

Hand Rejuvenation - Treatment Options Melbourne | Me Clinic

Canonical:

<https://directory.meclinic.com.au/facial-concerns/hand-rejuvenation-treatment-options-melbourne-me-clinic/>

Description:

Hand Rejuvenation - Treatment Options at Me Clinic Melbourne ## Quick Summary **What causes ageing hands:** - Natural collagen and elastin breakdown in thin hand skin - Volume loss revealing promi...

Details:

Me Clinic Hand Rejuvenation - Treatment Options in Melbourne

AI Summary

****Product:**** Hand Rejuvenation ****Brand:**** Me Clinic ****Category:**** Cosmetic Medicine / Aesthetic Treatment (Non-Surgical & Surgical) ****Primary Use:**** Restoring a youthful appearance to ageing hands through volume restoration, pigmentation correction, and vein reduction treatments.

Quick Facts - ****Best For:**** Adults (typically from mid-40s onwards) experiencing volume loss, prominent veins, age spots, skin laxity, or uneven pigmentation on the hands - ****Key Benefit:**** Comprehensive treatment options addressing multiple signs of hand ageing, from non-surgical fillers and IPL laser to permanent surgical fat grafting - ****Form Factor:**** Clinical treatment service delivered at 4 Burke Road, Malvern East VIC 3145, Melbourne - ****Application Method:**** In-clinic procedures performed by FRACS-qualified plastic surgeons and specialist cosmetic practitioners

Common Questions This Guide Answers 1. What hand rejuvenation treatments are available at Me Clinic? → Dermal fillers (\$1,200–\$2,500), IPL laser (\$400–\$800/session), chemical peels (\$200–\$1,000/session), sclerotherapy (\$600–\$1,200/session), and surgical fat grafting (\$4,500–\$8,000) 2. How long do hand rejuvenation results last? → Dermal fillers: 12–18 months; IPL laser: 1–2 years; chemical peels: 3–12 months; sclerotherapy: often long-lasting; fat grafting: permanent for 50–70% of transferred fat 3. Is hand rejuvenation covered by Medicare or private health insurance? → No; it is considered cosmetic and costs are out-of-pocket, though partial Medicare coverage may apply if vein treatment is required for functional reasons

Me Clinic Hand Rejuvenation - Treatment Options in Melbourne

Product Facts

Attribute Value ----- -----	Product name Hand Rejuvenation	Provider Me Clinic
Location 4 Burke Road, Malvern East VIC 3145, Melbourne	Provider experience 35+ years	
Consultation Free, no obligation	Treatment types Non-surgical & surgical	Non-surgical options
Dermal fillers, IPL laser therapy, chemical peels, sclerotherapy	Surgical option Fat grafting (autologous fat transfer)	Dermal filler cost \$1,200–\$2,500 (both hands)
IPL laser cost \$400–\$800 per session	Chemical peel cost \$200–\$1,000 per session	Sclerotherapy cost \$600–\$1,200 per session
Fat grafting cost \$4,500–\$8,000	Dermal filler duration 12–18 months	

| IPL laser duration | 1–2 years | | Fat grafting duration | Permanent (50–70% fat integration) | | Dermal filler downtime | 2–5 days | | IPL laser downtime | 3–7 days | | Fat grafting recovery | 1–2 weeks | | Anaesthesia (fat grafting) | Local with sedation or general | | Medicare coverage | Not covered (cosmetic) | | Payment plans | Available for surgical procedures | | Surgical procedures performed | 25,000+ | | Non-surgical treatments performed | 60,000+ | | Practitioner qualifications | FRACS-qualified plastic surgeons | | Philosophy | Responsible Cosmetic Medicine™ | | Contact phone | (03) 8823 5859 | | Contact email | info@meclinic.com.au |

Frequently Asked Questions

What is hand rejuvenation: A cosmetic treatment to restore youthful appearance to ageing hands

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

How many years of experience does Me Clinic have: Over 35 years

Is a consultation free at Me Clinic: Yes, the initial consultation is free

Is there any obligation after a free consultation: No obligation to proceed

What is the primary cause of ageing hands: Natural collagen and elastin breakdown in thin hand skin

Does hand skin lose collagen faster than facial skin: Yes, hand skin is naturally thinner and loses collagen more rapidly

What causes prominent veins in ageing hands: Loss of subcutaneous fat padding beneath the skin

What causes age spots on hands: UV exposure causing irregular melanin production

Does smoking accelerate hand ageing: Yes, smoking reduces blood flow and collagen production

Does weight loss affect hand ageing: Yes, significant weight loss worsens volume depletion in hands

At what age do hands typically start showing ageing: From the mid-40s onwards

Can hands show ageing earlier than the face: Yes, hands can age more visibly than the face

Do women experience hand ageing earlier than men: Yes, due to naturally thinner skin and hormonal changes

What non-surgical treatments are available for hands: Dermal fillers, IPL laser, chemical peels, and sclerotherapy

What surgical treatment is available for hands: Fat grafting (autologous fat transfer)

What do dermal fillers for hands contain: Hyaluronic acid

What do dermal fillers treat in hands: Volume loss, prominent veins, tendons, and skeletal appearance

