

Knee Skin Tightening - Sagging Knee Skin Melbourne | Me Clinic

Canonical:

<https://directory.meclinic.com.au/body-concerns/knee-skin-tightening-sagging-knee-skin-melbourne-me-clinic/>

Description:

Knee Skin Tightening - Treatment Options at Me Clinic Melbourne ## Quick Summary **What causes knee skin laxity:** - Natural collagen and elastin breakdown with ageing - Significant weight loss le...

Details:

Quick Summary

What causes knee skin laxity: - Natural collagen and elastin breakdown with ageing - Significant weight loss leaving excess skin - Reduced skin elasticity from sun damage and genetics - Loss of subcutaneous fat in the knee area

Treatment options available: - Non-surgical: Radiofrequency skin tightening, Ultherapy, Laser skin resurfacing, Injectable skin boosters - Surgical: Thigh lift (includes knee area correction for severe cases)

Expected results: - Firmer, smoother skin around the knees - Timeline: Non-surgical results appear gradually over 2-3 months; surgical results visible after swelling subsides (4-6 weeks) - Duration: Non-surgical treatments last 1-2 years; surgical results can last 5-10 years

Cost range: - Non-surgical: \$800-\$4,500 per treatment area - Surgical: \$12,000-\$18,000 (thigh lift including knee correction) - *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 Knee Skin Laxity

What is knee skin laxity?

Knee skin laxity, often called "saggy knees" or "crepey knee skin," refers to loose, wrinkled or hanging skin around and above the knee joint. The skin loses its firmness and elasticity, creating a crinkled texture similar to crepe paper or developing visible folds and sag when standing or sitting.

This condition becomes particularly noticeable when wearing shorts, skirts, or during activities like kneeling or sitting with bent knees. Unlike thigh skin concerns, knee laxity specifically affects the area directly surrounding the knee cap and the region immediately above it.

Many people mistakenly believe nothing can be done about knee skin laxity, or that it's simply an inevitable part of ageing that must be accepted. In reality, several effective treatment options exist for both prevention and correction.

What causes knee skin laxity?

****1. Natural Ageing****

Collagen and elastin—the proteins that keep skin firm and resilient—naturally decline with age. From our mid-30s onward, we lose approximately 1% of our collagen each year. The knee area is particularly vulnerable because: - The skin around knees is naturally thinner than many other body areas - Constant bending and movement creates repetitive stress on the skin - Fat pads that once provided structure diminish with age - Reduced oestrogen after menopause accelerates collagen loss in women

****2. Significant Weight Loss****

When someone loses substantial weight (typically 20kg or more), the skin that previously stretched to accommodate larger dimensions doesn't always "snap back." The knee area is especially prone to this because: - It's a high-movement zone where stretched skin becomes more obvious - The skin in this area has less underlying muscle support compared to arms or abdomen - Rapid weight loss gives skin less time to adapt - The degree of skin laxity depends on age, genetics, and how long someone carried extra weight

****3. Genetic Factors****

Some people are genetically predisposed to thinner skin or reduced collagen production. If your parents or siblings have noticeable knee skin laxity, you're more likely to experience it yourself. Ethnicity also plays a role—certain skin types naturally have different collagen density and elasticity.

****4. Sun Damage****

Chronic UV exposure breaks down collagen and elastin fibres through a process called photoageing. Many people neglect to apply sunscreen to their legs, making knees particularly vulnerable. Years of sun exposure accumulates, manifesting as crepey, lax skin in later decades.

****5. Smoking****

Tobacco smoke restricts blood flow to the skin and damages collagen and elastin fibres. Smokers typically develop skin laxity 10-15 years earlier than non-smokers, affecting knees along with facial areas.

Who experiences knee skin laxity?

