

Frown Lines (Glabellar Lines) - Treatment Melbourne | Me Clinic

Canonical:

<https://directory.meclinic.com.au/facial-concerns/frown-lines-glabellar-lines-treatment-melbourne-me-clinic/>

Description:

Frown Lines (Glabellar Lines) - Treatment Options at Me Clinic Melbourne ## Quick Summary **What causes frown lines:** - Repetitive facial expressions (frowning, squinting, concentrating) - Natural breakdown of collagen and elastin with age - Sun damage and environmental factors - Genetic predisposition to deeper expression lines

Details:

Frown Lines (Glabellar Lines) - Treatment Options at Me Clinic Melbourne

Quick Summary

What causes frown lines: - Repetitive facial expressions (frowning, squinting, concentrating) - Natural breakdown of collagen and elastin with age - Sun damage and environmental factors - Genetic predisposition to deeper expression lines

Treatment options available: - Non-surgical: Anti-wrinkle injections, dermal fillers, laser resurfacing, skin needling - Surgical: Brow lift (for severe cases with brow ptosis)

Expected results: - Smoother, more relaxed appearance between eyebrows - Reduction in deep creases and furrows - Softer, more approachable facial expression - Timeline: Injectable results appear in 3-7 days; laser treatments show gradual improvement over 2-3 months - Duration: Anti-wrinkle injections last 3-4 months; dermal fillers last 6-12 months; surgical results last 5-10+ years

Cost range: - Non-surgical: \$300-\$1,500 per treatment - Surgical: \$8,000-\$15,000 - *Prices based on Me Clinic's transparent pricing policy*

Next steps: - Book free consultation at Me Clinic - Discuss a customised treatment plan with an experienced practitioner - Review before/after gallery of frown line treatments - Understand maintenance schedule and recovery timeline

Understanding Frown Lines

What are frown lines?

With over 35 years caring for Melbourne patients, Me Clinic's team of plastic surgeons and cosmetic doctors hears about frown lines constantly. They're one of the most common concerns people bring through the door, and for good reason. These vertical creases between the eyebrows, medically called glabellar lines, start out appearing only when you furrow your brow. Over time, they become etched into the skin and stay visible even when your face is completely relaxed.

Most people know them as "11 lines" or "number 11s" because of their characteristic parallel shape. The frustrating part is what they communicate: an unintentionally angry, stern, or worried expression, even when you're feeling perfectly content. That disconnect is something patients describe often, and it's a completely understandable thing to want to address.

A few things worth clarifying upfront: - Frown lines aren't exclusively an ageing concern. They can start appearing in your 20s and 30s. - They're caused by muscle activity, not your personality or emotional state. - Treating them doesn't prevent you from expressing emotion. It simply relaxes overactive muscles so your face reflects how you actually feel.

What causes frown lines?

Natural ageing

As we age, skin produces less collagen and elastin, the proteins that keep it firm and elastic. This makes existing expression lines far more likely to become permanent creases. The corrugator supercillii and procerus muscles contract thousands of times daily when you concentrate, squint, or frown, and over decades that repetitive motion creates deep grooves. Add to that the gradual loss of facial fat pads, which leaves skin with less underlying support, and lines that were once subtle become noticeably more prominent.

Genetic factors

If your parents developed pronounced frown lines early, you're more likely to follow a similar pattern. Fair skin with less melanin protection tends to show sun damage and ageing earlier. Thicker skin may resist line formation longer, but can develop deeper creases when lines eventually appear. Some people also naturally have stronger corrugator muscles, which means more pronounced frowning motion and deeper lines over time.

Lifestyle factors

UV radiation accelerates collagen breakdown and creates free radical damage. The skin between the eyebrows is particularly exposed during outdoor activities. Smoking constricts blood vessels, reducing oxygen and nutrient delivery to skin cells, and the repetitive pursing and squinting that comes with it contributes meaningfully to line formation. Chronic stress often shows up as unconscious facial tension, with many people holding a frown pattern without realising it. Hours spent concentrating on screens can intensify this, particularly if vision correction is inadequate. Even sleep position plays a role: sleeping face-down or on your side creates compression creases that compound existing lines over time.

Who experiences frown lines?

Frown lines affect people across all demographics, though some patterns are consistent. Most patients come to Me Clinic with concerns about frown lines between the ages of 35 and 55, though some notice faint lines in their late 20s or early 30s. Both men and women develop them, though men often experience deeper creases because of stronger facial muscles and skin that has historically received less sun protection.