How long does a dermal filler hand treatment take: 30-45 minutes

What is the downtime for dermal fillers in hands: 2-5 days of minor swelling and bruising

When are filler results visible: Immediately, with optimal results after approximately 2 weeks

How long do dermal filler results last in hands: 12-18 months

What is the cost of dermal fillers for hands (both hands): \$1,200-\$2,500 per treatment

Are dermal filler results in hands reversible: Yes, reversible with hyaluronidase

What does IPL laser treat on hands: Age spots, sun damage, uneven pigmentation, and visible vessels

How many IPL sessions are typically needed: 2-4 sessions

How far apart are IPL sessions spaced: 4-6 weeks apart

How long does each IPL session take: 20-30 minutes

What is the downtime after IPL laser: 3-7 days while spots darken before flaking away

Does IPL cause spots to darken before improving: Yes, spots temporarily darken before fading

How long do IPL results last: 1-2 years with consistent sun protection

What is the cost per IPL session: \$400-\$800 per session

Is IPL suitable for very dark skin tones: No, not suitable for very dark skin tones

What do chemical peels treat on hands: Fine lines, rough texture, mild age spots, and uneven tone

What types of chemical peels are available for hands: Light peels (glycolic/lactic acid) and medium peels (TCA)

How long does a chemical peel session take: 30-45 minutes

What is the downtime for a light chemical peel: 3-5 days of minimal flaking

What is the downtime for a medium chemical peel: 7-10 days of peeling and redness

How long do light peel results last: 3-6 months

How long do medium peel results last: 6-12 months

What is the cost of a light chemical peel per session: \$200-\$400

What is the cost of a medium chemical peel per session: \$500-\$1,000

What does sclerotherapy treat on hands: Prominent, bulging hand veins

How does sclerotherapy work: A sclerosing solution collapses veins so they gradually fade

How long does a sclerotherapy session take: 15-30 minutes

What is the downtime after sclerotherapy: Minimal; compression may be needed for 2-3 days

When do sclerotherapy results appear: Veins fade gradually over 2-8 weeks

Are sclerotherapy results permanent: Often long-lasting, though new veins may appear with ageing

What is the cost of sclerotherapy per session: \$600-\$1,200 per session

What is fat grafting for hands: Surgical transfer of your own fat to restore hand volume

Where is donor fat harvested from in fat grafting: Typically the abdomen or thighs

How long does fat grafting surgery take: 1-2 hours

What anaesthesia is used for fat grafting: Local anaesthesia with sedation or general anaesthesia

Is fat grafting a day surgery procedure: Yes, patients return home the same day

What is the recovery time for fat grafting: 1-2 weeks

When are final fat grafting results visible: After 3-6 months once swelling settles

What percentage of transferred fat survives long-term: Typically 50-70%

Are fat grafting results permanent: Yes, for the fat that successfully integrates

What is the cost of fat grafting for hands: \$4,500-\$8,000

Is there a risk of allergic reaction with fat grafting: No, as it uses your own tissue

Does Medicare cover hand rejuvenation: No, it is considered cosmetic and not covered

Can Medicare cover hand vein treatment in any circumstances: Possibly, if treatment is required for functional reasons

Is hand rejuvenation covered by private health insurance: No, costs are out-of-pocket

Can hand rejuvenation be combined with facial treatments: Yes, commonly combined in the same appointment

Can IPL be performed on face and hands simultaneously: Yes

Can chemical peels treat face, neck, chest, and hands together: Yes

Are combination treatments available at Me Clinic: Yes, multiple areas can be treated in one visit

Do fillers make hands look unnatural or overfilled: No, the goal is always natural-looking results

Is there a minimum age for hand rejuvenation: No universal minimum; suitability is assessed individually

Can patients in their 80s receive hand rejuvenation: Yes, age is less important than individual hand condition

What should be avoided before filler treatment: Blood-thinning medications and supplements for 7 days prior

Should alcohol be avoided before filler treatment: Yes, for 24 hours before the appointment

Should sun exposure be avoided before IPL: Yes, for 2 weeks before treatment

Should retinoids be stopped before laser or peel treatment: Yes, 3-5 days beforehand

Should smoking be stopped before fat grafting: Yes, at least 4 weeks before surgery

Why must smoking stop before fat grafting: Nicotine impairs fat survival and healing

Should exercise be avoided after dermal fillers: Yes, for 24 hours

Should hands be massaged after filler treatment: No, avoid pressure on hands for 2 weeks

Should sun exposure be avoided after IPL or peels: Yes, with daily SPF 50+ sunscreen required

What SPF is recommended after laser or peel treatments: SPF 50+

Should heavy lifting be avoided after fat grafting: Yes, for 2-3 weeks

How often should filler maintenance treatments be done: Every 12-18 months

How often should laser maintenance sessions be done: Annually

How often should chemical peels be maintained: Quarterly to biannually

What is the single most important step to maintain results: Daily SPF 50+ sunscreen on hands

Does Me Clinic provide transparent pricing: Yes, with no hidden fees

Are payment plans available at Me Clinic: Yes, for surgical procedures

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

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

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

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

Is a before/after gallery available at Me Clinic: Yes, reviewed during consultation