Knee skin laxity typically becomes noticeable from age 40 onward, though it can appear earlier in people who've experienced significant weight loss or have genetic predisposition. Women experience it more frequently than men, partly due to: - Hormonal changes during menopause that accelerate collagen loss - Generally thinner skin structure - Greater awareness and concern about leg appearance

However, knee skin laxity affects people of all genders, particularly: - Post-bariatric surgery patients - Individuals who've lost significant weight through diet and exercise - People with naturally thin skin - Those with extensive sun exposure history - Individuals over 50, when collagen loss becomes more pronounced

Why it matters

While knee skin laxity isn't a medical concern, it significantly impacts quality of life for many people:

****Aesthetic concerns:**** Loose knee skin can make people feel self-conscious about wearing certain clothing—shorts, skirts, swimwear, or activewear. This can limit wardrobe choices and affect confidence.

****Activity considerations:**** Some people avoid activities like cycling, swimming, or yoga classes because they feel uncomfortable with visible knee skin laxity.

****Psychological impact:**** Body confidence matters. When one area of the body causes distress, it can affect overall self-esteem and wellbeing.

****When to seek treatment:**** Consider treatment when knee skin laxity: - Affects your clothing choices or lifestyle - Causes persistent self-consciousness - Hasn't improved with exercise or skincare - Worsens despite maintaining stable weight - Impacts your quality of life

Treatment Options Comparison

Non-Surgical Treatments

****1. Radiofrequency Skin Tightening****

How it works: Radiofrequency (RF) energy heats the deeper layers of skin (dermis) to 40-45°C, triggering the body's natural healing response. This stimulates new collagen production and causes existing collagen fibres to contract, creating an immediate tightening effect that continues improving over 3-6 months.

- ****Best for:**** Mild to moderate knee skin laxity, crepey texture, prevention of further laxity - ****Procedure time:**** 30-45 minutes per session - ****Number of treatments:**** Typically 3-4 sessions spaced 4-6 weeks apart - ****Downtime:**** None—mild redness for 1-2 hours is common - ****Results appear:**** Gradual improvement over 2-3 months, with peak results at 6 months - ****Results last:**** 1-2 years with proper skincare and sun protection - ****Cost range:**** \$800-\$1,500 per session - ****Pros:**** No downtime, comfortable procedure, gradual natural-looking improvement, stimulates ongoing collagen production - ****Cons:**** Requires multiple sessions, results are subtle to moderate rather than dramatic, requires maintenance treatments

****2. Ultherapy (Ultrasound Skin Tightening)****

How it works: Ultherapy uses focused ultrasound energy to heat targeted tissue layers deep beneath the skin's surface (typically 3-4.5mm depth). This triggers collagen regeneration without damaging the skin's surface. It's the only non-invasive treatment FDA-cleared for lifting skin.

- ****Best for:**** Moderate knee skin laxity where some lift is desired, crepey texture, patients wanting long-lasting results without surgery - ****Procedure time:**** 45-60 minutes for both knees - ****Number of treatments:**** Usually just one session (may repeat after 12-18 months) - ****Downtime:**** None to minimal—possible mild swelling for 1-2 days - ****Results appear:**** Gradual over 2-3 months, continuing to improve up to 6 months - ****Results last:**** 1-2 years typically - ****Cost range:**** \$2,500-\$4,500 for both knees - ****Pros:**** Single treatment session, deeper tissue targeting than other non-surgical options, FDA-cleared technology, natural results - ****Cons:**** Can be uncomfortable during treatment (though manageable), higher upfront cost than other non-surgical options, results still modest compared to surgery

****3. Laser Skin Resurfacing****

How it works: Fractional laser technology creates microscopic treatment zones in the skin, triggering the body's healing response to produce fresh, healthy collagen and elastin. The controlled injury removes damaged tissue and stimulates renewal.

Types available: - ****Ablative lasers**** (CO2, Erbium): Remove thin layers of skin, more intensive - ****Non-ablative lasers**** (Fraxel): Heat underlying skin without surface damage, gentler

- ****Best for:**** Crepey texture, sun-damaged skin, surface irregularities, mild laxity - ****Procedure time:**** 30-45 minutes per session - ****Number of treatments:**** 3-5 sessions (non-ablative) or 1-2 sessions (ablative) - ****Downtime:**** Non-ablative: 2-3 days of redness; Ablative: 5-10 days with more intensive peeling - ****Results appear:**** Progressive over 3-6 months - ****Results last:**** 1-2 years with proper care

- **Cost range:** \$800-\$2,500 per session depending on laser type - **Pros:** Addresses texture and tone issues alongside mild tightening, can treat sun damage simultaneously - **Cons:** Requires some downtime, multiple sessions usually needed, less effective for significant laxity

****4. Injectable Skin Boosters****

***How it works:** Injectable skin boosters (such as Prohilo or Rejuran) are hyaluronic acid or salmon DNA-based treatments that hydrate skin deeply and stimulate collagen production from within. Unlike dermal fillers that add volume, skin boosters improve skin quality and elasticity.