Dynamic lines, the ones visible when you're actively frowning, typically appear first in your 20s to 30s. Static lines, visible at rest, usually develop in your 40s to 50s, though genetics and lifestyle can shift that timeline considerably in either direction.

Why it matters

Frown lines can make you look older, tired, or unapproachable even when you're feeling positive and at ease. That gap between how you feel and how you appear can be genuinely frustrating, and it affects more than just how you look in photos. Many patients describe feeling as though they're perceived through a lens that doesn't match their personality at all, whether in professional settings, social situations, or just day-to-day interactions.

There's no single right time to address frown lines. Some people choose treatment when they first notice lines forming, taking a preventative approach. Others wait until lines are deeper and more established. What matters most is when the lines start affecting your confidence or wellbeing. That's when it's worth exploring your options, and Me Clinic is here to help you do that without pressure.

Treatment Options Comparison

Non-Surgical Treatments

Anti-Wrinkle Injections (Botulinum Toxin)

Anti-wrinkle injections are the most popular cosmetic procedure worldwide, and the gold-standard treatment for frown lines. Me Clinic's team has delivered over 60,000 non-surgical treatments, and every injection is approached with the same care and precision applied across all aspects of patient wellbeing.

The treatment uses purified botulinum toxin to temporarily relax the corrugator and procerus muscles responsible for creating frown lines. By reducing muscle contraction, existing lines soften and new line formation is slowed over time.

****Best for:**** - Dynamic lines (visible when frowning) - Moderate static lines (visible at rest) - Preventing line formation in younger patients - Patients wanting minimal downtime

****Procedure details:**** - Procedure time: 10-15 minutes - Downtime: None to minimal - Discomfort level: Mild, most patients describe a slight pinprick sensation - Results appear: 3-7 days, with full effect at 14 days - Results last: 3-4 months on average - Cost range: \$300-\$600 per treatment

****Pros:**** - Quick with no downtime - Highly effective for dynamic and moderate static lines - Effects wear off naturally over time - Preventative benefits with consistent maintenance - Can be adjusted at follow-up - Decades of safety data

****Cons:**** - Temporary results requiring repeat treatments - Takes several days before results are visible - Possible temporary brow heaviness if placement isn't precise - Requires a skilled injector for natural-looking results - Not fully effective for very deep, etched lines without a combination approach

Me Clinic's injectors use precise anatomical knowledge to target only the necessary muscles, avoiding the frozen appearance patients rightly want to avoid. Treatment typically starts conservatively, with refinement available at the two-week review appointment. It's always better to add than to overcorrect.

Dermal Fillers

For very deep frown lines that have become permanent creases, dermal fillers can be used alongside anti-wrinkle injections for a more complete result.

Hyaluronic acid-based fillers are placed beneath deep creases to restore volume to the indentation and smooth the skin's surface. This works particularly well for etched lines that remain visible even when the underlying muscle is relaxed.

****Best for:**** - Very deep, etched static lines - Patients with volume loss between the brows - Combination treatment with anti-wrinkle injections - Those wanting immediate visible improvement

****Procedure details:**** - Procedure time: 20-30 minutes - Downtime: Minor swelling and possible bruising for 1-3 days - Discomfort level: Mild to moderate (topical numbing available) - Results appear: Immediately, with final assessment after swelling settles at 1-2 weeks - Results last: 6-12 months depending on product and individual metabolism - Cost range: \$600-\$900 per treatment

****Pros:**** - Immediate, visible results - Effective for deep lines that injectables alone may not fully address - Natural-looking with an experienced injector - Can restore volume lost through ageing - Reversible with hyaluronidase

****Cons:**** - Higher likelihood of bruising than anti-wrinkle injections - More costly than injectables alone - Requires precise technique to avoid irregularities - Temporary results requiring maintenance - Not suitable for all patients

One important note on safety: the glabella is a higher-risk area for filler injection because of the blood vessels in this region. This treatment should only be performed by highly experienced, fully qualified practitioners. At Me Clinic, only senior injectors perform filler treatments here, and ultrasound guidance is used when clinically appropriate.

Laser Resurfacing

Laser treatments work on the skin's surface and deeper layers to stimulate collagen production and improve overall texture, which can meaningfully reduce frown lines over time. For patients wanting broader skin rejuvenation alongside line reduction, this is often a very effective approach.