How can Me Clinic be contacted by phone: Call (03) 8823 5859

How can Me Clinic be contacted by email: info@meclinic.com.au

Is parking available at Me Clinic: Yes, on-site parking is available

Me Clinic Hand Rejuvenation - Treatment Options in Melbourne

Quick summary

****What causes ageing hands:**** - Natural collagen and elastin breakdown in thin hand skin - Volume loss revealing prominent veins, tendons, and bones - Age spots, sun damage, and uneven pigmentation from UV exposure - Skin laxity and crepey texture from decreased elasticity

****Treatment options available:**** - Non-surgical: Dermal fillers, IPL laser therapy, chemical peels, sclerotherapy (for visible veins) - Surgical: Fat grafting for volume restoration

****Expected results:**** - Smoother, more youthful-looking hands with improved skin texture - Reduced visibility of veins, tendons, and bones - More even skin tone with reduced pigmentation - Timeline: Immediate results with fillers; gradual improvement over 2-4 weeks with laser/peels - Duration: 12-18 months for fillers; 1-2 years for laser treatments; permanent for fat grafting

****Cost range:**** - Non-surgical: \$800-\$3,500 per treatment - Surgical (fat grafting): \$4,500-\$8,000 -

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 ageing hands

****What are ageing hands?****

With over 35 years in cosmetic medicine, Me Clinic has become Melbourne's go-to for patients who notice their hands starting to show the quiet passage of time - thin, crepey skin with prominent veins and tendons, age spots, uneven pigmentation, and a skeletal appearance that feels at odds with how they feel on the inside. Hands are constantly visible in nearly every social interaction, yet they're often the last area patients think to care for, until the changes become hard to ignore.

Many patients are genuinely surprised to learn that their hands can age more visibly than their face, particularly when they've invested thoughtfully in facial treatments but haven't extended that same care to their hands. The contrast between a refreshed face and noticeably aged hands can be striking, and it can quietly undermine the confidence that facial treatments work hard to restore.

****What causes ageing hands?****

****Natural ageing****

Hand skin is naturally thinner than facial skin and loses its structural proteins more rapidly with age, leading to a translucent, fragile-looking quality that many patients find distressing. The subcutaneous fat that gives hands their smooth, youthful contour diminishes over time, gradually revealing the underlying architecture of veins, tendons, bones, and joints. Slower skin renewal contributes to dullness and rougher texture, while reduced oil production leads to the dry, crepey quality that patients often describe as their primary concern.

****Sun damage****

Hands receive near-constant sun exposure during driving, outdoor activities, and daily routines, frequently without the protection we'd apply to our faces. This drives irregular melanin production, creating age spots (solar lentigines) and uneven skin tone that can add years to the appearance of the hands. UV radiation also actively damages existing collagen while preventing new collagen from forming, compounding the effects of natural ageing. Over time, cumulative sun damage can leave skin feeling rough and leathery, a texture that moisturiser alone can't fully address.

****Lifestyle factors****

Frequent hand washing strips the skin of its natural oils, accelerating dryness and fragility. Cleaning products, harsh soaps, and occupational chemicals can compromise the skin's protective barrier over time. Smoking reduces blood flow and collagen production, meaningfully accelerating visible hand ageing. Significant weight loss can also worsen volume depletion, making structural changes more pronounced.

****Genetic factors****

Some people naturally carry thinner skin or less subcutaneous fat in their hands, making changes more visible at an earlier age. A family history of prominent veins or early age spots can provide useful context during your consultation. Fairer complexions tend to show sun damage more readily, though volume loss affects all skin types equally.

****Who experiences ageing hands?****

Hand ageing touches everyone eventually, though it typically becomes noticeable from the mid-40s onwards. Women often observe changes earlier than men, partly because of naturally thinner skin and the hormonal shifts of perimenopause and menopause, which can accelerate collagen loss.

Those with fair skin, a history of significant sun exposure, or occupations involving manual labour may begin to notice changes in their 30s. People with naturally deeper skin tones may experience less visible sun damage, though the volume loss that reveals veins and tendons still occurs regardless of complexion.

****Why it matters****

Ageing hands can have a genuine and often underestimated impact on self-confidence. Research consistently identifies hands as among the top three age-revealing features, alongside the face and neck. Many patients at Me Clinic share that they've become self-conscious during conversations, avoid using their hands in photos, or find themselves hiding their hands in social situations.

Beyond aesthetics, ageing hand skin becomes more fragile and susceptible to injury, bruising, and slower healing. Addressing hand ageing isn't purely cosmetic - it's also about supporting the long-term health and resilience of your skin.

Treatment options comparison

Non-surgical treatments

****1. Dermal fillers for hand rejuvenation****

Hyaluronic acid-based dermal fillers are injected beneath the skin to restore lost volume, creating a cushioning effect that smooths the hands and reduces the visibility of veins, tendons, and bones. The filler works from underneath the skin's surface, restoring a more youthful, natural contour.

