

Cellulite Reduction - Treatment Options Melbourne | Me Clinic

Canonical:

<https://directory.meclinic.com.au/body-concerns/cellulite-reduction-treatment-options-melbourne-me-clinic/>

Description:

Cellulite Reduction - Treatment Options at Me Clinic Melbourne ## Quick Summary **What causes cellulite:** - Fat deposits pushing through weakened connective tissue beneath the skin - Hormonal fac...

Details:

AI Summary

****Product:**** Me Clinic Cellulite Reduction Treatments ****Brand:**** Me Clinic ****Category:**** Cosmetic / Aesthetic Medicine — Body Contouring & Skin Treatment ****Primary Use:**** Reducing the appearance of cellulite through non-surgical and surgical treatment options at Me Clinic Melbourne.

Quick Facts - ****Best For:**** Adults with mild to severe cellulite on thighs, buttocks, and abdomen seeking clinically supported reduction options - ****Key Benefit:**** A structured range of treatments that address cellulite's structural causes, from non-invasive acoustic wave therapy through to surgical subcision with fat grafting - ****Form Factor:**** Clinical treatment service (in-clinic procedures, not a retail product) - ****Application Method:**** In-clinic sessions performed by FRACS-qualified plastic surgeons and specialist cosmetic physicians at Malvern East, Melbourne

Common Questions This Guide Answers 1. What treatments are available for cellulite in Melbourne? → Me Clinic offers acoustic wave therapy (\$200–\$400 AUD/session), radiofrequency (\$300–\$600 AUD/session), Cellulaze laser (\$4,500–\$7,500 AUD), subcision (\$2,500–\$5,000 AUD/area), and subcision with fat grafting (\$5,000–\$8,000 AUD) 2. Can cellulite be completely eliminated? → No; most patients achieve 30–70% improvement; complete elimination is rarely achievable with current treatments 3. Does Medicare cover cellulite treatment? → No; cellulite treatment is cosmetic and not covered by Medicare or private health insurance

Me Clinic cellulite reduction - treatment options at Me Clinic Melbourne

Quick summary

****What causes cellulite:**** - Fat deposits pushing through weakened connective tissue beneath the skin - Hormonal factors affecting fat distribution and collagen structure - Genetic predisposition to thinner skin and specific fat patterns - Reduced circulation and lymphatic drainage in affected areas

****Treatment options available:**** - Non-surgical: acoustic wave therapy, radiofrequency treatments, laser therapy (Cellulaze), subcision - Surgical: subcision with fat grafting, Cellulaze laser-assisted subcision

****Expected results:**** - Visible reduction in dimpling and improved skin texture - Timeline: results typically appear within 2–3 months for most treatments - Duration: 6–12 months for non-surgical treatments; 1–2 years or longer for surgical options

****Cost range:**** - Non-surgical: \$500–\$3,500 AUD per treatment session - Surgical: \$3,500–\$8,000 AUD for comprehensive procedures - *Prices based on Me Clinic's transparent pricing policy*

****Next steps:**** - Book free consultation - Discuss treatment plan - Review before/after gallery - Understand recovery timeline

Understanding cellulite

****What is cellulite?****

With over 35 years of experience caring for patients across Melbourne, Me Clinic has become a trusted destination for evidence-based cellulite reduction. Cellulite is a completely normal skin condition that creates a dimpled, lumpy appearance on the skin's surface, most commonly on the thighs, buttocks, and abdomen. Often described as having an "orange peel" or "cottage cheese" texture, it affects approximately 80–90% of women and some men, regardless of body weight or fitness level.

Cellulite is not caused by toxins, poor hygiene, or a lack of exercise alone. It's a structural issue involving the interaction between fat cells, connective tissue, and skin in specific body areas — and understanding that distinction is an important first step in exploring your options.