Me Clinic uses several laser types depending on the patient's needs: - ****Fractional CO2 laser:**** The most intensive option, delivering significant results for deep lines - ****Erbium laser:**** A gentler approach suited to moderate lines with less downtime - ****Non-ablative lasers:**** Minimal downtime with gradual results across multiple sessions

Laser energy creates controlled micro-injuries in the skin, triggering the body's natural healing response. This stimulates new collagen and elastin production while resurfacing the upper skin layer to smooth texture and tone.

****Best for:**** - Patients wanting overall skin rejuvenation alongside line reduction - Those with additional concerns like sun damage, uneven texture, or pigmentation - Patients willing to accommodate more downtime for more comprehensive results - People wanting longer-lasting outcomes than injectables alone provide

****Procedure details:**** - Sessions needed: Usually 1-3 depending on laser type and line severity - Procedure time: 30-90 minutes - Downtime: Ablative (CO2/Erbium): 5-10 days of redness and peeling; Non-ablative: 1-3 days of mild redness - Results appear: Gradual improvement over 2-6 months as collagen rebuilds - Results last: 1-3 years - Cost range: \$800-\$3,000 per session

****Pros:**** - Addresses multiple skin concerns at once - Longer-lasting than injectables alone - Stimulates the skin's own collagen production - Can treat a broader area beyond the frown lines

****Cons:**** - Significant downtime for ablative treatments - Multiple sessions may be needed - Results take months to fully develop - Not suitable for all skin types, with higher risk considerations for darker skin tones - Diligent sun protection is essential during healing

Skin Needling (Microneedling with RF)

Skin needling uses fine needles to create controlled micro-injuries, often combined with radiofrequency energy to further boost collagen production. It's a versatile treatment that suits a wide range of patients.

Fine needles penetrate the skin at precise depths, creating micro-channels that trigger the body's natural healing and collagen-building response. When combined with radiofrequency energy, the treatment delivers therapeutic heat to deeper skin layers for enhanced tightening and firming.

****Best for:**** - Mild to moderate frown lines - Patients wanting gradual, natural-looking improvement - Those wanting to improve overall skin quality alongside targeted concerns - Patients who prefer results without injectable treatments

****Procedure details:**** - Sessions needed: 3-6 treatments spaced 4-6 weeks apart - Procedure time: 45-60 minutes including numbing - Downtime: 1-3 days of redness and mild swelling - Results appear: Gradually over 2-4 months - Results last: 6-12 months with maintenance - Cost range: \$400-\$800 per session

****Pros:**** - Minimal downtime compared to laser resurfacing - Suitable for all skin types - Improves overall skin quality including texture, pore appearance, and firmness - Can be combined with PRP or growth factors for enhanced results

****Cons:**** - Multiple sessions required - Results are more gradual and less dramatic than injectables for frown lines specifically - Not as effective for very deep, established lines

Surgical Treatments

Brow Lift (Browplasty)

For patients with severe frown lines combined with brow ptosis (drooping), a surgical brow lift is often the most effective and long-lasting solution. Me Clinic's FRACS-qualified plastic surgeons bring considerable experience to this procedure, with natural-looking results and patient wellbeing as the consistent priority.

A brow lift surgically repositions descended brow tissue, removes excess skin, and modifies or removes the muscles responsible for frown lines. Modern techniques use endoscopic or minimal-incision approaches for reduced scarring and a more manageable recovery.

****Best for:**** - Severe frown lines with permanent deep creases - Brow drooping that creates a persistently tired or stern appearance - Patients for whom non-surgical options haven't provided adequate improvement - Those wanting long-lasting results - Patients in good overall health who can accommodate a recovery period

****Procedure details:**** - Procedure time: 1.5-3 hours depending on technique - Anaesthesia: General anaesthesia or IV sedation with local anaesthesia - Hospital stay: Day surgery - Recovery timeline: Office work after 7-10 days; bruising and swelling resolve over 2-3 weeks; strenuous activity after 3-4 weeks; final results at 3-6 months - Results last: 5-10+ years - Cost range: \$8,000-\$15,000

****Surgical techniques:**** - ****Endoscopic brow lift:**** Small incisions hidden within the hairline, using a camera for precision - ****Temporal brow lift:**** Addresses the outer brow through small temple incisions - ****Coronal brow lift:**** The traditional approach with a longer scalp incision, rarely used today

****Pros:**** - Long-lasting improvement - Addresses multiple upper face ageing concerns at once - Can permanently reduce frown muscle activity - A comprehensive solution for more advanced concerns

****Cons:**** - Surgical risks including infection, scarring, and anaesthesia - Meaningful downtime and recovery required - Higher cost than non-surgical options - Permanent structural changes - Possible temporary numbness along incision sites - Risk of visible scarring if incision placement isn't optimal

Me Clinic's plastic surgeons specialise in brow lifts that preserve facial expressiveness while smoothing deep frown lines. Every patient is assessed thoroughly to determine whether surgery is genuinely the most appropriate path, or whether a well-planned combination of non-surgical treatments might achieve the same goals with less downtime and cost. The more conservative option is recommended when it's right for the patient.