- **Best for:** Volume loss, prominent veins and tendons, skeletal-looking hands, crepey skin texture - **Procedure time:** 30-45 minutes - **Downtime:** Minor swelling and bruising for 2-5 days; normal daily activities can resume immediately - **Results appear:** Improvement is visible immediately, with optimal results after approximately 2 weeks once any initial swelling has settled - **Results last:** 12-18 months, depending on the product selected and your individual metabolism - **Cost range:** \$1,200-\$2,500 per treatment (both hands) - **Pros:** Immediate visible improvement, minimal downtime, natural-looking results, the ability to build results gradually, and reversible with hyaluronidase if needed - **Cons:** Results are temporary and require maintenance; some potential for bruising; slight risk of lumpiness if not placed by an experienced injector; not suited to addressing superficial pigmentation

****2. IPL laser therapy (Intense Pulsed Light)****

IPL delivers calibrated light energy to pigmented lesions and areas of sun damage. The light is absorbed by melanin in age spots and haemoglobin in small blood vessels, breaking them down so the body can eliminate them over time. This treatment is well-suited to superficial skin concerns rather than volume loss.

- **Best for:** Age spots, sun damage, uneven pigmentation, freckles, redness, fine visible vessels - **Treatment sessions:** Typically 2-4 sessions spaced 4-6 weeks apart - **Procedure time:** 20-30 minutes per session - **Downtime:** 3-7 days during which spots may temporarily darken before flaking away; mild redness for 24-48 hours - **Results appear:** Gradual improvement over 2-4 weeks as pigmentation naturally sheds - **Results last:** 1-2 years with consistent sun protection; longer with periodic maintenance sessions - **Cost range:** \$400-\$800 per session - **Pros:** Addresses pigmentation and redness simultaneously, stimulates collagen production, non-invasive, and equally suitable for the chest and décolletage - **Cons:** Requires multiple sessions; spots temporarily darken before improving; not suitable for very dark skin tones; sun avoidance is essential post-treatment

****3. Chemical peels****

A chemical solution is applied to the hands to exfoliate the uppermost layers of damaged skin, revealing fresher, more evenly toned skin beneath. Peels encourage cell turnover and can improve texture, tone, and mild pigmentation.

- **Depth options:** Light peels (glycolic acid, lactic acid), medium peels (TCA), deep peels (phenol - rarely used for hands) - **Best for:** Fine lines, rough texture, mild age spots, sun damage, uneven tone - **Treatment sessions:** Light peels: 4-6 treatments monthly; Medium peels: 1-2 treatments - **Procedure time:** 30-45 minutes - **Downtime:** Light peels: minimal flaking for 3-5 days; Medium peels: peeling and redness for 7-10 days - **Results appear:** Gradual improvement over 1-2 weeks as the skin renews itself - **Results last:** 3-6 months (light peels), 6-12 months (medium peels) - **Cost range:** \$200-\$400 per session (light), \$500-\$1,000 (medium) - **Pros:** Improves overall skin quality, can be combined with other treatments, and is an accessible entry point into hand rejuvenation - **Cons:** Multiple sessions are usually needed for meaningful results; temporary skin sensitivity; diligent sun protection is essential; less effective for deeper pigmentation

****4. Sclerotherapy for hand veins****

A sclerosing solution is injected into prominent hand veins, encouraging them to collapse and gradually fade. Blood is rerouted through deeper, less visible veins. This treatment specifically addresses prominent veins rather than overall hand rejuvenation.

- **Best for:** Prominent, bulging hand veins (distinct from varicose veins that may require medical treatment) - **Procedure time:** 15-30 minutes - **Downtime:** Minimal; compression may be recommended for 2-3 days post-treatment - **Results appear:** Veins fade gradually over 2-8 weeks - **Results last:** Often long-lasting for treated veins, though new veins may become visible with ongoing natural ageing - **Cost range:** \$600-\$1,200 per session - **Pros:** Effective for visible veins that haven't responded to volume restoration, relatively quick procedure, and durable results - **Cons:** Temporary bruising; pigmentation changes are possible; may require more than one session; does not address volume loss or broader skin quality concerns

Surgical treatment

Fat grafting (autologous fat transfer)

Fat grafting involves harvesting a small amount of fat from another area of your body, typically the abdomen or thighs, via gentle liposuction. This fat is processed and then injected into the hands to restore lost volume. Because it uses your own tissue, there is no risk of allergic reaction.

- **Best for:** Significant volume loss, patients seeking longer-lasting or permanent volume restoration, and those who prefer to use their own tissue rather than synthetic fillers - **Procedure time:** 1-2 hours - **Anaesthesia:** Local anaesthesia with sedation or general anaesthesia - **Hospital stay:** Day surgery (patients return home the same day) - **Recovery time:** 1-2 weeks; swelling is significant initially, and hands may appear slightly overfilled at first as some fat is naturally reabsorbed during healing - **Results appear:** Initial results are visible immediately, though with swelling present; final results emerge after 3-6 months once settling and reabsorption are complete - **Results last:** Permanent for the fat that successfully integrates (typically 50-70% of transferred fat establishes itself long-term) - **Cost range:** \$4,500-\$8,000 - **Pros:** Long-lasting volume restoration using your own biocompatible tissue, effectively addresses significant volume loss, and offers the added benefit of liposuction from the donor area - **Cons:** Recovery is longer than non-surgical options; initial overfilling requires patience; fat survival rates vary between individuals; potential for contour irregularities; higher upfront cost; requires sufficient donor fat