****What causes cellulite?****

****Structural anatomy****

Fat cells in cellulite-prone areas sit in vertical compartments, separated by fibrous bands called septae that connect skin to deeper tissue. As fat cells enlarge or push upward, they create the characteristic dimpled appearance. The overlying skin may become thinner with age, making cellulite more visible, and weakened connective tissue allows fat to protrude more prominently.

****Hormonal factors****

Oestrogen influences fat distribution, circulation, and collagen production. Hormonal changes during puberty, pregnancy, and menopause can trigger or worsen cellulite, and reduced oestrogen weakens connective tissue and may affect circulation. Insulin, thyroid hormones, and cortisol also play roles in fat storage patterns.

****Genetic factors****

Hereditary predisposition to specific fat distribution patterns, inherited skin thickness and elasticity, and genetic variations in metabolism and circulation all contribute. Family history is a strong predictor of cellulite development.

****Lifestyle factors****

Weight gain increases fat cell size and visibility. A sedentary lifestyle contributes to poor circulation and muscle tone. High-sodium, high-carbohydrate diets may worsen fluid retention. Smoking damages blood vessels and weakens skin structure. Tight clothing that restricts blood flow may also play a role.

****Who experiences cellulite?****

Cellulite predominantly affects women (80–90%) compared to men (around 10%), primarily because of differences in fat distribution, connective tissue structure, and hormonal influences. Women's connective tissue bands run vertically, allowing fat to push through more easily, while men's run in a crisscross pattern.

Cellulite typically becomes noticeable during or after puberty, though it can develop at any age, and tends to become more pronounced over time as skin thins and elasticity decreases. While commonly associated with excess weight, it affects people of all body types — even very fit or slim individuals.

****Why it matters****

Cellulite is medically harmless and entirely normal, but many patients seek treatment because it affects their confidence and how they feel about their appearance. The emotional impact can be real, influencing clothing choices, participation in activities like swimming, and overall self-esteem.

Cellulite is a structural issue, not a sign of poor health or inadequate self-care. Treatment is always a personal choice based on individual preferences and goals, never a medical necessity. Me Clinic's team of plastic surgeons and cosmetic doctors is here to help you explore your options honestly and without pressure.

Treatment options comparison

Non-surgical treatments

****1. Acoustic wave therapy (shockwave therapy)****

Acoustic wave therapy uses high-energy sound waves to break down fibrous septae, stimulate collagen production, and improve circulation. The mechanical waves create micro-trauma that triggers the body's natural healing response, gradually improving skin structure and reducing dimpling.

- ****Best for:**** mild to moderate cellulite on thighs, buttocks, and abdomen - ****Procedure time:**** 30–45 minutes per area - ****Sessions needed:**** 6–12, typically weekly - ****Downtime:**** none — mild redness may occur for a few hours - ****Results appear:**** gradual improvement over 2–3 months - ****Results last:**** 6–12 months; maintenance treatments recommended - ****Cost:**** \$200–\$400 AUD per session - ****Pros:**** non-invasive, no downtime, comfortable, improves circulation - ****Cons:**** requires multiple sessions, results vary, ongoing maintenance needed

****2. Radiofrequency treatments****

Radiofrequency (RF) energy heats the deeper layers of skin and fat tissue, stimulating collagen and elastin production while temporarily shrinking fat cells. The heat also improves circulation and lymphatic drainage. Some systems combine RF with mechanical massage, suction, or infrared light for better results.

- ****Best for:**** mild to moderate cellulite with skin laxity - ****Procedure time:**** 30–60 minutes per area - ****Sessions needed:**** 6–10, typically bi-weekly - ****Downtime:**** none — temporary redness and warmth - ****Results appear:**** gradual over 2–3 months - ****Results last:**** 6–12 months - ****Cost:**** \$300–\$600 AUD per session - ****Pros:**** comfortable, improves skin tightness, no recovery time - ****Cons:**** multiple treatments required, results are temporary, maintenance needed

****3. Laser therapy (Cellulaze)****

Cellulaze is a minimally invasive laser treatment that targets cellulite's structural causes directly. A small laser fibre is inserted beneath the skin through tiny incisions. It releases the fibrous bands causing dimpling, liquefies fat pockets, and stimulates collagen production to thicken the skin from below.