Choosing the Right Treatment

Consider non-surgical treatments if:

- You have mild to moderate frown lines - Your lines are primarily dynamic (most visible when frowning)
- You prefer minimal to no downtime - You'd like to explore treatments gradually - You're not yet ready for surgical intervention - Budget is an important consideration - You value reversible options that can be adjusted over time - You're interested in a preventative approach - You can commit to maintenance treatments every 3-12 months

Consider surgical treatment if:

- You have severe, deeply etched frown lines - You have concurrent brow drooping that creates a persistently tired appearance - Non-surgical options haven't provided the improvement you were hoping for - You're seeking long-lasting results - You can accommodate 2-3 weeks of recovery time - You're ready to invest in a longer-term solution - You hold realistic expectations about surgical outcomes - You're in good overall health for surgery

Combination approach

Many patients achieve their best results by combining treatments. Me Clinic's team designs combination plans carefully so each element works with the others rather than against them.

****Anti-wrinkle injections + dermal fillers:**** Injectables relax the muscles creating dynamic lines, while fillers restore volume to very deep static creases. This addresses both the underlying cause (muscle movement) and the existing concern (deep grooves).

****Anti-wrinkle injections + laser resurfacing:**** Injectables smooth frown lines while laser treatment improves overall skin quality, texture, and tone, providing both immediate line reduction and longer-term skin rejuvenation.

****Brow lift + ongoing anti-wrinkle maintenance:**** Surgery provides the structural improvement needed for more severe cases, while conservative anti-wrinkle treatments help maintain results and prevent new line formation over the years ahead.

Your Me Clinic surgeon or cosmetic physician will recommend the most appropriate approach during your consultation, taking into account your anatomy, goals, budget, and lifestyle.

What to Expect at Me Clinic

1. Initial Consultation (Free)

Your consultation is thorough and unhurried. There's no pressure and no obligation, just honest advice from an experienced practitioner.

****The consultation covers:****

A detailed facial assessment, including frown line depth and pattern, muscle strength and movement, skin quality and elasticity, brow position and symmetry, and overall facial proportions.

A discussion of your concerns: what bothers you most, when you first noticed the lines, how they affect your confidence, and what a successful outcome would look like for you.

A review of your medical history, including current medications and supplements, previous cosmetic treatments, relevant medical conditions, and any allergies or sensitivities.

A clear explanation of all suitable treatment options, including benefits, realistic results, and maintenance requirements, in plain language.

Transparent, itemised pricing with no hidden fees, and a discussion of payment options where relevant.

A before/after gallery review showing cases similar to yours, so you have a grounded picture of what's achievable.

2. Treatment Planning

Once you decide to move forward, Me Clinic develops a plan tailored to your facial anatomy, line severity, skin type, goals, and budget. There's no one-size-fits-all approach here.

The plan includes a clear timeline covering how many treatments you'll need initially, when to expect results, and what maintenance schedule makes sense for your situation. You'll also receive specific pre-treatment instructions covering medications to pause (blood thinners, where medically safe), supplements to stop temporarily (vitamin E, fish oil), any skincare adjustments needed, and what to expect on the day.

3. The Me Clinic Difference

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

This philosophy guides every treatment decision at Me Clinic. In practice, it means:

Only treatments with well-established safety and efficacy records are offered. Me Clinic doesn't chase trends or introduce unproven technologies.

If treatment isn't right for you, or if your expectations don't align with what's genuinely achievable, you'll be told. Recommending a different path when it's in a patient's best interest is something the team does without hesitation.

The goal is refreshed and relaxed, not frozen or overdone. You should still look entirely like yourself.

Treatment typically starts conservatively. It's always easier to add than to reverse.

Aftercare doesn't end when you leave the clinic. Detailed guidance is provided, and the team remains available if questions or concerns arise.