- **Best for:** Very mild laxity, crepey texture, skin hydration, prevention, combination with other treatments - **Procedure time:** 15-20 minutes - **Number of treatments:** 2 initial treatments 4 weeks apart, then maintenance every 6-12 months - **Downtime:** Minor injection site bumps for 1-2 days - **Results appear:** Gradual over 4-8 weeks - **Results last:** 6-12 months - **Cost range:** \$800-\$1,200 per treatment - **Pros:** Quick procedure, minimal downtime, improves overall skin quality - **Cons:** Limited effect on moderate to severe laxity, requires regular maintenance

Surgical Treatment

****Thigh Lift (Including Knee Area Correction)****

***What it is:** A thigh lift surgically removes excess skin and fat from the thighs. When knee skin laxity is present, the incision can be extended to address the knee area specifically, removing redundant skin and repositioning remaining tissue for a smoother, firmer appearance.

The procedure typically involves: - Incisions placed in discreet locations (inner thigh, extending along natural creases) - Removal of excess skin from thigh and knee area - Tightening of underlying supportive tissue - Re-draping of remaining skin for smooth contour - Closure with layered sutures

- **Best for:** Severe or moderate skin laxity that hasn't responded to non-surgical treatments, post-massive weight loss, patients wanting permanent correction - **Procedure time:** 2-4 hours depending on extent - **Anaesthesia:** General anaesthesia - **Hospital stay:** Day surgery or overnight observation - **Recovery time:** 2 weeks off work, 6 weeks before strenuous exercise, 3-6 months for swelling to fully resolve - **Results appear:** Initial results visible once swelling subsides (4-6 weeks), final results at 6-12 months - **Results last:** 5-10 years or longer with stable weight - **Cost range:** \$12,000-\$18,000 - **Scars:** Permanent but strategically placed; typically along inner thigh where less visible - **Pros:** Dramatic, long-lasting improvement, addresses severe laxity that non-surgical treatments can't, removes excess skin permanently - **Cons:** Invasive surgery with inherent risks, significant recovery period, permanent scarring (though typically well-hidden), higher cost, requires general anaesthesia

****Surgical Candidacy Considerations:** You may be a good candidate for thigh lift if: - You've maintained stable weight for at least 6 months - You're in good overall health - You don't smoke (or can quit 6 weeks before and after surgery) - You have realistic expectations - Non-surgical treatments haven't achieved your goals - You're willing to accept scarring in exchange for significant improvement

Choosing the Right Treatment - Decision Guide

Consider non-surgical treatments if:

✓ You have mild to moderate knee skin laxity ✓ Your skin still has some elasticity ✓ You prefer minimal to no downtime ✓ You want to try gradual, conservative approaches first ✓ You're not ready for surgery ✓ Budget is a primary concern and you can invest incrementally ✓ You want to avoid permanent scarring ✓ You're willing to commit to multiple sessions or maintenance

Consider surgical treatment if:

✓ You have severe skin laxity with significant excess skin ✓ You've lost substantial weight (50kg+) and skin won't retract ✓ Non-surgical options haven't achieved adequate improvement ✓ You want permanent, dramatic results ✓ You can accommodate 2-6 weeks recovery time ✓ You're willing to accept scarring for superior correction ✓ You're in good health and a suitable surgical candidate ✓ You've maintained stable weight for at least 6 months

Combination Approach

Many patients achieve optimal results by combining treatments strategically:

****Example 1: Prevention + Correction**** - Initial radiofrequency course (3-4 sessions) to address existing mild laxity - Annual Ultherapy maintenance to prevent further deterioration - Regular skin boosters every 6-12 months for ongoing skin quality

****Example 2: Surgical + Non-Surgical Enhancement**** - Thigh lift to remove excess skin and create foundation - Laser resurfacing 6-12 months post-surgery to refine skin texture - Skin boosters for ongoing skin health maintenance

****Example 3: Staged Non-Surgical Approach**** - Begin with radiofrequency to stimulate collagen (3 sessions) - Add Ultherapy 6 months later for additional lift - Maintain with annual treatments alternating between technologies

Your Me Clinic surgeon or cosmetic physician will assess your specific situation and recommend the most appropriate approach during your consultation.

What to Expect at Me Clinic

1. Initial Consultation (Free)

Your journey begins with a comprehensive, no-obligation consultation where you'll meet with one of our experienced practitioners:

****Comprehensive Assessment:**** - Detailed examination of knee skin quality, laxity degree, and underlying structure - Skin elasticity testing to determine treatment suitability - Evaluation of any contributing factors (weight history, sun damage, genetics) - Photography for your medical record and treatment planning

****Discussion of Goals:**** - Understanding what concerns you most - Clarifying realistic expectations - Discussing lifestyle factors and timeframes - Identifying any medical conditions that might affect treatment

****Medical History Review:**** - Current medications and supplements - Previous cosmetic treatments - Allergies or sensitivities - Overall health status

****Treatment Options Explained:**** - Which treatments are suitable for your specific condition - Pros and cons of each approach - Expected outcomes with realistic before/after examples - Timeline and number of sessions required

****Transparent Pricing Provided:**** - Itemised cost breakdown - Payment plan options if applicable - No hidden fees or surprise charges

****Before/After Gallery Review:**** - Cases similar to yours - Range of results achieved - Setting appropriate expectations

2. Treatment Planning

Once you decide to proceed, we'll create your customised treatment plan:

****Personalised Protocol:**** - Specific treatment(s) selected - Number and timing of sessions - Pre-treatment preparation requirements - Expected timeline to results

****Detailed Timeline:**** - When treatments will occur - Spacing between sessions (if multiple) - When you can expect to see results - Long-term maintenance recommendations

****Pre-Treatment Instructions:**** - Skincare modifications (if needed) - Medications or supplements to avoid - Sun protection requirements - What to expect on treatment day

****Complete Cost Breakdown:**** - Total investment required - Payment schedule options - Cancellation and rescheduling policies

****Questions Answered:**** - Our team addresses all your concerns - You'll have direct contact details for any additional questions - We ensure you feel completely informed and comfortable

3. The Me Clinic Difference

****Responsible Cosmetic Medicine™****

At Me Clinic, we've built our reputation on ethical, evidence-based practice:

- ****Conservative approach first:**** We always recommend the least invasive effective treatment - ****Evidence-based only:**** We only offer treatments with robust clinical evidence - ****Honest patient selection:**** If we don't think treatment will benefit you adequately, we'll tell you - ****Natural results prioritised:**** We avoid overdone or obvious treatments - ****Comprehensive aftercare:**** Our relationship doesn't end when treatment does

****Experienced Practitioners****

- ****FRACS-qualified plastic surgeons:**** Fellowship-trained specialists for surgical procedures - ****Specialist cosmetic physicians:**** Doctors with advanced cosmetic medicine training - ****Registered nurses:**** Experienced injectors and treatment coordinators - ****Proven track record:**** 25,000+ surgical procedures performed, 60,000+ non-surgical treatments delivered since 2006

****Transparent Pricing****

- Published price lists available - No pressure sales tactics - Clear breakdown of all costs - Payment plans available for treatments over \$3,000 - Medicare rebates explained honestly (cosmetic procedures typically aren't covered, but we'll clarify)

****Melbourne Convenience****

- ****Location:**** 4 Burke Road, Malvern East VIC 3145 - Ample parking available - Accessible public transport - Modern, comfortable clinic environment - Flexible appointment times including some evenings

Frequently Asked Questions

How much does knee skin tightening cost in Melbourne?