- ****Best for:**** moderate to severe cellulite on thighs and buttocks - ****Procedure time:**** 1–2 hours depending on treatment area - ****Sessions needed:**** usually one treatment provides long-lasting results - ****Downtime:**** 1–2 days minimal activity; bruising and swelling for 1–2 weeks - ****Results appear:**** initial improvement within weeks; continued improvement for 3–6 months - ****Results last:**** 1–2 years or longer - ****Cost:**** \$4,500–\$7,500 AUD for typical treatment areas - ****Pros:**** addresses structural causes, long-lasting results, typically one treatment - ****Cons:**** involves small incisions, recovery time, higher cost, bruising

****4. Subcision****

Subcision is a minor surgical procedure where a small blade or needle is inserted beneath the skin to manually release the tight fibrous bands pulling down on the skin and creating dimples. This allows the skin to return to a smoother position. It's often combined with fat grafting or fillers for additional volume correction.

- **Best for:** isolated, deeper dimples and moderate to severe cellulite - **Procedure time:** 30–60 minutes - **Sessions needed:** one procedure per area; may need touch-ups - **Anaesthesia:** local anaesthetic - **Downtime:** 3–7 days; bruising common for 1–2 weeks - **Results appear:** immediate improvement; continued refinement over 2–3 months - **Results last:** 1–2 years; some patients see longer-lasting improvement - **Cost:** \$2,500–\$5,000 AUD per area - **Pros:** directly addresses fibrous bands, noticeable improvement, relatively quick - **Cons:** minor surgical procedure, bruising and swelling, potential for irregularities

5. Combination treatments

Many patients get their best results by combining treatments:

Subcision + radiofrequency — releases bands surgically while stimulating collagen production, addressing multiple contributing factors at once.

Acoustic wave + radiofrequency — a fully non-invasive combination that improves circulation and skin quality through complementary mechanisms.

Your Me Clinic practitioner will assess whether a combination approach suits your specific cellulite pattern and goals.

Surgical treatments

****Subcision with fat grafting****

This surgical approach combines subcision to release fibrous bands with fat transfer to fill depressed areas. Fat is harvested from another body area (typically the abdomen or thighs) via liposuction, processed, and injected beneath the cellulite-affected skin to create a smoother contour using your body's own tissue.

- **Best for:** severe cellulite with volume loss or deep dimpling - **Procedure time:** 2–3 hours depending on harvest and injection areas - **Anaesthesia:** local with sedation or general anaesthetic - **Hospital stay:** day surgery - **Recovery time:** 1–2 weeks for most activities; 4–6 weeks for full recovery - **Results appear:** initial improvement immediately; final results at 3–6 months - **Results last:** 2–3 years or longer; transferred fat becomes permanent - **Cost:** \$5,000–\$8,000 AUD - **Pros:** addresses structural causes, adds volume, long-lasting improvement, uses natural tissue - **Cons:** surgical procedure with recovery time, bruising and swelling, higher cost, some fat reabsorption

Choosing the right treatment

****Consider non-surgical treatments if:****

- You have mild to moderate cellulite - You prefer minimal to no downtime - You want to explore treatments gradually - You're not ready for invasive procedures - You can commit to maintenance treatments

****Consider surgical or minimally invasive treatments if:****

- You have moderate to severe cellulite - You want longer-lasting results - Non-surgical options haven't achieved your goals - You can accommodate recovery time - You want to address structural causes directly

****Combination approaches worth considering:****

Cellulaze + radiofrequency maintenance — surgical release of bands followed by periodic RF treatments to maintain collagen production and skin quality.

Subcision + acoustic wave therapy — immediate structural correction enhanced by circulation and collagen stimulation.

