

Neck Bands Treatment - Platysmal Bands Melbourne | Me Clinic

Canonical:

<https://directory.meclinic.com.au/facial-concerns/neck-bands-treatment-platysmal-bands-melbourne-me-clinic/>

Description:

Neck Bands - Treatment Options at Me Clinic Melbourne ## Quick Summary **What causes neck bands:** - Natural ageing and muscle changes in the platysma muscle - Loss of skin elasticity and collagen...

Details:

Me Clinic - Neck Bands Treatment Options in Melbourne

Quick Summary

What causes neck bands: - Natural ageing and changes in the platysma muscle - Loss of skin elasticity and collagen breakdown - Genetics and hereditary muscle structure - Repeated neck movements and muscle tension

Treatment options available: - Non-surgical: Anti-wrinkle injections (Nefertiti lift), Ultherapy, radiofrequency skin tightening, combination protocols - Surgical: Neck lift surgery (platysmaplasty)

Expected results: - Smoother, more youthful neck contour with reduced visible banding - Timeline: Anti-wrinkle results appear in 3-7 days; energy-based treatments show gradual improvement over 2-3 months; surgical results visible after swelling subsides (2-4 weeks) - Duration: Injectables last 3-4 months; energy treatments 1-2 years; surgery 5-15+ years

Cost range: - Non-surgical: \$350-\$2,500 per treatment - Surgical: \$8,000-\$15,000 - *Prices based on Me Clinic's transparent pricing policy*

Next steps: - Book your complimentary consultation at Me Clinic - Discuss a personalised treatment plan tailored to your needs - Review our before/after gallery - Understand your recovery timeline and set realistic expectations

Understanding Neck Bands

What are neck bands?

Me Clinic has been Melbourne's trusted destination for over 35 years, and one of the concerns we hear most often from patients is the appearance of neck bands — medically known as platysmal bands. These are the vertical cords or lines that run from the jawline down toward the collarbone. What you're actually seeing are the edges of the platysma muscle, a thin, sheet-like muscle that covers the front of the neck.

When you're younger, this muscle lies flat and smooth beneath the skin. As you age, it can separate down the middle and develop vertical edges that become increasingly prominent, particularly when you talk, swallow, or make facial expressions. The bands often appear as two vertical cords on either side of the midline, though some people develop additional banding beyond this.

Many of our patients describe neck bands as making them look older, tired, or strained — even when they feel vibrant and full of energy. The bands may be present at rest or only visible during certain movements, and how much they bother each person is entirely individual.

Whatever brings you to us, we're here to listen, to help, and to guide you honestly through your options.

What causes neck bands?

Natural ageing

The primary cause of platysmal bands is the ageing process. Over time, several interconnected changes take place:

- Muscle separation: The platysma naturally separates down the midline with age. What was once a smooth, unified sheet gradually becomes two distinct muscle halves with visible, defined edges.
- Loss of muscle tone: Like other muscles in the face and body, the platysma can lose tone and begin to sag.
- Skin elasticity decline: The skin overlying the platysma becomes thinner and loses elasticity as collagen and elastin break down, making the underlying muscle bands increasingly visible.
- Fat redistribution: Changes in how neck fat is distributed can also influence how prominent the bands appear.

Genetic factors

Some people are simply more predisposed to developing prominent neck bands, and this is something we always take into account during assessment:

- Hereditary muscle structure: If your parents developed prominent neck bands, there's a meaningful likelihood you will too.
- Skin type: People with naturally thinner skin may notice bands appearing earlier and more prominently than others.
- Muscle activity patterns: Some people naturally engage their platysma more during speech and facial expressions, which can accelerate band formation over time.

Lifestyle factors

Several habits can contribute to or accelerate the appearance of neck bands:

- Sun exposure: Chronic sun damage breaks down collagen and elastin in neck skin, making the underlying muscles more visible.
- Smoking: Tobacco use accelerates skin ageing and collagen breakdown throughout the body.
- Poor posture: "Tech neck" — the result of prolonged looking down at phones and computers — can contribute to muscle changes over time.
- Weight fluctuations: Significant weight loss can reduce neck fat, making existing bands more visible.
- Repetitive expressions: Certain speaking or swallowing patterns may also contribute to band prominence over the years.

Who experiences neck bands?

Platysmal bands typically become noticeable between the ages of 40 and 60, though some people notice them earlier. Both men and women experience neck bands, and they may be slightly more pronounced in men due to differences in muscle structure.

Early signs often appear as subtle lines visible only during certain expressions. Over time, the bands can become present at rest and increasingly prominent. Some people develop only mild banding that causes minimal concern, while others develop more pronounced, rope-like bands that significantly affect how they feel about their appearance.

Whatever stage you're at, our team of Plastic Surgeons and Cosmetic Doctors is here to walk you through your options clearly and honestly.

Why it matters

Platysmal bands are a natural part of ageing and pose no medical concerns — but that doesn't mean they don't matter to you. Many of our patients seek treatment because:

- Prominent neck bands can make you appear older than you feel.
- Your face may look refreshed and youthful while your neck tells a different story.
- Visible bands can quietly affect your confidence in social and professional settings.
- Bands often appear more prominent in photographs, particularly from certain angles.

At Me Clinic, we understand that wanting to address neck bands is about feeling comfortable and confident in your own skin — and that's something we take seriously. Our Responsible Cosmetic Medicine approach means we'll always explore during your complimentary consultation whether treatment truly aligns with your goals and what you can realistically expect.