Treatment costs vary significantly based on the approach and severity of skin laxity:

****Non-surgical options:**** - Radiofrequency: \$800-\$1,500 per session (typically 3-4 sessions needed) - Ultherapy: \$2,500-\$4,500 for both knees (usually one session) - Laser resurfacing: \$800-\$2,500 per session (may need 1-5 sessions) - Injectable skin boosters: \$800-\$1,200 per treatment (2 initial treatments)

****Surgical option:**** - Thigh lift (including knee area): \$12,000-\$18,000

At Me Clinic, we provide transparent, itemised pricing during your free consultation with absolutely no hidden fees. We also offer payment plans for treatments over \$3,000 to make treatment more accessible.

How long do results last?

Results duration depends on the treatment type and individual factors:

****Non-surgical treatments:**** - Radiofrequency: 1-2 years - Ultherapy: 1-2 years - Laser treatments: 1-2 years - Injectable skin boosters: 6-12 months

****Surgical treatment:**** - Thigh lift: 5-10 years or longer with stable weight

Individual factors affecting longevity: - Age and natural ageing process - Skin quality and elasticity - Sun protection habits - Smoking status - Weight stability - Skincare maintenance routine - Whether you pursue maintenance treatments

Most patients who choose non-surgical options schedule regular maintenance treatments (annually or every 1-2 years) to preserve results and prevent further laxity.

Is there any downtime?

Downtime varies considerably by treatment:

****Minimal to no downtime:**** - Radiofrequency: None (possible mild redness 1-2 hours) - Ultherapy: None to minimal (possible mild swelling 1-2 days) - Injectable skin boosters: Minor bumps at injection sites 1-2 days

****Moderate downtime:**** - Non-ablative laser: 2-3 days of redness and sensitivity - Ablative laser: 5-10 days with more significant peeling and redness

****Significant downtime:**** - Thigh lift surgery: 2 weeks off work minimum, 6 weeks before strenuous exercise, 3-6 months for complete healing and final results

Your practitioner will provide specific downtime expectations during consultation based on your chosen treatment and individual healing characteristics.

Will results look natural?

Absolutely. Me Clinic's entire philosophy centres on natural-looking results through our Responsible Cosmetic Medicine™ approach.

For knee skin tightening specifically: - Non-surgical treatments produce subtle, gradual improvements that look completely natural - Surgical results, while more dramatic, are designed to create smooth, age-appropriate contours rather than an "overdone" appearance - We avoid aggressive treatments that create obvious or unnatural results

During consultation, we'll show you before/after galleries demonstrating the natural outcomes our patients achieve. Our goal is for you to look like the best version of yourself—refreshed and confident, not "done."

Am I too young or too old for treatment?

There's no universal age limit for knee skin tightening. We assess candidacy based on individual factors:

****Younger patients (30s-40s):**** - May benefit from preventive treatments - Often have better skin elasticity, making non-surgical options more effective - Can start conservative treatments to delay progression

****Middle-aged patients (50s-60s):**** - Typically the most common age group for treatment - May need more aggressive approaches - Often combine treatments for optimal results

****Older patients (70s+):**** - Can still be excellent candidates if in good health - May require surgical intervention for severe laxity - Individual health status matters more than age alone

****For surgical candidates specifically:**** - Overall health is more important than age - Medical clearance required for surgery - Skin quality and healing capacity assessed individually

During your consultation, we'll assess your skin quality, overall health, and realistic expectations to determine the most appropriate treatment regardless of your age.

Does Medicare cover knee skin tightening?

Medicare and private health insurance typically do NOT cover cosmetic procedures, including knee skin tightening treatments. These are considered elective aesthetic procedures.

****Rare exceptions:**** In unusual cases where excess skin causes functional problems (such as severe rashes, infections, or mobility limitations), a portion of surgical correction might qualify for Medicare rebates. However, this is very uncommon for knee skin specifically.

****What Me Clinic does:**** - We'll honestly assess whether any Medicare rebate might apply to your situation - We provide transparent upfront pricing so you know exactly what to expect - We offer payment plans for treatments over \$3,000 to help manage costs - We never mislead patients about rebate eligibility

What are the risks and potential complications?