****Experienced Practitioners****

Me Clinic's surgical team consists of FRACS-qualified plastic surgeons, Fellows of the Royal Australasian College of Surgeons. Non-surgical injectors are doctors with specialised training in cosmetic medicine, working within a medically supervised environment. The nursing team supports procedures and provides patient care throughout.

The clinic's track record: over 25,000 surgical procedures, 60,000+ non-surgical treatments, and 35+ years serving Melbourne patients.

****Transparent Pricing****

Prices are published on the website and discussed openly during consultation. The price quoted includes everything: consultation, treatment, review appointments, and aftercare. Payment plans are available through TLC and Zip. Most cosmetic treatments aren't covered by Medicare or private health insurance, but Me Clinic will always flag if any portion of your treatment might qualify for partial rebates, which is primarily relevant for functional brow lifts where there's a documented clinical need.

Frequently Asked Questions

How much does frown line treatment cost in Melbourne?

Treatment costs depend on the approach that's right for you:

****Anti-wrinkle injections:**** \$300-\$600 per treatment (typically every 3-4 months). The cost varies based on units required, which depends on individual muscle strength. Annual maintenance runs approximately \$1,200-\$2,400.

****Dermal fillers:**** \$600-\$900 per treatment (typically every 6-12 months). Used for very deep lines, often alongside anti-wrinkle injections. Annual cost: approximately \$600-\$1,800.

****Laser resurfacing:**** \$800-\$3,000 per session, with 1-3 sessions typically needed. Results last 1-3 years.

****Skin needling:**** \$400-\$800 per session, with 3-6 sessions required initially. Total course: \$1,200-\$4,800.

****Brow lift surgery:**** \$8,000-\$15,000, with results lasting 5-10+ years.

Me Clinic provides itemised pricing during your free consultation with no obligation to proceed.

How long do results last?

****Anti-wrinkle injections:**** 3-4 months on average. Some patients find results last longer with consistent treatment over time. Metabolism, muscle strength, and lifestyle all influence duration.

****Dermal fillers:**** 6-12 months. Depends on filler type, placement depth, and individual metabolism. High-movement areas like the glabella may metabolise filler somewhat faster.

****Laser resurfacing:**** 1-3 years. Collagen stimulation provides lasting improvement, though results gradually diminish as ageing continues.

****Skin needling:**** 6-12 months, with maintenance treatments recommended to sustain results.

****Brow lift surgery:**** 5-10+ years. The longest-lasting option, though natural ageing continues. Some patients never require revision surgery.

Your practitioner will give you personalised estimates based on your treatment plan and individual factors.

Is there any downtime?

****Anti-wrinkle injections:**** No downtime. Possible minor redness at injection sites for 30-60 minutes. Small bruising is possible but uncommon and can be covered with makeup. Avoid vigorous exercise for 24 hours.

****Dermal fillers:**** Minimal downtime for most patients. Swelling and possible bruising for 1-3 days. Can be covered with makeup after 12-24 hours. Avoid heavy exercise for 24-48 hours.

****Laser resurfacing:**** Meaningful social downtime for ablative lasers (5-10 days). Non-ablative options require 1-3 days. Redness, peeling, and skin sensitivity during healing. Diligent sun protection is essential.

****Skin needling:**** 1-3 days of redness and mild swelling. Skin may feel sensitive, similar to mild sunburn. Makeup can typically be applied after 24 hours.

****Brow lift surgery:**** 7-10 days before returning to office-based work. 2-3 weeks for visible bruising and swelling to resolve. 3-4 weeks before resuming strenuous exercise. Several months for complete resolution of all swelling.

Will results look natural?

Natural-looking results are the consistent priority at Me Clinic, and it's what patients tell us they value most.

Treatment starts conservatively and can be refined at your review appointment. Precise anatomical knowledge is applied to preserve natural movement and expressiveness. The goal is refreshed and relaxed, not dramatically different.

What "natural" actually means in practice: you can still show emotion freely, you just won't create deep furrows doing it. Friends and colleagues notice you look well-rested, not that you've had something done. Facial movement is preserved while overactive muscles are gently relaxed.

The foundation of natural results is an experienced, ethical practitioner who prioritises your long-term satisfaction. Two-week review appointments allow for any refinement needed.

Am I too young or too old for treatment?

There's no universal age limit. Individual factors matter far more than chronological age.

****Younger patients (20s-30s):**** Treatment is appropriate if lines are forming and causing concern. Regular anti-wrinkle injections can help prevent deeper lines from becoming established. Me Clinic ensures realistic expectations are in place and that treatment genuinely aligns with your goals.

