget:

Toward four: mild diffuse redness, good skin quality to begin with, a single clear concern, and realistic expectations.

Toward ten: established rosacea, marked texture change, scarring, several concerns at once, or heavy sun damage underneath.

Beyond ten with little change: a reason to stop and reconsider the device rather than to keep going. A treatment that has not moved anything across a full course is telling you something.

Ask at consultation how many sessions are anticipated and what the whole course costs, not just one session. Maintenance treatments afterwards are common.

How it goes, step by step

Consultation and skin assessment — skin type recorded, the concern named, any lesion in the area examined, and baseline photographs taken.

Preparation. No sun, no solarium, no fake tan beforehand. Medications and cold sore history disclosed. Arrive with clean skin and no make-up.

The treatment. Protective eyewear for everyone in the room. The handpiece is passed repeatedly over the area in a sweeping motion, gradually warming the skin — typically 20 to 30 minutes for a full face. No anaesthetic.

Straight afterwards. A faint flush that fades within the hour. Make-up can go on immediately; most people go back to work.

The course , spaced as planned — commonly two to four weeks apart.

Review at the end of the course , against the baseline photographs, with a decision about maintenance.

Who this suits, and what changes

Rosacea and persistent facial redness. The clearest indication. Expect a lower baseline rather than an end to flushing.

Darker skin types. Non-ablative and relatively gentle, which makes it one of the more accessible laser options — but it is still a laser, and skin type still governs settings. A test patch is appropriate.

Melasma. Used cautiously and at low settings, because heat is a melasma trigger and aggressive laser reliably worsens it. This is a careful, slow application rather than an obvious one.

Active acne. Can help with the inflammatory component and the redness that follows it, alongside actual acne treatment rather than instead of it.

Mature skin wanting gradual improvement. Good for overall quality and fine lines; no help at all for laxity, which is the thing most often confused with it.

Anyone with a recent or fake tan. Deferred. Tanned skin absorbs more energy and the risk of burns and pigment change rises sharply. Rescheduling is the right call, not an inconvenience.

Pregnancy. Elective laser is deferred.

Anyone on photosensitising medication. Bring the full list, including anything bought over the counter.

Before and after treatment

Avoid sun exposure, solariums and fake tan before and after treatment. Recently tanned skin absorbs more light energy and raises the risk of burns and pigment change.

Disclose all medications, particularly anything that increases photosensitivity, and any history of cold sores if treating near the mouth. Use daily broad-spectrum sunscreen afterwards — continued sun exposure undoes the result and is the most common cause of post-treatment pigmentation.

Any suspicious lesion in the treatment area should be assessed before treatment rather than lasered over.

How to photograph redness fairly

Redness is the hardest thing on this site to compare honestly, because it moves. It is worth knowing how to photograph it if you want to judge your own course.

Same time of day, every time. Most people are redder in the evening.

Sit quietly for ten minutes first. A photograph taken after walking in from the cold, or from a warm car, is a photograph of your circulation rather than your skin.

Daylight, facing a window, no filter, no flash. A flash flattens redness; a warm indoor bulb hides it.

Not straight after coffee, alcohol, exercise or a hot shower — all of which shift the baseline.

Front on and both sides. Redness is rarely symmetrical.

What sits outside this treatment

We do not treat over an unassessed lesion.

We do not treat recently tanned or fake-tanned skin. The appointment is moved.

We do not sell a course of Laser Genesis for laxity, volume loss or expression lines. It does none of those.

We do not continue a course that has produced nothing simply because it was booked.

We do not sell packages paid upfront.

What to expect

The treatment involves passing the laser handpiece repeatedly over the area, gradually warming the skin. Most people describe it as a warming sensation. No anaesthetic is required.

Afterwards the skin may look slightly flushed for a short period. Most people return to normal activities and can apply makeup immediately.

What you receive

An assessment naming the condition being treated and recording your skin type

Baseline photographs in standard conditions — which on this treatment matter more than on any other

The expected number of sessions, and a quote for the course rather than a session

What maintenance is likely to cost afterwards

Written aftercare including sun protection

A review at the end of the course, against the baseline

Risks

Redness and warmth immediately afterwards

Mild swelling

Blistering and burns

Changes in pigmentation — darkening or lightening, temporary or persistent

Scarring — uncommon with a non-ablative treatment, but possible

Infection, including reactivation of cold sores

Eye injury without proper protective eyewear

Little or no response

Risk of burns and pigment change is higher in darker skin types and in recently tanned skin.

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

Expected, versus call us

Expected: warmth during the session, a faint flush afterwards fading within the hour, occasionally mild swelling for a few hours.

Call us: a blister, a raw or crusted area, pain that develops or increases after the day, spreading redness or swelling, a cold sore outbreak, or any patch of skin that becomes lighter or darker than its surroundings in the weeks afterwards.

Consultation

A no-obligation consultation with one of our cosmetic physicians, nurses, clinicians or aestheticians is required so your skin can be examined and assessed for suitability. We have over 35 years of experience in cosmetic medicine.