All treatments carry some level of risk. Transparency about potential complications is part of our Responsible Cosmetic Medicine™ commitment.

****Non-surgical treatments (Radiofrequency, Ultherapy, Lasers):****

Common (usually minor and temporary): - Redness and warmth (1-2 hours to 2-3 days) - Mild swelling (1-3 days) - Tenderness in treated area (few days) - Temporary sensation changes

Rare: - Burns (from incorrect settings or technique) - Blistering or scarring (very rare with proper protocols) - Pigmentation changes (usually temporary) - Paradoxical laxity (extremely rare)

****Injectable skin boosters:****

Common: - Bruising at injection sites (3-7 days) - Swelling (1-2 days) - Small bumps at injection sites (24-48 hours)

Rare: - Infection - Allergic reaction - Asymmetry requiring adjustment

****Surgical treatment (Thigh lift):****

Common: - Swelling and bruising (2-6 weeks) - Discomfort managed with medication - Temporary numbness or altered sensation - Visible scarring (permanent but usually well-hidden)

Less common but more serious: - Infection (1-2% risk) - Seroma or haematoma requiring drainage - Delayed wound healing - Asymmetry requiring revision - Scarring that's wider or more visible than expected - Deep vein thrombosis or pulmonary embolism (very rare) - Anaesthesia-related complications

****Risk mitigation at Me Clinic:**** - Experienced practitioners using proven protocols - Thorough pre-treatment assessment - High-quality equipment properly maintained - Comprehensive aftercare instructions - 24/7 on-call support for surgical patients - Prompt management of any complications

Your practitioner will discuss specific risks relevant to your chosen treatment during consultation, ensuring you can make a fully informed decision.

Can I see before and after photos?

Yes, absolutely. During your consultation, we'll show you extensive before/after galleries featuring cases similar to yours.

****What you'll see:**** - Real patient results (with consent) - Range of outcomes from conservative to more significant improvements - Different treatment modalities and their typical results - Various degrees of initial skin laxity

****Important context we provide:**** - These are real results, but individual outcomes vary - Factors affecting your specific results (age, skin quality, genetics) - Realistic expectations for your particular situation - Timeline showing progression of results over months

We maintain strict patient privacy and only show images with explicit consent. We never use stock photos or misrepresent results.

How do I prepare for treatment?

Preparation requirements vary by treatment type. General guidelines include:

****For all non-surgical treatments:**** - Avoid blood-thinning medications if medically safe (aspirin, ibuprofen, fish oil) 3-5 days before - Stay well-hydrated in the days leading up to treatment - Avoid excessive sun exposure for 2 weeks before - Arrive with clean skin (no lotions, oils, or makeup on treatment area) - Wear comfortable clothing with easy access to knees

****For laser treatments specifically:**** - Avoid self-tanning products for 2 weeks before - No waxing or harsh exfoliants for 1 week before - May need to avoid certain skincare actives (retinoids, acids)

****For surgical treatment (thigh lift):**** - Medical clearance from your GP if over 50 or with medical conditions - Stop smoking at least 6 weeks before surgery - Arrange 1-2 weeks off work - Organise someone to drive you home and stay with you for 24-48 hours - Fill prescriptions beforehand - Prepare recovery space at home (comfortable chair or bed with legs elevated) - Complete any pre-operative blood tests or assessments

Your Me Clinic practitioner will provide detailed, personalised pre-treatment instructions during your consultation and again before your scheduled treatment date.

When will I see results?