Choosing the right treatment

Consider non-surgical treatments if:

- You have mild to moderate volume loss, pigmentation, or vein visibility - You prefer minimal to no downtime - You'd like to build results gradually and adjust your approach over time - You're not yet ready to consider a surgical procedure - Your budget allows for periodic maintenance treatments - You value having reversible options - Your concerns are specific, whether pigmentation, volume, or vein visibility

Consider surgical treatment (fat grafting) if:

- You have significant volume loss resulting in very skeletal-looking hands - You're seeking long-lasting or permanent volume restoration - Non-surgical fillers haven't provided the improvement you were hoping for - You're able to allow 1-2 weeks for recovery - You're ready to invest in a more comprehensive, enduring solution - You have sufficient donor fat available - You'd prefer to use your own tissue rather than a synthetic filler

Combination approach

Many patients find the most satisfying outcomes come from combining treatments that each address a different aspect of their concerns:

- Dermal fillers + IPL laser: fillers restore volume while IPL addresses pigmentation and sun damage - Fat grafting + chemical peel: surgical volume restoration combined with superficial resurfacing for improved texture and tone - Sclerotherapy + dermal fillers: treating prominent veins first, then restoring

volume for a comprehensive result

During your consultation, your Me Clinic practitioner will assess your hands and recommend the most appropriate approach based on your specific concerns, desired outcomes, lifestyle, and budget.

What to expect at Me Clinic

1. Initial consultation (free)

Your hand rejuvenation journey at Me Clinic begins with a thorough, unhurried consultation. During this appointment, your practitioner will:

- Examine your hands closely, assessing skin quality, volume loss, vein prominence, pigmentation, and texture
- Listen to your concerns and understand your aesthetic goals
- Review your medical history, including any allergies, medications, or previous treatments
- Explain the treatment options most suited to your specific concerns and set realistic expectations
- Share relevant before/after photos from patients with similar starting points
- Provide transparent, detailed pricing with no hidden fees
- Answer every question you have, with no pressure to proceed

2. Treatment planning

Once you feel informed and ready to move forward, your practitioner will:

- Design a personalised treatment plan tailored to your hands and your goals
- Walk you through the expected timeline, whether that involves a single treatment or a series of sessions
- Provide clear pre-treatment instructions
- Explain exactly what you'll experience during the procedure
- Present a comprehensive cost breakdown
- Schedule your treatment at a time that works for your life

3. The Me Clinic difference

Responsible Cosmetic Medicine™

Me Clinic's Responsible Cosmetic Medicine™ philosophy guides everything the clinic does. With over 35 years of experience, the team has built its reputation on evidence-based practice, ethical patient selection, and a genuine commitment to patient safety and satisfaction. In practice, this means:

- Recommending only treatments with a proven safety and efficacy record
- Being honest if a particular treatment isn't the right fit for your concerns
- Prioritising natural-looking results that enhance rather than alter
- Beginning conservatively and building results thoughtfully over time
- Providing comprehensive aftercare and genuine follow-up

Experienced practitioners

Your hands will be cared for by a team of highly qualified practitioners:

- FRACS-qualified plastic surgeons with extensive experience in body contouring and fat grafting
- Specialist cosmetic physicians trained in advanced injection techniques
- Registered nurses with expertise in skin treatments and laser therapy
- A team that has collectively performed 25,000+ surgical procedures and 60,000+ non-surgical treatments across more than three decades

Transparent pricing

- Detailed price lists are provided during your consultation
- No hidden fees or surprise charges
- Payment plans are available for surgical procedures
- Medicare rebates are explained clearly where applicable (though most cosmetic treatments fall outside Medicare coverage)

Frequently asked questions

How much does hand rejuvenation cost in Melbourne?

Treatment costs vary depending on your chosen approach and the degree of correction needed:

- Dermal fillers: \$1,200-\$2,500 per treatment (both hands) - IPL laser therapy: \$400-\$800 per session (typically 2-4 sessions) - Chemical peels: \$200-\$1,000 per session depending on depth - Sclerotherapy: \$600-\$1,200 per session - Fat grafting: \$4,500-\$8,000

Me Clinic provides detailed, transparent pricing during your free consultation with no obligation to proceed. Payment plans are available for surgical treatments.

****How long do results last?****

- Dermal fillers: 12-18 months before a touch-up is typically needed - IPL laser: 1-2 years with consistent sun protection; periodic maintenance sessions are recommended - Chemical peels: 3-12 months depending on the depth of the peel - Sclerotherapy: often long-lasting for treated veins, though new veins may appear with continued natural ageing - Fat grafting: permanent for the fat that successfully integrates (typically 50-70% survives long-term)

Your lifestyle, sun protection habits, and the natural ageing process all play a role in how long results are maintained.

****Is there any downtime?****

Downtime varies considerably depending on the treatment:

- Dermal fillers: 2-5 days of minor swelling and bruising; normal activities can resume immediately - IPL laser: 3-7 days while age spots temporarily darken before naturally flaking away; 24-48 hours of mild redness - Chemical peels: 3-10 days of flaking and peeling depending on depth - Sclerotherapy: minimal downtime; compression may be recommended for 2-3 days - Fat grafting: 1-2 weeks of significant swelling; avoiding heavy use of the hands during initial recovery is important

Your practitioner will discuss specific downtime expectations during your consultation so you can plan accordingly.