As at September 2024 and including GST, a skin assessment with a nurse or aesthetician is $50 and is redeemable on products or services; a consultation with a Cosmetic Doctor is $150.

Because this is a course treatment with maintenance afterwards, ask for the cost of the whole course and the likely annual figure rather than a per-session price. Cosmetic treatment is not covered by Medicare, and we are not a no-gap provider.

We are at 4 Burke Road, Malvern East VIC 3145, five minutes' walk from Caulfield station. Phone 1300 852 050, or use the online consultation form .

Common questions about Laser Genesis

What is Laser Genesis?

A non-ablative laser treatment that gently heats the upper dermis without breaking the skin. The heat stimulates collagen regrowth over the following weeks, and heat generated within dilated capillaries reduces redness.

Is there downtime?

Essentially none. A faint flush that fades within the hour, and make-up can go on immediately.

Will I see a result after one session?

No. The results are subtle by design and accumulate across a course. If you want a visible change from a single session, this is not that treatment.

Why does it feel like nothing is happening?

Because nothing visible is supposed to happen. Almost every other treatment leaves redness, peeling or a crust, which people find reassuring as evidence. This one leaves nothing, and that is exactly why people abandon a working course at session three.

How do I know whether it is working?

A proper baseline photograph before session one. There is no other way to tell, and this is the treatment where that matters most.

When should I judge it?

At the end of the course you were quoted. If you were told six sessions, six is when you assess it.

How many treatments will I need?

Four to ten, depending on your skin type and the condition. Toward four for mild diffuse redness and good baseline skin; toward ten for established rosacea, marked texture change, scarring or several concerns at once.

What if ten sessions produce nothing?

That is a reason to stop and reconsider the device rather than keep going. A treatment that has not moved anything across a full course is telling you something.

What is it best at?

Diffuse facial redness and rosacea — redness spread across the cheeks and nose rather than a few distinct vessels, which is exactly what a targeted vascular laser handles badly because there is no single vessel to aim at.

Will it cure my rosacea?

No. Treating the redness does not stop the flushing. Rosacea is a tendency, not a stain, and the triggers continue. A course lowers the baseline — it is management with maintenance.

Why would I choose this over something stronger?

Because it is available to someone who could never take a week of peeling. The result is smaller than a fractional laser course would give, and that is a legitimate trade rather than a consolation prize.

Is it the fastest route to my concern?

Usually not. Distinct vessels respond better to a targeted vascular laser, established pigment to a pigment-specific device, and scarring and texture to fractional resurfacing or needling. Laser Genesis is chosen for its gentleness, not its power.

What does it not treat?

Loose or sagging skin, descended tissue, lost volume, and the muscle activity behind expression lines. Those are a lift, filler or fat transfer, and anti-wrinkle treatment respectively.

How long is a session?

Typically 20 to 30 minutes for a full face, with no anaesthetic.

What does it feel like?

A warming sensation as the handpiece passes repeatedly over the area.

Can I wear make-up afterwards?

Yes, immediately, and most people go straight back to work.

Is it suitable for darker skin?

It is one of the more accessible laser options because it is non-ablative and relatively gentle — but it is still a laser, skin type still governs the settings, and a test patch is appropriate.

Can it be used for melasma?

Cautiously and at low settings, because heat is a melasma trigger and aggressive laser reliably worsens it.

Can I have it with a tan?

No, and that includes fake tan. Tanned skin absorbs more energy and the risk of burns and pigment change rises sharply, so the appointment is moved.

What should I disclose beforehand?

All medications, particularly anything increasing photosensitivity, and any history of cold sores if treating near the mouth.

Do I need sunscreen afterwards?

Daily, broad-spectrum. Continued sun exposure undoes the result and is the most common cause of post-treatment pigmentation.

How should I photograph redness to compare fairly?

Same time of day each time; sit quietly for ten minutes first; daylight facing a window with no filter and no flash; not straight after coffee, alcohol, exercise or a hot shower; and front on plus both sides,

because redness is rarely symmetrical.

Why does the time of day matter?

Most people are redder in the evening, and a photograph taken after coming in from the cold is a photograph of your circulation rather than your skin.

What are the risks?

Redness and warmth afterwards, mild swelling, blistering and burns, pigment changes that can persist, uncommon scarring, infection including cold sore reactivation, eye injury without proper eyewear, and little or no response. Burn and pigment risk is higher in darker skin types and in recently tanned skin.

When should I call us?

A blister, a raw or crusted area, pain developing or increasing after the day, spreading redness or swelling, a cold sore outbreak, or any patch that becomes lighter or darker than its surroundings in the weeks afterwards.

What does it cost?

A skin assessment with a nurse or aesthetician is $50 and redeemable on products or services; a Cosmetic Doctor consultation is $150, as at September 2024 including GST. Ask for the cost of the whole course and the likely annual figure rather than a per-session price. Not covered by Medicare.

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.