Radiofrequency series + annual Cellulaze touch-up — building progressive improvement with non-invasive treatments and periodic minimally invasive refinement.

Your Me Clinic surgeon or cosmetic physician will assess your cellulite grade, skin quality, and personal preferences during consultation and recommend the most appropriate plan for your situation.

What to expect at Me Clinic

1. Initial consultation (free)

Your cellulite consultation at Me Clinic includes:

- Comprehensive assessment of affected areas - Cellulite severity grading using standardised clinical scales - Skin quality and elasticity evaluation - Discussion of your specific concerns and aesthetic goals
- Medical history review including hormonal factors and previous treatments - Treatment options explained with realistic outcome expectations - Transparent pricing for all recommended treatments - Before/after gallery review of similar cases - Time to ask questions and have all concerns addressed

2. Treatment planning

Following your consultation, you'll receive:

- A treatment plan designed for your individual cellulite pattern - A clear timeline, including number of sessions for non-surgical options - Pre-treatment instructions (such as avoiding blood thinners) - Detailed cost breakdown with no hidden fees - Payment plan options where applicable

3. The Me Clinic difference

Responsible Cosmetic Medicine™

Me Clinic's philosophy of Responsible Cosmetic Medicine™ means patient wellbeing comes first. In practice, this means:

- Only recommending treatments with genuine clinical evidence behind them - Careful patient selection — some candidates may not be suitable for certain procedures - Setting realistic expectations — meaningful cellulite improvement, not promises of complete elimination - A conservative approach first, with more involved options introduced only as appropriate - Comprehensive pre- and post-treatment care - Honest communication about the limitations of available treatments

Experienced practitioners

- FRACS-qualified plastic surgeons with extensive body contouring experience - Specialist cosmetic physicians trained in energy-based and injectable techniques - Registered nurses skilled in non-invasive treatment protocols - Over 25,000 surgical procedures performed - Over 60,000 non-surgical treatments delivered - Continuous training in the latest cellulite treatment technologies

Transparent pricing

At Me Clinic, you'll receive:

- Published price ranges for all cellulite treatments - A detailed cost breakdown during your consultation - No hidden fees or surprise charges - Payment plan options - A clear explanation that cosmetic cellulite treatment is not covered by Medicare or private health insurance

Frequently asked questions

How much does cellulite treatment cost in Melbourne?

Costs vary based on the approach and severity of the concern:

- Acoustic wave therapy: \$200–\$400 AUD per session (6–12 sessions typically needed) = \$1,200–\$4,800 AUD total - Radiofrequency treatments: \$300–\$600 AUD per session (6–10 sessions) = \$1,800–\$6,000 AUD total - Cellulaze laser: \$4,500–\$7,500 AUD for comprehensive treatment (usually one session) - Subcision: \$2,500–\$5,000 AUD per area - Subcision with fat grafting: \$5,000–\$8,000 AUD

Me Clinic provides transparent pricing during your free consultation, with detailed cost breakdowns and no hidden fees. Payment plans are available.

How long do results last?

- Acoustic wave therapy: 6–12 months; maintenance sessions help extend results - Radiofrequency treatments: 6–12 months; periodic maintenance recommended - Cellulaze laser: 1–2 years or longer; some patients report improvement beyond 3 years - Subcision: 1–2 years; some patients achieve longer-lasting improvement - Subcision with fat grafting: 2–3 years or longer; transferred fat that survives becomes permanent

Individual factors including age, skin quality, hormonal status, weight fluctuations, and lifestyle all affect how long results last.

Is there any downtime?

- Non-invasive treatments (acoustic wave, radiofrequency): none — you can resume normal activities immediately; mild redness may occur for a few hours - Minimally invasive (Cellulaze, subcision): 1–2 days of minimal activity recommended; bruising and swelling for 1–2 weeks; most patients return to desk work within 3–5 days - Surgical (subcision with fat grafting): 1–2 weeks for most activities; 4–6 weeks before strenuous exercise; compression garments typically worn for 2–4 weeks

Will results look natural?