****Will my hands look natural?****

Yes. Natural-looking results are always the goal at Me Clinic - it's central to the Responsible Cosmetic Medicine™ philosophy. With dermal fillers, the aim is to restore a youthful appearance without creating an overfilled or "puffy" look. The goal is hands that look refreshed and healthy, not obviously treated.

Laser and peel results emerge as gradual improvements in skin quality rather than dramatic overnight changes. Fat grafting is calibrated to restore natural volume proportions that are in harmony with the rest of your appearance.

****Am I too young or too old for hand rejuvenation?****

There's no universal age that determines suitability. Me Clinic has helped patients from their late 30s seeking early, preventative care through to their 80s, where the goal is meaningful correction of more significant changes. During your consultation, the practitioner will assess:

- Your current skin condition and the degree of ageing present - Your overall health and any medical considerations - Whether your expectations are realistic and appropriate - Whether treatment will deliver meaningful, worthwhile improvement - Your skin's healing capacity

Age is far less important than your individual hand condition and the suitability of treatment for your specific circumstances.

****Does Medicare cover hand rejuvenation?****

Hand rejuvenation is considered cosmetic and is not covered by Medicare or private health insurance. All costs are out-of-pocket, and the clinic is transparent about this from the start.

In rare circumstances where hand vein treatment is required for functional reasons, such as pain or swelling, rather than cosmetic concerns, partial Medicare rebates may apply. This would be explored during your consultation if relevant to your situation.

****What are the risks and side effects?****

Common side effects include:

****Dermal fillers:**** - Bruising and swelling (common, typically resolves within a few days) - Temporary tenderness at injection sites - Rare: lumpiness, asymmetry, allergic reaction, vascular complications (very rare when performed by experienced injectors)

****IPL laser:**** - Temporary darkening of pigmented spots before they fade - an expected part of the process - Redness and mild swelling for 24-48 hours - Rare: burns, blistering, or permanent pigmentation changes (more common with darker skin tones)

****Chemical peels:**** - Redness, peeling, and temporary skin sensitivity - Rare: infection, scarring, or pigmentation changes

****Sclerotherapy:**** - Bruising and temporary pigmentation along treated veins - Rare: allergic reaction to the sclerosant, skin ulceration

****Fat grafting (surgical):**** - Swelling, bruising, and tenderness during recovery - Fat reabsorption (typically 50-70% of transferred fat integrates permanently) - Rare: infection, contour irregularities, fat necrosis, or scarring at liposuction sites

Your practitioner will discuss all risks specific to your chosen treatment and personal medical history during your consultation.

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

Yes. During your consultation, your practitioner will walk you through the before/after gallery, focusing on cases that closely reflect your own starting point and concerns. This helps establish realistic expectations and gives you a genuine sense of the range of outcomes treatments can achieve.

Patient privacy is taken seriously, and photos are shared only with explicit consent. If you proceed with treatment, you may be asked whether you'd be willing to contribute to the gallery, helping future patients feel more informed.

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

Preparation varies depending on the treatment. General guidelines include:

****For injectable treatments (fillers):**** - Avoid blood-thinning medications and supplements (aspirin, ibuprofen, fish oil, vitamin E) for 7 days before treatment, where medically safe to do so - Avoid alcohol for 24 hours before your appointment - Arrive with clean hands, free of hand cream

****For laser/peel treatments:**** - Avoid sun exposure for 2 weeks before treatment - Discontinue retinoids 3-5 days beforehand - Stop using self-tanning products 2 weeks before your appointment - Arrive with no hand cream or makeup on the hands

****For surgical fat grafting:**** - Medical clearance may be required depending on your health history - Stop smoking at least 4 weeks before your procedure - nicotine impairs fat survival and healing - Arrange transport home, as you will not be able to drive following sedation - Fast before surgery as directed by your practitioner - Allow 1-2 weeks off work for recovery

Your practitioner will provide a detailed pre-treatment instruction sheet tailored to your specific procedure.

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

Results emerge at different rates depending on your chosen treatment:

- **Dermal fillers:** Improvement is visible immediately, with optimal results apparent after 2 weeks once swelling has fully settled - **IPL laser:** Age spots temporarily darken (days 3-7), then gradually fade over 2-4 weeks; full results are visible after completing the treatment series, typically over 2-4 months - **Chemical peels:** Peeling occurs around days 3-7, with fresh skin emerging beneath; optimal texture improvement develops over 2-4 weeks - **Sclerotherapy:** Veins fade gradually over 2-8 weeks - **Fat grafting:** Initial results are visible immediately but accompanied by significant swelling; final, settled results emerge after 3-6 months

Natural-looking improvements develop gradually, and that gradual quality is precisely what makes them look authentic.

Will hand rejuvenation hurt?