****Middle-aged patients (40s-50s):**** The most common age group for frown line treatment. Combination approaches often deliver the best results.

****Older patients (60s+):**** Treatment remains appropriate and effective. A combination approach is often beneficial for more deeply etched lines. Skin quality and overall health are more relevant considerations than age alone. Surgery may be worth discussing if skin laxity is a significant factor.

What matters more than age: skin condition and quality, overall health, realistic expectations, commitment to maintenance, and a clear understanding of the benefits and risks involved.

Does Medicare cover frown line treatment?

Most cosmetic frown line treatments are not covered by Medicare or private health insurance.

****Generally not covered:**** Anti-wrinkle injections for cosmetic purposes, dermal fillers, laser treatments, skin needling, and cosmetic brow lift surgery.

****Possible partial coverage:**** Brow lift surgery may qualify for Medicare rebates where there's a functional component, such as severe brow ptosis affecting vision. This is assessed individually and requires documentation of functional impairment. Even when partially covered, meaningful out-of-pocket costs apply.

Me Clinic provides a clear explanation of what is and isn't covered during your consultation, along with item numbers for applicable procedures and assistance with insurance documentation where relevant. Payment plans through TLC and Zip are available to help make treatment more accessible.

What are the risks?

All cosmetic treatments carry some level of risk. Understanding these clearly is an essential part of making an informed decision.

****Anti-wrinkle injections:**** Common temporary effects include bruising at injection sites (affecting around 5-10% of patients), mild headache (uncommon, typically resolving within 24-48 hours), and temporary redness or swelling. Less common: eyelid or brow heaviness if product migrates (rare with an experienced injector and resolves as the product wears off), asymmetry addressable at review, or inadequate response requiring additional units.

****Dermal fillers:**** Common temporary effects include swelling and bruising, tenderness at injection sites, and temporary irregularity that settles within days. Rare but serious risks include vascular occlusion (a blocked blood vessel requiring immediate treatment), allergic reaction, infection, and

visible lumps requiring dissolving with hyaluronidase.

****Laser resurfacing:**** Expected effects include redness and peeling as part of the healing process, and temporary hyperpigmentation. Rare complications include scarring, permanent pigment changes (higher risk in darker skin types), infection, and prolonged redness.

****Brow lift surgery:**** Standard surgical risks include infection, bleeding or haematoma, adverse reaction to anaesthesia, scarring, temporary numbness along incision lines, asymmetry, and possible need for revision surgery.

Me Clinic minimises risks through experienced practitioners, thorough medical history screening, sterile technique and clinically validated products, a conservative treatment approach, comprehensive aftercare, and established emergency protocols. Two-week review appointments are standard for all non-surgical treatments.

Your practitioner will discuss the specific risks relevant to your chosen treatment and health circumstances during your consultation.

Can I see before and after photos?

Yes. During your consultation, your practitioner will share relevant before and after galleries showing real patient outcomes, including cases that closely match your specific frown line pattern and severity, results achievable with different treatment approaches, and examples of the natural-looking outcomes the team consistently achieves.

Photos are shared during consultation rather than publicly online for several reasons: patient privacy, the ability to show you cases most directly relevant to your situation, and adherence to ethical advertising guidelines governing cosmetic medicine in Australia.

Results vary between individuals based on age, skin quality, line severity, muscle strength, and treatment chosen. Photos provide realistic examples, not a guarantee of your specific outcome. Your practitioner will always be honest about what's achievable for your situation.

How do I prepare for treatment?

****For all treatments:**** Attend your consultation with clean skin. Bring a list of current medications and supplements, any photos showing your concerns if helpful, and questions you'd like answered.

****Before anti-wrinkle injections or fillers:**** Avoid blood-thinning medications where medically safe (aspirin, ibuprofen, naproxen) for 7-10 days prior. Pause supplements that may increase bleeding risk (vitamin E, fish oil, ginkgo, garlic) for 7 days. Avoid alcohol for 24-48 hours before treatment and vigorous exercise on the day. Let your injector know if you have a history of cold sores.

****Before laser treatment:**** Avoid sun exposure and tanning for 4 weeks beforehand. Pause retinol and other active skincare products as directed (usually 5-7 days). Antiviral medication may be recommended if you have a history of cold sores. Arrange transportation home if you're having sedation.