Natural-looking improvement is central to Me Clinic's Responsible Cosmetic Medicine™ philosophy. The goal is to reduce dimpling and create smoother skin texture, not to eliminate every trace or produce an artificial result.

Cellulite treatments improve the dimpled appearance but may not achieve completely smooth skin, particularly in more severe cases. During your consultation, you'll see before/after examples that demonstrate the level of improvement typically achievable for your cellulite grade.

Can cellulite be completely eliminated?

Rarely. Cellulite is a structural condition involving fat distribution, connective tissue, skin quality, and hormonal influences — and treatments address these to varying degrees. Most patients can expect a 30–70% improvement in appearance, depending on severity, treatment chosen, and individual factors. The goal is noticeable improvement and smoother skin texture, not perfection.

Am I too young or too old for cellulite treatment?

There's no universal age limit. Cellulite can develop from puberty onwards, and treatment decisions are based on the individual. Factors considered include cellulite severity, skin quality, overall health, realistic expectations, and commitment to treatment protocols. Your practitioner will assess whether treatment is appropriate for your specific situation.

Does Medicare cover cellulite treatment?

No. Cellulite treatment is cosmetic, so:

- Medicare does not provide rebates for cellulite treatments - Private health insurance does not cover cosmetic cellulite procedures - All costs are out-of-pocket patient expenses

Me Clinic provides transparent pricing and payment plan options to help make treatment accessible.

****What are the risks?****

All treatments carry some degree of risk. Here's an honest overview:

Non-invasive treatments (acoustic wave, radiofrequency): temporary redness, warmth, or mild discomfort; rare risk of minor burns with radiofrequency if improperly applied.

Minimally invasive (Cellulaze, subcision): bruising and swelling (common, resolves within 1–2 weeks); infection (rare with proper sterile technique); skin irregularities or waviness (usually temporary); numbness or altered sensation (typically temporary); asymmetry requiring touch-up.

Surgical (subcision with fat grafting): all risks of subcision above, plus fat reabsorption (20–40% of transferred fat may not survive), contour irregularities at harvest or injection sites, anaesthesia-related risks, and prolonged swelling or bruising.

Your practitioner will discuss specific risks for your recommended treatment during consultation.

****Can I see before and after photos?****

Yes. During your consultation, you'll see the before/after gallery featuring cases similar to your cellulite pattern and severity. Photographs are only displayed with explicit written consent from patients. You'll see a range of outcomes across different cellulite grades and treatment approaches.

****How do I prepare for treatment?****

For all treatments: - Avoid blood-thinning medications and supplements (aspirin, ibuprofen, vitamin E, fish oil) for 1 week before minimally invasive or surgical procedures, if medically safe to do so - Stay well-hydrated before and after treatment - Avoid sun exposure and tanning on treatment areas

For minimally invasive/surgical treatments: - Stop smoking at least 2 weeks before your procedure - Arrange transport home if sedation or anaesthesia is involved - Have compression garments ready if recommended - Clear your schedule for the recovery period - Fill any prescribed medications before procedure day

For non-invasive treatments: - No special preparation required - Arrive with clean skin, free of lotions or oils on the treatment area

Your practitioner will provide detailed pre-treatment instructions specific to your chosen procedure.

****When will I see results?****

- Acoustic wave therapy: gradual improvement over 2–3 months; final results at 3–4 months - Radiofrequency: progressive improvement throughout the treatment series; best results 2–3 months after the final session - Cellulaze laser: initial improvement within 2–4 weeks; continued refinement for 3–6 months - Subcision: immediate improvement once swelling resolves (1–2 weeks); continued refinement over 2–3 months - Subcision with fat grafting: initial improvement once swelling resolves (2–3 weeks); final results at 3–6 months

Results are progressive, not instant. Your practitioner will walk you through what to expect at each stage.