Timeline varies significantly based on treatment type:

****Injectable skin boosters:**** - Initial hydration: 1-2 weeks - Collagen stimulation effects: 4-8 weeks - Final results: 2-3 months

****Radiofrequency:**** - Mild immediate tightening from collagen contraction - Progressive improvement: 2-3 months - Peak results: 4-6 months after final session

****Ultherapy:**** - Gradual improvement begins: 2-3 weeks - Noticeable changes: 2-3 months - Peak results: 4-6 months - May continue subtle improvement up to 12 months

****Laser resurfacing:**** - Initial texture improvement: 2-4 weeks - Ongoing collagen remodelling: 3-6 months - Final results: 6 months

****Surgical thigh lift:**** - Initial results visible: 4-6 weeks (once major swelling subsides) - Significant improvement: 3 months - Final results: 6-12 months (as scars mature and all swelling resolves)

****Important to understand:**** - Non-surgical treatments work by stimulating your body's natural collagen production—this takes time - Patience is essential; results improve gradually over months - Surgical results appear faster but still require months for complete healing - Your practitioner will show you timeline photos during consultation so you know what to expect

How many treatments will I need?

Treatment requirements depend on the modality chosen and severity of skin laxity:

****Single treatment options:**** - Ultherapy: Usually 1 session, may repeat annually for maintenance - Thigh lift surgery: 1 procedure (though revision is possible if needed)

****Multiple session protocols:**** - Radiofrequency: Typically 3-4 sessions spaced 4-6 weeks apart initially, then annual maintenance - Non-ablative laser: Usually 3-5 sessions spaced 4-6 weeks apart - Ablative laser: Often 1-2 intensive sessions - Injectable skin boosters: 2 initial treatments 4 weeks apart, then maintenance every 6-12 months

****Long-term maintenance:**** Most non-surgical treatments require ongoing maintenance to preserve results: - Annual or biannual maintenance sessions prevent regression - Think of it like dental care—regular upkeep preserves results - Maintenance is typically less intensive than initial treatment course

****Combination approaches:**** Many patients use different treatments over time: - Initial aggressive treatment course to correct existing laxity - Less frequent maintenance to preserve improvements - May alternate between technologies for comprehensive results

Your Me Clinic practitioner will create a realistic treatment plan during consultation, including both initial correction and long-term maintenance recommendations.

What should I do after treatment?

Post-treatment care is crucial for optimal results and minimising complications:

****Immediately after non-surgical treatments:**** - Mild redness and warmth are normal - Apply cool compresses if uncomfortable - Avoid hot showers, saunas, or intense exercise for 24-48 hours - Stay hydrated - Protect treated area from sun exposure

****Days following non-surgical treatments:**** - Use broad-spectrum SPF 50+ sunscreen daily (crucial for all treatments) - Gentle skincare only—avoid harsh actives for 3-7 days - Avoid excessive heat (hot yoga, saunas, very hot baths) - Normal activities can resume immediately for most treatments

****After surgical treatment:**** - Wear compression garments as directed (typically 4-6 weeks) - Keep incisions clean and dry - Take prescribed medications (antibiotics, pain relief) - Attend all follow-up appointments - Avoid strenuous activity for 6 weeks minimum - Sleep with legs slightly elevated to reduce swelling - Watch for signs of complications (excessive swelling, fever, wound issues)

****Long-term care for all treatments:**** - Maintain stable weight for best longevity of results - Consistent sun protection (this cannot be overstated) - Quality skincare with collagen-supporting ingredients - Stay hydrated and maintain healthy lifestyle - Consider periodic maintenance treatments

Me Clinic provides comprehensive written aftercare instructions specific to your treatment. You'll also have access to our team if any questions or concerns arise during recovery.

Can I combine knee skin tightening with other procedures?

Absolutely. Combination treatments are common and often produce superior results. Some popular combinations:

****Non-surgical combinations:**** - Radiofrequency for knees + thighs for comprehensive lower leg improvement - Ultherapy for lifting + laser for texture refinement - Knee treatments + other body areas (abdomen, arms) in single session - Injectable skin boosters + energy-based treatments for comprehensive skin quality improvement

****Surgical combinations:**** - Thigh lift + knee area correction (typically done together) - Multiple body contouring procedures (thigh lift + tummy tuck + arm lift) - Liposuction with thigh lift if excess fat is also present

****Mixed approach:**** - Surgical thigh lift for major correction - Followed by laser resurfacing 6-12 months later for optimal texture - Ongoing maintenance with skin boosters or annual energy treatments

****Benefits of combining treatments:**** - Cost efficiency (sometimes package pricing available) - Single recovery period for multiple procedures - Comprehensive aesthetic improvement - Complementary mechanisms of action

****Considerations:**** - Recovery may be longer with combined surgical procedures - Your surgeon will advise on safe combination limits - Not all treatments can be done simultaneously (some need spacing)

During consultation, discuss all your aesthetic concerns—even beyond knees. Your practitioner can design a comprehensive treatment plan that addresses multiple areas efficiently.