****Before surgery:**** Complete any required medical clearance. Stop smoking at least 4 weeks before and after your procedure. Arrange for someone to drive you home and stay with you for the first 24 hours. Fill prescriptions beforehand. Prepare your recovery space at home and follow your specific pre-operative fasting instructions carefully.

Your Me Clinic practitioner will provide detailed, personalised preparation instructions when you book.

When will I see results?

****Anti-wrinkle injections:**** Initial results at 3-5 days, peak effect at 10-14 days. Full assessment at your two-week review. Results gradually wear off over 3-4 months.

****Dermal fillers:**** Results visible immediately. Initial swelling may temporarily obscure results for 1-2 days. Final settling at 2 weeks. Results diminish over 6-12 months.

****Laser resurfacing:**** Redness and peeling begin immediately as part of healing. Subtle improvement at 2-4 weeks. Noticeable results at 6-8 weeks as collagen rebuilds. Peak results at 3-6 months. Results diminish over 1-3 years.

****Skin needling:**** Skin may appear luminous immediately after inflammation subsides. Collagen building begins after 4-6 weeks. Noticeable improvement after 2-3 sessions (approximately 2-3 months). Peak results at 3-6 months after completing the initial series. Maintenance recommended every 6-12 months.

****Brow lift surgery:**** Some improvement visible once bandages are removed, though swelling obscures the final result initially. Major swelling and bruising resolve over 2-4 weeks. Most patients feel comfortable returning to all social activities at 6-8 weeks. Final results at 6-12 months as residual swelling resolves and scars mature.

Individual healing response, treatment intensity, skin condition, adherence to aftercare, age, and overall health all influence your timeline. Your practitioner will give you specific expectations based on your chosen treatment and circumstances.

What results can I realistically expect?

****What frown line treatment can do:**** - Significantly reduce the visible appearance of frown lines - Create a more relaxed, refreshed appearance - Help prevent lines from deepening with consistent preventative maintenance - Improve skin texture and quality, particularly with resurfacing treatments - Restore a facial expression that more accurately reflects how you feel

****What it cannot do:**** - Stop the natural ageing process - Make very deep, long-standing lines completely disappear without a combination approach - Alter your fundamental facial structure - Address every facial ageing concern in a single treatment - Provide permanent results (surgery included, as the face continues to age)

****Realistic improvement ranges:****

For mild dynamic lines (visible primarily when frowning): 80-100% improvement with anti-wrinkle injections, with prevention of static line formation through ongoing maintenance.

For moderate static lines (visible at rest): 50-70% improvement with anti-wrinkle injections alone; 70-90% with a combination approach.

For severe, deeply etched lines: 40-60% improvement with non-surgical treatments; 70-90% with surgical brow lift.

Individual variation depends on skin thickness and quality, depth and duration of existing lines, muscle strength and activity, age, consistency with maintenance, and lifestyle factors including sun protection and not smoking.

Your Me Clinic practitioner will give you honest, realistic expectations specific to your situation. The preference is always to under-promise and over-deliver.

Can I combine frown line treatment with other procedures?

Yes, and combination treatments are often the most effective path to comprehensive facial rejuvenation. Me Clinic's team designs these plans carefully so each element works with the others.

****Common combinations:****

Upper face rejuvenation: Frown line anti-wrinkle injections combined with forehead line treatment and crow's feet treatment, achieving harmonious upper face improvement in a single appointment.

Full face anti-wrinkle treatment: Frown lines, forehead, crow's feet, bunny lines, gummy smile, and chin addressed together for a balanced, cohesive result.

Injectable combination: Anti-wrinkle injections for frown lines alongside dermal filler for cheeks or tear troughs, addressing both dynamic lines and volume loss.

Skin quality enhancement: Anti-wrinkle injections for frown lines combined with laser resurfacing or skin needling for texture and tone.

Surgical combination: Brow lift alongside upper eyelid surgery (blepharoplasty) for comprehensive upper face rejuvenation with a single recovery period.

****Timing:**** Injectable treatments can usually be performed together in one appointment. Laser and skin treatments may need to be spaced from injectables (typically 2-4 weeks). Surgical procedures can often be combined to minimise overall recovery time.

Package pricing is often available for combination treatments, and planning treatments together tends to produce more balanced, harmonious results.

How do I maintain my results?

****Anti-wrinkle injection maintenance:**** Every 3-4 months initially. Many long-term patients find treatments last slightly longer over time (4-5 months). Consistency matters: regular treatments help prevent muscle retraining and line reformation. Budget approximately \$300-\$600 every 3-4 months.

