Skin Treatments Melbourne - Me Clinic

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

Details:

We have practised cosmetic medicine in Melbourne since the 1980s. Our skin services fall into three groups: mole and lesion removal , treatment of skin conditions , and skin rejuvenation treatments .

All skin work at Me Clinic starts with an assessment. What is appropriate for a given person depends on what the skin concern actually is, on skin type, on medical history and on what the person wants changed - and some of those answers rule treatments out.

Which of the three do you need?

Most people are not sure which group their concern belongs to. This is the quickest way to tell.

If what you want is	Start at
A specific lump, mole, tag or growth gone	Mole and lesion removal
Something that keeps happening treated - redness, breakouts, patches, flaking	Skin conditions
Overall tone, texture or firmness improved	Skin rejuvenation treatments
Something checked because it is new or changing	Assessment first - book before deciding anything else

Plenty of people need two of these. Pigmentation, for example, is a condition to be managed and a rejuvenation target, and the same consultation covers both.

Mole and lesion removal

Moles, skin tags, seborrhoeic warts and other lesions can be removed by surgical excision, radiofrequency (electrosurgery), laser or cryotherapy.

The single most important point on this whole section of the site: a lesion that has not been assessed should not be lasered, frozen or burned off. Those methods destroy the tissue. If the lesion turns out to have been an early skin cancer, there is nothing left to send to pathology and no record that it was ever there. Anything with features of concern is excised whole and sent for testing.

See mole removal , the mole removal guide , skin cancer and mole removal and mole removal and scarring .

Why the method is chosen for you, not by you

Surgical excision - the lesion comes out whole and can be sent to pathology. Used for anything that needs testing, and for deeper lesions. Leaves a line scar.

Radiofrequency / electrosurgery - shaves or removes a raised lesion at skin level. Suits confidently benign raised lesions such as skin tags.

Cryotherapy - freezes superficial lesions. Can leave a pale mark, particularly on darker skin.

Laser - for selected benign surface lesions.

The three non-surgical methods all have the same limitation: they leave no specimen. That is why the assessment comes first and the method follows from it.

Skin conditions

Conditions we assess and treat include acne and acne scarring, rosacea, pigmentation and melasma, sun damage and solar keratoses, freckles and age spots, capillaries and facial veins, varicose veins and venous ulcers, dry skin, open pores, uneven texture, scars, skin tags, seborrhoeic warts, birthmarks and haemangiomas, lax skin, and lines and wrinkles.

Some of these are cosmetic. Some - solar keratoses, changing lesions, leg ulcers - are medical conditions that need proper assessment first. See skin conditions , which has a table routing from what you can see to the right page.

Skin rejuvenation treatments

The treatments themselves: laser, skin needling, peels, microdermabrasion, epidermal levelling, LED, cryotherapy, curettage, electrosurgery, cosmeceutical skincare, depigmenting preparations, cortisone injections and surgical excision.

A treatment is a tool, not a plan. The same laser can be right for one person's pigmentation and wrong for another's, depending on skin type and the cause of the pigment. See skin treatments .

What we will not do

Destroy a lesion that has not been assessed. The reason is above and it does not bend.

Treat over a rash, active infection or broken skin in the treatment area.

Promise you a specific result , or show you someone else's result as a prediction of yours.

Run light-based or ablative treatment without accounting for your skin type - the higher pigment-change risk on darker skin is managed by settings and choice of treatment, not ignored.

Keep escalating a treatment that is not working. If two or three sessions have not moved it, the diagnosis gets revisited rather than the intensity turned up.

More treatment is not always the answer

This comes up often enough to state plainly. Melasma can rebound if it is over-treated. Rough, dull skin is frequently the result of over-exfoliating rather than under-treating it. Skin that feels tight and stings when product goes on is usually a damaged barrier, and the fix is to do less for a few weeks, not more.

If your skin is worse after a treatment rather than better, call before booking the next one.

What to expect at a skin consultation

Your skin is examined, including any lesion you are concerned about

Your history is taken - sun exposure, family history of skin cancer, previous treatments, medications, skin type

Options are explained, including what each one can and cannot do

Where a lesion needs assessment before removal, that is said plainly

You are given costs and timeframes before anything is booked

A skin assessment is $50 including GST as at September 2024. A consultation with a Cosmetic Doctor is $150.

What to bring

Every product you put on your skin , or photographs of the labels - including anything you have bought online.

Every medication and supplement you take. Several affect how skin responds to light and to treatment.