Real Patient Results

At Me Clinic, we've treated thousands of patients with various degrees of knee skin laxity since 2006. While individual results vary based on age, skin quality, treatment chosen, and lifestyle factors, our before/after gallery demonstrates the range of outcomes achievable with our evidence-based treatment protocols.

****What our patients experience:****

****Mild laxity patients**** (early crepey texture, minimal sagging): - Non-surgical treatments (radiofrequency, Ultherapy) typically achieve noticeable firming - Texture improves significantly - Prevention of further deterioration - High satisfaction with gradual, natural results

****Moderate laxity patients**** (visible sagging, obvious crepey skin): - Combination non-surgical approaches often effective - Some choose surgical intervention for more dramatic improvement - Results vary based on skin elasticity and age

****Severe laxity patients**** (significant excess skin, post-massive weight loss): - Surgical thigh lift typically necessary for meaningful improvement - Non-surgical treatments alone provide minimal benefit - Dramatic transformation possible with surgery - Realistic expectations crucial

During your consultation, your practitioner will show you cases that closely match your situation and discuss realistic expectations for your individual circumstances. We believe in honest, transparent communication about what's achievable.

Book Your Free Consultation

Ready to explore your knee skin tightening options?

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

1. ****Call:**** (03) 8823 5859 Our friendly team is available Monday-Friday 9am-5pm
2. ****Online:**** [Book consultation at meclinic.com.au] Select a time that suits your schedule

3. **Email:** info@meclinic.com.au We'll respond within 1 business day

What to Bring to Your Consultation

- **List of current medications and supplements** - **Brief medical history** (previous surgeries, conditions, allergies) - **Questions for your practitioner** (write them down so you don't forget) - **Photos showing your concern** from different angles if you have them (optional but can be helpful) - **Examples of results you like** if you've found any (helps us understand your aesthetic goals)

What Your Free Consultation Includes

✓ **Comprehensive assessment** of your knee skin and overall leg aesthetics ✓ **Personalised treatment recommendations** based on your specific condition ✓ **Transparent pricing** with itemised breakdown and no hidden fees ✓ **Before/after gallery review** featuring cases similar to yours ✓ **Realistic expectations discussion** about what's achievable ✓ **Timeline explanation** for treatments and results ✓ **No obligation to proceed**—take time to consider your options ✓ **All questions answered** by experienced practitioners

Me Clinic Location

4 Burke Road, Malvern East VIC 3145

Parking: Convenient off-street parking available **Public transport:** Tram route 6 stops nearby; Darling and Malvern train stations within walking distance **Accessibility:** Ground-level access available

Clinic environment: - Modern, comfortable consultation rooms - Private treatment areas - Welcoming reception - Complimentary refreshments

Why Choose Me Clinic for Knee Skin Tightening

✓ **25,000+ surgical procedures** performed since 2006 ✓ **60,000+ non-surgical treatments** delivered ✓ **FRACS-qualified plastic surgeons** for surgical procedures ✓ **Specialist cosmetic physicians** for non-surgical treatments ✓ **Evidence-based practice**—we only offer treatments with proven efficacy ✓ **Responsible Cosmetic Medicine™ philosophy**—ethical, conservative approach ✓ **Transparent pricing**—no hidden fees or pressure sales ✓ **Comprehensive aftercare**—we're with you throughout your journey ✓ **Melbourne's most experienced team** in body contouring and skin tightening

Take the first step toward firmer, smoother knees. Book your free consultation today.

Disclaimer: Results vary between individuals. The information provided on this page is educational and does not constitute medical advice. Individual treatment plans should be discussed with a qualified practitioner during consultation.*