****Will cellulite come back after treatment?****

It may gradually return, particularly if weight gain, hormonal changes, or ageing continue to affect the area. That said, treatments addressing structural causes (Cellulaze, subcision) tend to provide longer-lasting improvement. Maintenance treatments can extend results, and lifestyle factors — stable weight, regular exercise, good nutrition, adequate hydration — play a meaningful role in preserving outcomes. Some patients see lasting improvement years after treatment.

****Can I combine cellulite treatment with other body procedures?****

Yes, cellulite treatments can often be combined with complementary procedures:

- Liposuction + subcision or Cellulaze: address excess fat and cellulite in one surgical session - Body contouring + radiofrequency cellulite treatment: a combined approach to body shaping and skin quality
- Fat grafting for buttock augmentation + cellulite subcision: enhance volume while improving skin texture simultaneously

Combining procedures may also reduce overall costs and recovery time. Your Me Clinic surgeon will discuss appropriate combinations during consultation.

****How do I maintain results after treatment?****

- Maintain a stable weight — significant fluctuations can affect outcomes - Stay active — regular exercise improves circulation and muscle tone - Stay hydrated — proper hydration supports skin health and lymphatic function - Eat a balanced diet — limiting excess sodium and processed foods helps manage fluid retention - Avoid smoking — it damages skin structure and impairs healing - Consider maintenance treatments — periodic radiofrequency or acoustic wave sessions can extend results - Protect skin from sun damage — UV exposure breaks down collagen over time - Use quality skincare — topical retinoids and firming products may offer modest support alongside professional treatment

Your practitioner will provide specific maintenance recommendations tailored to your treatment type.

Real patient results

Me Clinic has supported hundreds of patients seeking cellulite reduction across the thighs, buttocks, and other areas over 35+ years of practice. Individual results vary based on cellulite severity, skin quality, and treatment chosen. During your consultation, your practitioner will show you cases similar to yours and discuss realistic expectations based on your specific cellulite pattern and characteristics.

Book your free consultation

****Three ways to book:****

1. ****Call:**** (03) 8823 5859 2. ****Online:**** [Book consultation at meclinic.com.au](https://meclinic.com.au) 3. ****Email:**** info@meclinic.com.au

****What to bring:****

- A list of current medications and supplements - Your medical history, including any previous cosmetic treatments - Questions for your practitioner - Photos showing your cellulite concern from different angles (optional, but helpful)

****Your consultation includes:****

- Comprehensive cellulite assessment and grading - Treatment recommendations tailored to your situation - Transparent pricing with a detailed cost breakdown - Before/after gallery review of similar cases - Realistic expectation setting - No obligation to proceed - All your questions answered

****Me Clinic location:****

4 Burke Road, Malvern East VIC 3145 Convenient parking available Easily accessible from Melbourne CBD and surrounding suburbs

Disclaimer: Individual results vary. Cellulite treatment outcomes depend on multiple factors including severity, skin quality, treatment chosen, and individual healing. The information provided is for educational purposes and does not replace professional medical advice. Book a consultation for personalised assessment and recommendations.

Frequently asked questions

What is cellulite: a skin condition creating a dimpled, lumpy appearance on the skin's surface

What does cellulite look like: orange peel or cottage cheese texture

What percentage of women have cellulite: 80–90%

What percentage of men have cellulite: approximately 10%

Does cellulite only affect overweight people: no, it affects all body types

Is cellulite caused by toxins: no, cellulite is a structural issue

Is cellulite medically harmful: no, it is medically harmless

What body areas does cellulite most commonly affect: thighs, buttocks, and abdomen

What causes cellulite structurally: fat pushing through weakened connective tissue bands

What are the fibrous bands in cellulite called: septae

Do hormones affect cellulite: yes, particularly oestrogen

Which hormone most influences cellulite formation: oestrogen

Does genetics affect cellulite risk: yes, family history strongly predicts development