Dates. When it started, and whether it is changing.

Photographs of anything that comes and goes, taken on a bad day.

Any pathology report from a lesion removed previously, by anyone.

Whether you are pregnant, breastfeeding or planning a pregnancy - it rules several treatments out.

What you should leave with

What your concern is, or what still needs to be established before anyone can say

What is proposed, and what it can and cannot achieve

The number of sessions and the total cost, in writing - not a per-session price alone

The risks specific to your skin type

Aftercare instructions, and a number to call if something is wrong

A review date

Cost over time, not per session

A skin assessment is $50 and a Cosmetic Doctor consultation $150, both including GST as at September 2024. Dermal skin treatments start from $130.

The number that matters is different depending on the group:

Lesion removal is a one-off cost per lesion, plus pathology where it applies.

Conditions that are managed rather than cured - melasma, rosacea, acne - have an annual cost. Ask for that figure, not the price of one session.

Rejuvenation is a course plus maintenance. Ask what the maintenance interval is before you start, because it is the part that continues.

Cosmetic treatment is not covered by Medicare. Medically indicated treatment - solar keratoses, venous ulcers - may attract a rebate. We are not a no-gap provider.

Aftercare: expected, and not expected

Expected after most skin treatments: redness, warmth, mild swelling, tightness, flaking or peeling a few days later, and a temporary darkening of pigment before it clears.

Call us if you have increasing rather than settling pain, spreading redness, pus or a fever, blistering you were not warned to expect, a wound that opens, or a cold sore outbreak in a treated area.

About results

Results vary between individuals. Most skin treatments work in a course rather than a single session, and maintenance is usually needed to hold a result. Nothing on this site should be read as a promise of a particular outcome for you.

Risks

Skin treatments carry risks, which differ by treatment and by skin type. They can include redness and swelling, blistering, changes in pigmentation (lighter or darker patches, which can persist), scarring, infection, incomplete response, and the need for repeat treatment. Darker skin types carry a higher risk of pigment change with light-based and ablative treatments. Your practitioner will go through the risks specific to what is proposed for you.

See our information on the risks and complications of cosmetic surgery .

Who performs skin treatments here

Skin services at Me Clinic are provided by Cosmetic Doctors including Dr Gordon Ku (MED0001169203), by Dr Tim French (MED0001790529), a phlebologist, for vein and vascular work, and by Michelle Casey , Paramedical Aesthetician, for treatment-room skin work.

Every registered practitioner in Australia can be checked by name on the AHPRA register at ahpra.gov.au, including the ones listed here. It takes about a minute and is worth doing before any procedure, anywhere.

Booking

We are at 4 Burke Road, Malvern East VIC 3145. Phone 1300 852 050 or (03) 9569 3511. Open Monday, Wednesday and Friday 9am-5pm, Tuesday and Thursday 9am-6pm, Saturday 9am-2pm. You can also use the online consultation form .

Common questions about skin services

How long has Me Clinic practised cosmetic medicine?

Since the 1980s, in Melbourne.

What are the three groups of skin service?

Mole and lesion removal, treatment of skin conditions, and skin rejuvenation treatments.

How do I tell which one I need?

A specific lump or growth you want gone is lesion removal; something recurring such as redness, breakouts or patches is a skin condition; overall tone, texture or firmness is rejuvenation. Anything new or changing needs assessment before any of those.

Can I need more than one?

Yes, and many people do. Pigmentation is both a condition to manage and a rejuvenation target, and the same consultation covers both.

Does everything start with an assessment?

Yes. What is appropriate depends on what the skin concern actually is, on skin type, on medical history and on what you want changed - and some of those answers rule treatments out.

How are moles and lesions removed?

By surgical excision, radiofrequency (electrosurgery), laser or cryotherapy.

Who decides which method is used?

Your practitioner, based on the assessment. Excision takes the lesion out whole so it can be tested; radiofrequency suits confidently benign raised lesions; cryotherapy suits superficial ones; laser suits selected benign surface lesions.

What do the three non-surgical methods have in common?

They leave no specimen. That is why the assessment comes first and the method follows from it.

Can a lesion be lasered or frozen off straight away?

No - not one that has not been assessed. Those methods destroy the tissue.

Why does that matter?

If the lesion turns out to have been an early skin cancer, there is nothing left to send to pathology and no record that it was ever there.

What happens to a lesion of concern?

It is excised whole and sent for testing.

Which skin conditions do you assess and treat?