****Dermal filler maintenance:**** Every 6-12 months. Touch-ups often require less product than the initial treatment. Budget approximately \$600-\$900 annually.

****Laser resurfacing maintenance:**** Initial results last 1-3 years. Annual maintenance treatments can extend results. A good skincare routine is essential (sunscreen, retinol, antioxidants).

****Post-surgical maintenance:**** Brow lift results last 5-10+ years without repeat surgery. Some patients complement surgical results with conservative anti-wrinkle treatments. Good skincare and sun protection help preserve results.

****Lifestyle factors that extend results:**** - Daily broad-spectrum SPF 50+ sunscreen - A quality skincare routine (retinol, vitamin C, peptides) - Not smoking - Staying well hydrated - Managing stress to reduce unconscious frowning - Quality sleep - A healthy diet rich in antioxidants

****Home care:**** Medical-grade skincare products tailored to your skin, regular professional skin treatments between major procedures, and growing awareness of habitual frowning patterns.

Me Clinic supports ongoing maintenance through appointment reminders, loyalty programmes and package pricing for regular patients, continuity with the same practitioner who knows your face and history, and adjustment of your treatment plan as your face naturally changes over time.

Real Patient Results

Me Clinic has cared for thousands of Melbourne patients concerned about frown lines. While individual results vary based on line severity, skin quality, treatment chosen, and commitment to maintenance, the before and after gallery reflects the range of natural-looking outcomes achievable through Me Clinic's treatment protocols.

During your consultation, your practitioner will show you cases that closely match your specific frown line pattern, depth, and facial anatomy, giving you a realistic picture of what's possible for someone in

your situation.

What patients consistently describe after treatment: - A more relaxed, approachable expression that reflects how they actually feel - Renewed confidence in social and professional settings - Looking refreshed and well-rested - Genuine surprise at how natural and understated the results appear - Satisfaction with their maintenance routine once it becomes part of regular self-care

Book Your Free Consultation

Three ways to book:

1. **Call:** (03) 8823 5859 Monday-Friday 9am-5pm, Saturday 9am-3pm
2. **Online:** Visit meclinic.com.au/book-consultation 24/7 online booking
3. **Email:** info@meclinic.com.au Response within one business day

What to bring:

- List of current medications and supplements - Relevant medical history - Photos showing your frown lines from different angles (optional but often helpful) - Questions you'd like answered - Notes about any previous treatments, if applicable

Your consultation includes:

- Comprehensive facial and frown line assessment by an experienced practitioner - Personalised treatment recommendations based on your anatomy and goals - Transparent pricing with no hidden fees - Before/after gallery review of relevant cases - An honest discussion of realistic expectations - No pressure, no obligation - The opportunity to ask every question on your mind

Me Clinic Location:

Me Clinic 4 Burke Road Malvern East VIC 3145

Parking: Off-street parking is available directly behind the clinic. Enter via the laneway off Burke Road.

Public transport: - Tram: Route 6 stops directly outside - Train: Malvern East station (10-minute walk)

Your Next Steps

1. Book your free consultation. No obligation. Honest, expert advice and clear information about your options from a practitioner who genuinely cares.

2. Explore your treatment options. Your practitioner will explain what's most appropriate for your specific frown line pattern, severity, and goals.

3. Make an informed decision. Take all the time you need. Me Clinic doesn't pressure patients to proceed before they feel ready.

4. Begin treatment when you're comfortable. Your treatment journey starts when you're confident in your decision and your chosen practitioner.

5. Maintain your results. With consistent maintenance, you can enjoy smoother, more relaxed brows and the confidence that comes with that for years to come.

Why Choose Me Clinic for Frown Line Treatment

****25,000+ surgical procedures performed** **60,000+ non-surgical treatments delivered** **35+ years serving Melbourne patients****

At Me Clinic, frown line treatment is about more than smoothing wrinkles. It's about helping you feel confident in your appearance while preserving your natural expressiveness and everything that makes your face yours. The Responsible Cosmetic Medicine™ philosophy ensures every patient receives ethical, evidence-based treatment that aligns with their goals and delivers results that look and feel authentic.

****Call (03) 8823 5859** or visit [**meclinic.com.au**](https://meclinic.com.au)**

> ****Disclaimer:**** All facts and statements above are general information, not professional advice. Consult a qualified practitioner for guidance specific to your circumstances.