Does smoking worsen cellulite: yes, smoking damages blood vessels and weakens skin

Does diet affect cellulite: yes, high-sodium and high-carbohydrate diets may worsen it

Does tight clothing contribute to cellulite: yes, it may restrict blood flow

Why do women get more cellulite than men: women's connective tissue bands run vertically, allowing fat to push through more easily

At what age does cellulite typically first appear: during or after puberty

Does cellulite worsen with age: yes, due to skin thinning and reduced elasticity

How many non-surgical cellulite treatments does Me Clinic offer: four main non-surgical options

What non-surgical treatments does Me Clinic offer: acoustic wave therapy, radiofrequency, Cellulaze laser, and subcision

What surgical cellulite treatment does Me Clinic offer: subcision with fat grafting

How does acoustic wave therapy work: high-energy sound waves break down fibrous bands and stimulate collagen

How long is each acoustic wave therapy session: 30–45 minutes per area

How many acoustic wave therapy sessions are needed: 6–12 sessions typically

Is there downtime after acoustic wave therapy: no, none required

How long do acoustic wave therapy results last: 6–12 months

Cost per acoustic wave therapy session: \$200–\$400 AUD

How does radiofrequency treatment work: RF energy heats skin layers to stimulate collagen and elastin production

How many radiofrequency sessions are needed: 6–10 sessions typically

How long do radiofrequency results last: 6–12 months

Cost per radiofrequency session: \$300–\$600 AUD

Is there downtime after radiofrequency treatment: no, only temporary redness and warmth

What is Cellulaze: a minimally invasive laser treatment for cellulite

How does Cellulaze work: a laser fibre releases fibrous bands and stimulates collagen beneath the skin

How many Cellulaze treatments are typically needed: usually one treatment

How long does a Cellulaze procedure take: 1–2 hours depending on treatment area

What is Cellulaze downtime: 1–2 days minimal activity recommended

How long does bruising last after Cellulaze: 1–2 weeks

How long do Cellulaze results last: 1–2 years or longer

Cost of Cellulaze treatment: \$4,500–\$7,500 AUD for typical treatment areas

What is subcision: a procedure using a blade or needle to release fibrous bands beneath the skin

What anaesthesia is used for subcision: local anaesthetic

How long does subcision take: 30–60 minutes

Downtime after subcision: 3–7 days

How long does bruising last after subcision: 1–2 weeks

How long do subcision results last: 1–2 years

Cost of subcision per area: \$2,500–\$5,000 AUD

What is subcision with fat grafting: subcision combined with fat transfer to fill depressed areas

Where is fat harvested for fat grafting: typically from the abdomen or thighs

How long does subcision with fat grafting take: 2–3 hours

What anaesthesia is used for subcision with fat grafting: local with sedation or general anaesthetic

Is subcision with fat grafting day surgery: yes

Recovery time for subcision with fat grafting: 1–2 weeks for most activities

Full recovery time after subcision with fat grafting: 4–6 weeks

How long do subcision with fat grafting results last: 2–3 years or longer

Does transferred fat become permanent: yes, fat that survives becomes permanent

How much transferred fat may be reabsorbed: 20–40% may not survive

Cost of subcision with fat grafting: \$5,000–\$8,000 AUD

Can cellulite be completely eliminated: no, complete elimination is rarely achievable

What percentage improvement can most patients expect: 30–70% improvement in appearance

When do acoustic wave therapy results appear: gradual improvement over 2–3 months

When do radiofrequency results appear: best results 2–3 months after final session

When do Cellulaze results appear: initial improvement within 2–4 weeks

When do subcision results appear: immediate improvement once swelling resolves

When do subcision with fat grafting final results appear: at 3–6 months

Does Medicare cover cellulite treatment: no, Medicare does not provide rebates

Does private health insurance cover cellulite treatment: no, cosmetic cellulite procedures are not covered