Pain levels vary by treatment, and patient comfort is always a priority:

- **Dermal fillers:** Moderate discomfort during injection; numbing cream is applied beforehand, and most fillers contain lidocaine to minimise sensation. Most patients describe a brief stinging feeling that passes quickly - **IPL laser:** Mild to moderate discomfort, often described as a rubber band snapping against the skin; very well tolerated by the vast majority of patients - **Chemical peels:** A tingling to burning sensation during application (lasting 3-10 minutes), which is neutralised and soothed immediately afterwards - **Sclerotherapy:** Brief stinging during injection; generally very well tolerated - **Fat grafting:** Performed under anaesthesia so there is no pain during the procedure itself; post-operative discomfort is managed with appropriate pain medication

Most non-surgical treatments are very manageable, and any discomfort is brief and temporary.

Can I combine hand rejuvenation with other treatments?

Yes, and it's something many patients choose to do. It's common for patients attending for facial treatments to incorporate hand rejuvenation into the same appointment, for both convenience and a more comprehensive result.

Popular combinations include: - Face and hand dermal fillers in a single session - IPL for the face and hands simultaneously - Chemical peels on the face, neck, chest, and hands together - Comprehensive rejuvenation packages addressing multiple areas in a coordinated way

Combining treatments can also offer better value. Share your broader aesthetic goals during your consultation so the team can design a cohesive treatment plan that addresses everything that matters to you.

What should I avoid after treatment?

Post-treatment care varies by procedure:

After dermal fillers: - Avoid strenuous exercise for 24 hours - No massage or pressure on the hands for 2 weeks - Avoid extreme heat (saunas, hot yoga) for 48 hours - Sleep with hands gently elevated to help reduce swelling

After laser/peel treatments: - Avoid sun exposure and apply SPF 50+ sunscreen daily - this is essential - Do not pick or manually peel any flaking skin - Cleanse gently and avoid harsh skincare products - Avoid retinoids for 1 week post-treatment

After fat grafting: - Limit hand use during the first week of recovery - Keep hands elevated when possible to support healing - Avoid heavy lifting for 2-3 weeks - Wear compression garments if advised by your practitioner

Your practitioner will provide detailed, personalised aftercare instructions specific to your treatment.

****How do I maintain my results?****

****For all treatments:**** - Daily SPF 50+ sunscreen on the hands - this is the single most important step - Regular moisturising with a quality hand cream - Wearing gloves during household cleaning to protect the skin barrier - Avoiding smoking, which compromises both skin quality and treatment longevity - Staying well hydrated - Maintaining a stable weight

****Treatment-specific maintenance:**** - Dermal fillers: touch-up treatments every 12-18 months to maintain volume - Laser treatments: annual maintenance sessions to preserve results - Chemical peels: quarterly to biannual peels to sustain skin quality - Fat grafting: permanent volume restoration, though natural ageing continues over time

A consistent skincare routine and dedicated sun protection are the foundation of lasting results for every hand rejuvenation treatment.

Real patient results

Over more than 35 years, Me Clinic has helped thousands of patients feel more confident through both non-surgical and surgical hand rejuvenation. While individual results vary based on each patient's starting condition, chosen treatment, and lifestyle, the before/after gallery reflects the meaningful improvements the team consistently achieves.

Common outcomes patients experience include:

- Significantly reduced visibility of veins and tendons - A smoother, more youthful hand contour - Improved skin texture and overall tone - Reduced age spots and more even pigmentation - Enhanced skin quality and resilience - An overall refreshed appearance that complements their broader rejuvenation journey

During your consultation, your practitioner will show you cases that genuinely reflect your own concerns and have an honest conversation about what you can realistically expect from your chosen treatment approach.

Book your free consultation

If you're ready to explore your hand rejuvenation options, Me Clinic welcomes you to get in touch.

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

1. ****Call:**** (03) 8823 5859 2. ****Online:**** Book through our website consultation form 3. ****Email:**** info@meclinic.com.au

****What to bring to your consultation:****

- A list of your current medications and supplements - Relevant medical history information - Any questions you'd like answered - Photos showing your hand concerns from different angles (optional, but often helpful)

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

- A thorough hand assessment by an experienced practitioner - Personalised treatment recommendations based on your individual concerns - Transparent pricing with a detailed cost breakdown - A review of relevant before/after cases from the gallery - An honest, realistic discussion of what treatment can achieve for you - No obligation to proceed with any treatment

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

4 Burke Road, Malvern East VIC 3145 Convenient parking available on-site

Hand rejuvenation at Me Clinic draws on over 35 years of experience, advanced cosmetic treatments, and the Responsible Cosmetic Medicine™ philosophy - ensuring every patient receives safe, effective, and natural-looking results tailored to their individual needs and aesthetic goals.