Acne and acne scarring, rosacea, pigmentation and melasma, sun damage and solar keratoses, freckles and age spots, capillaries and facial veins, varicose veins and venous ulcers, dry skin, open pores, uneven texture, scars, skin tags, seborrhoeic warts, birthmarks and haemangiomas, lax skin, and lines and wrinkles.

Are all of those cosmetic?

No. Some - solar keratoses, changing lesions, leg ulcers - are medical conditions that need proper assessment first.

What rejuvenation treatments are available?

Laser, skin needling, peels, microdermabrasion, epidermal levelling, LED, cryotherapy, curettage, electrosurgery, cosmeceutical skincare, depigmenting preparations, cortisone injections and surgical excision.

Is choosing a treatment the same as having a plan?

No. A treatment is a tool, not a plan - the same laser can be right for one person's pigmentation and wrong for another's, depending on skin type and the cause of the pigment.

What will you not do?

Destroy an unassessed lesion; treat over a rash, active infection or broken skin; promise a specific result or present someone else's result as a prediction of yours; run light-based or ablative treatment without accounting for your skin type; or keep escalating a treatment that is not working.

What happens if two or three sessions have not helped?

The diagnosis gets revisited rather than the intensity turned up.

Can too much treatment make skin worse?

Yes. Melasma can rebound if over-treated, rough and dull skin is frequently the result of over-exfoliating, and skin that feels tight and stings is usually a damaged barrier - where the fix is to do less for a few weeks.

What should I do if my skin is worse after a treatment?

Call before booking the next one.

What happens at a skin consultation?

Your skin is examined including any lesion you are concerned about; your history is taken - sun exposure, family history of skin cancer, previous treatments, medications, skin type; options are explained including what each can and cannot do; and where a lesion needs assessment before removal, that is said plainly.

What should I bring?

Every product you use or photographs of the labels, every medication and supplement, the dates it started and changed, photographs of anything that comes and goes, any previous pathology report, and whether you are pregnant, breastfeeding or planning a pregnancy.

What should I leave the consultation with?

What your concern is or what still needs establishing, what is proposed and what it can and cannot achieve, the number of sessions and total cost in writing, the risks specific to your skin type, aftercare instructions with a number to call, and a review date.

Will I know the cost before booking?

Yes - you are given costs and timeframes before anything is booked.

What does an assessment cost?

A skin assessment is $50 including GST as at September 2024; a consultation with a Cosmetic Doctor is $150. Dermal skin treatments start from $130.

Which cost figure should I actually be asking for?

It depends on the group. Lesion removal is a one-off per lesion plus pathology; a managed condition has an annual cost; rejuvenation is a course plus ongoing maintenance, so ask the maintenance interval before you start.

Is any of it covered by Medicare?

Cosmetic treatment is not. Medically indicated treatment - solar keratoses, venous ulcers - may attract a rebate. We are not a no-gap provider.

Will one session be enough?

Most skin treatments work in a course rather than a single session, and maintenance is usually needed to hold a result.

What is normal after a skin treatment?

Redness, warmth, mild swelling, tightness, flaking or peeling a few days later, and a temporary darkening of pigment before it clears.

What is not normal?

Increasing rather than settling pain, spreading redness, pus or fever, unexpected blistering, a wound that opens, or a cold sore outbreak in a treated area. Call us.

Are results guaranteed?

No. Results vary between individuals, and nothing on this site should be read as a promise of a particular outcome for you.

What are the risks of skin treatment?

Redness and swelling, blistering, changes in pigmentation (lighter or darker patches, which can persist), scarring, infection, incomplete response, and the need for repeat treatment.

Does skin type change the risk?

Yes. Darker skin types carry a higher risk of pigment change with light-based and ablative treatments.

Who performs skin treatments here?

Cosmetic Doctors including Dr Gordon Ku (MED0001169203); Dr Tim French (MED0001790529), a phlebologist, for vein and vascular work; and Michelle Casey, Paramedical Aesthetician, for treatment-room skin work.

Can I check their registration myself?

Yes. Every registered practitioner in Australia can be looked up by name on the AHPRA register at ahpra.gov.au. It takes about a minute and is worth doing before any procedure, anywhere.

What are the opening hours?

Monday, Wednesday and Friday 9am-5pm; Tuesday and Thursday 9am-6pm; Saturday 9am-2pm.

How do I book?

Phone 1300 852 050 or (03) 9569 3511, or use the online consultation form. Me Clinic, 4 Burke Road, Malvern East VIC 3145.

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.