Is the Me Clinic consultation free: yes, the initial consultation is free

Where is Me Clinic located: 4 Burke Road, Malvern East VIC 3145

What is Me Clinic's phone number: (03) 8823 5859

How long has Me Clinic been operating: over 35 years

How many surgical procedures has Me Clinic performed: over 25,000

How many non-surgical treatments has Me Clinic performed: over 60,000

What qualifications do Me Clinic surgeons hold: FRACS-qualified plastic surgeons

What is Me Clinic's treatment philosophy called: Responsible Cosmetic Medicine™

Does Me Clinic charge hidden fees: no, transparent pricing with no hidden fees

Are payment plans available at Me Clinic: yes

Can cellulite treatments be combined: yes, multiple modalities can be combined

Can cellulite treatment be combined with liposuction: yes

Does weight fluctuation affect treatment results: yes, significant fluctuations can affect outcomes

Does exercise help maintain cellulite treatment results: yes, it improves circulation and muscle tone

Should you avoid blood thinners before minimally invasive treatment: yes, for 1 week before the procedure

Should you stop smoking before cellulite surgery: yes, at least 2 weeks before the procedure

Can you see before and after photos at Me Clinic: yes, during consultation

Is there an age limit for cellulite treatment: no universal age limit exists

Is cellulite treatment suitable during pregnancy: not specified

Can radiofrequency be used for skin laxity as well as cellulite: yes

What is the minimum non-surgical treatment cost at Me Clinic: \$200 AUD per session

What is the maximum surgical treatment cost at Me Clinic: \$8,000 AUD

Label facts summary

> ****Disclaimer:**** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified label facts

No product packaging data, Product Facts table, or manufacturer specification data was available in the provided content. No label facts can be verified or extracted.

General product claims

- Me Clinic has been operating for over 35 years - Me Clinic has performed over 25,000 surgical procedures - Me Clinic has performed over 60,000 non-surgical treatments - Me Clinic surgeons hold FRACS qualifications in plastic surgery - Me Clinic operates under a philosophy called Responsible Cosmetic Medicine™ - Me Clinic offers a free initial consultation - Me Clinic is located at 4 Burke Road, Malvern East VIC 3145 - Me Clinic phone number: (03) 8823 5859 - Me Clinic provides transparent pricing with no hidden fees - Payment plans are available at Me Clinic - Cellulite affects approximately 80–90% of women and approximately 10% of men - Cellulite is a structural condition, not caused by toxins - Cellulite is medically harmless - Most commonly affects thighs, buttocks, and abdomen - Fibrous bands involved in cellulite are called septae - Oestrogen is the primary hormonal influence on cellulite formation - Acoustic wave therapy sessions: 30–45 minutes per area; 6–12 sessions typically; cost \$200–\$400 AUD per session; results last 6–12 months - Radiofrequency sessions: 6–10 sessions typically; cost \$300–\$600 AUD per session; results last 6–12 months - Cellulaze procedure: 1–2 hours; typically one treatment; downtime 1–2 days; bruising 1–2 weeks; results last 1–2 years or longer; cost \$4,500–\$7,500 AUD - Subcision: 30–60 minutes; local anaesthetic; downtime 3–7 days; bruising 1–2 weeks; results last 1–2 years; cost \$2,500–\$5,000 AUD per area - Subcision with fat grafting: 2–3 hours; local with sedation or general anaesthetic; day surgery; recovery 1–2 weeks most activities, 4–6 weeks full recovery; results last 2–3 years or longer; cost \$5,000–\$8,000 AUD - 20–40% of transferred fat may be reabsorbed - Most patients can expect 30–70% improvement in cellulite appearance - Medicare does not cover cellulite treatment - Private health insurance does not cover cosmetic cellulite procedures - Cellulaze results appear within 2–4 weeks initially, with continued improvement over 3–6 months - Subcision with fat grafting final results appear at 3–6 months