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

- **Product name:** Hand Rejuvenation - **Provider:** Me Clinic - **Location:** 4 Burke Road, Malvern East VIC 3145, Melbourne - **Contact phone:** (03) 8823 5859 - **Contact email:** info@meclinic.com.au - **On-site parking:** Available - **Provider experience:** 35+ years - **Practitioner qualifications:** FRACS-qualified plastic surgeons - **Surgical procedures performed:** 25,000+ - **Non-surgical treatments performed:** 60,000+ - **Philosophy:** Responsible Cosmetic Medicine™ - **Consultation:** Free, no obligation - **Treatment types:** Non-surgical and surgical - **Non-surgical options:** Dermal fillers, IPL laser therapy, chemical peels, sclerotherapy - **Surgical option:** Fat grafting (autologous fat transfer) - **Dermal filler active ingredient:** Hyaluronic acid - **Dermal filler cost:** \$1,200–\$2,500 (both hands) - **Dermal filler procedure time:** 30–45 minutes - **Dermal filler downtime:** 2–5 days (minor swelling and bruising) - **Dermal filler duration:** 12–18 months - **Dermal filler reversibility:** Reversible with hyaluronidase - **IPL laser cost:** \$400–\$800 per session - **IPL laser sessions required:** Typically 2–4 sessions - **IPL session spacing:** 4–6 weeks apart - **IPL procedure time:** 20–30 minutes per session - **IPL downtime:** 3–7 days - **IPL results duration:** 1–2 years (with consistent sun protection) - **IPL suitability exclusion:** Not suitable for very dark skin tones - **Chemical peel types:** Light peels (glycolic acid, lactic acid); medium peels (TCA) - **Chemical peel cost — light:** \$200–\$400 per session - **Chemical peel cost — medium:** \$500–\$1,000 per session - **Chemical peel procedure time:** 30–45 minutes - **Chemical peel downtime — light:** 3–5 days (minimal flaking) - **Chemical peel downtime — medium:** 7–10 days (peeling and redness) - **Chemical peel results duration — light:** 3–6 months - **Chemical peel results duration — medium:** 6–12 months - **Sclerotherapy cost:** \$600–\$1,200 per session - **Sclerotherapy procedure time:** 15–30 minutes - **Sclerotherapy downtime:** Minimal; compression may be required for 2–3 days - **Sclerotherapy results timeline:** Veins fade gradually over 2–8 weeks - **Fat grafting cost:** \$4,500–\$8,000 - **Fat grafting procedure time:** 1–2 hours - **Fat grafting anaesthesia:** Local anaesthesia with sedation, or general anaesthesia - **Fat grafting hospital stay:** Day surgery (same-day discharge) - **Fat grafting recovery time:** 1–2 weeks - **Fat grafting donor sites:** Typically abdomen or thighs - **Fat grafting fat survival rate:** Typically 50–70% of transferred fat integrates long-term - **Fat grafting final results timeline:** 3–6 months post-procedure - **Fat grafting allergic reaction risk:** None (autologous tissue — patient's own fat) - **Medicare coverage:** Not covered (cosmetic procedure) - **Medicare exception:** Possible partial coverage if vein treatment is required for functional reasons - **Private health insurance coverage:** Not covered; costs are out-of-pocket - **Payment plans:** Available for surgical procedures - **Pre-filler — blood thinners:** Avoid for 7 days prior (where medically safe) - **Pre-filler — alcohol:** Avoid for 24 hours prior - **Pre-IPL/peel — sun exposure:** Avoid for 2 weeks prior - **Pre-IPL/peel — retinoids:** Discontinue 3–5 days prior - **Pre-IPL/peel — self-tanning products:** Discontinue 2 weeks prior - **Pre-fat grafting — smoking cessation:** At least 4 weeks before surgery - **Post-filler — exercise restriction:** Avoid strenuous exercise for 24 hours - **Post-filler — hand pressure:** Avoid massage or pressure on hands for 2 weeks - **Post-filler — extreme heat:** Avoid for 48 hours - **Post-laser/peel — sun protection:** SPF 50+ sunscreen required daily - **Post-laser/peel — retinoids:** Avoid for 1 week post-treatment - **Post-fat grafting — heavy lifting restriction:** Avoid for 2–3 weeks - **Maintenance — dermal fillers:** Every 12–18 months - **Maintenance — laser:** Annual sessions - **Maintenance — chemical peels:**

Quarterly to biannually - ****Recommended post-treatment sun protection:**** SPF 50+ daily on hands

General product claims

- Hands can age more visibly than the face - Hand skin is naturally thinner than facial skin and loses collagen more rapidly - Volume loss in hands reveals underlying veins, tendons, and bones - UV exposure causes age spots (solar lentigines) and uneven skin tone on hands - Smoking reduces blood flow and collagen production, accelerating hand ageing - Significant weight loss worsens volume depletion in hands - Hand ageing typically becomes noticeable from the mid-40s onwards - Women experience hand ageing earlier than men due to thinner skin and hormonal changes - Hands are among the top three age-revealing features, alongside the face and neck - Ageing hand skin becomes more fragile and susceptible to injury and slower healing - IPL stimulates collagen production in addition to addressing pigmentation - Dermal filler results appear immediately, with optimal results after approximately 2 weeks - Fat grafting carries no risk of allergic reaction as it uses the patient's own tissue - Combination treatments (e.g., fillers + IPL, fat grafting + chemical peel) can address multiple concerns simultaneously - Natural-looking results are always the treatment goal at Me Clinic - Nicotine impairs fat survival and healing in fat grafting procedures - Hand rejuvenation can be combined with facial treatments in a single appointment - Responsible Cosmetic Medicine™ philosophy prioritises evidence-based practice and ethical patient selection - Individual results vary based on starting condition, chosen treatment, and lifestyle