Treatment Options Comparison

Non-surgical treatments

1. Anti-wrinkle injections (Nefertiti lift)

The Nefertiti lift is a specialised injection technique developed specifically to address neck bands and improve jawline definition. It's one of the most popular non-surgical options our patients choose.

How it works: Small, carefully measured amounts of botulinum toxin are placed along the jawline and into the platysmal bands. This gently relaxes the overactive muscle, reducing the appearance of bands and creating a subtle, natural lifting effect.

Best for: Mild to moderate platysmal bands, patients who prefer a non-invasive approach, and those who'd like to explore results before considering surgical options.

- Procedure time: 15-20 minutes
- Downtime: None to minimal; you can return to normal activities immediately
- Results appear: 3-7 days, with full effect at 2 weeks
- Results last: 3-4 months; maintenance treatments are required to sustain results
- Cost range: \$350-\$800 per treatment session, depending on the number of units required

Pros: Quick procedure, no downtime, and can be combined with jawline contouring for a more complete result. Cons: Results are temporary and require maintenance every 3-4 months; may not adequately address more severe bands.

Our approach: Our experienced injectors use conservative dosing to ensure a natural, refreshed outcome. We're always mindful of avoiding the tight or unnatural appearance that can result from over-treatment of the neck area.

2. Ultherapy

Ultherapy uses focused ultrasound energy to stimulate the body's own collagen production deep within the skin, working with your natural biology rather than against it.

How it works: Ultrasound energy is delivered to precise depths beneath the skin surface, gently heating tissue and triggering collagen production. Over time, newly formed collagen tightens and lifts the skin, gradually reducing the visibility of bands.

Best for: Patients with mild to moderate skin laxity contributing to band visibility, those seeking non-invasive skin tightening, and people who want longer-lasting results without surgery.

- Treatment sessions: Usually one; some patients benefit from a second session after 6-12 months
- Downtime: Minimal; mild redness and swelling for 1-2 days
- Results appear: Gradual improvement over 2-3 months as collagen rebuilds
- Results last: 1-2 years
- Cost range: \$1,500-\$2,500 for neck

treatment

Pros: Stimulates your body's natural collagen response; longer-lasting than injectables; no incisions required. Cons: Gradual results that require patience; can be uncomfortable during treatment; less effective for prominent muscle bands on their own.

Our approach: Ultherapy works best for neck skin laxity rather than prominent platysmal bands in isolation. We often recommend combining it with anti-wrinkle injections for the most balanced, natural-looking outcome.

****3. Radiofrequency skin tightening****

Radiofrequency treatments use controlled heat energy to tighten skin and stimulate collagen remodelling — a gentle, progressive approach that suits many of our patients well.

How it works: Radiofrequency energy heats the deeper layers of skin, causing immediate collagen contraction and triggering long-term collagen remodelling. This tightens the skin overlying the platysma muscle, improving overall neck appearance.

Best for: Mild to moderate skin laxity in the neck, patients seeking gradual improvement, and those who may not be suited to ultrasound-based treatments.

- Treatment sessions: Typically 3-6 sessions spaced 2-4 weeks apart - Downtime: None to minimal; mild redness for a few hours - Results appear: Gradual improvement during the treatment series and for 2-3 months after completion - Results last: 1-2 years with appropriate maintenance - Cost range: \$400-\$800 per session

Pros: Comfortable treatment experience, no downtime, gradual and natural-looking results. Cons: Multiple sessions required; less dramatic than surgical options; primarily addresses skin rather than the muscle bands themselves.

Our approach: Radiofrequency works well alongside anti-wrinkle injections — the injections relax the bands while RF tightens the overlying skin, addressing both layers of the concern.

****4. Combination protocols****

Many patients achieve their best outcomes by combining treatments. Our team will always recommend the approach most suited to your individual anatomy and goals:

- Anti-wrinkle injections + Ultherapy: Injections relax the bands while Ultherapy tightens the skin, addressing both muscle and skin laxity together. - Anti-wrinkle injections + Radiofrequency: Regular injections for the bands, complemented by RF sessions for overall skin quality improvement. - Comprehensive neck rejuvenation: Combining multiple modalities with facial treatments to ensure your neck and face present harmoniously together.

Your Me Clinic practitioner will take the time during your consultation to recommend the most effective approach based on your specific concerns, anatomy, and lifestyle.

Surgical treatment

****Neck lift surgery (platysmaplasty)****

For patients with more pronounced platysmal bands or significant neck ageing, surgery provides the most dramatic and enduring results. This is a decision we approach with great care, ensuring you feel fully informed and supported every step of the way.

What it involves: Small, carefully placed incisions are made behind the ears and sometimes under the chin. The surgeon directly accesses the platysma muscle, suturing the separated muscle bands

together in the midline to create a smooth, unified muscle sheet. Excess skin may be removed, and neck fat can be addressed simultaneously for a complete result.

Best for: Severe or prominent platysmal bands present at rest, patients with significant neck skin laxity or excess, those seeking long-lasting correction, and people who haven't achieved the results they hoped for with non-surgical treatments.

- Procedure time: 2-3 hours - Anaesthesia: General anaesthesia or deep sedation - Hospital stay: Day surgery or overnight stay depending on the extent of the procedure

Recovery timeline: - First week: Significant swelling and bruising; rest and gentle care required - Two weeks: Most swelling has subsided; can return to desk-based work - Four weeks: Resumption of most normal activities - Six weeks: Strenuous exercise can be gradually reintroduced - Three months: Swelling fully resolved - Six to twelve months: Final, settled results fully visible

- Results appear: Initial improvement visible once swelling subsides (2-4 weeks); final results at 6-12 months - Results last: 10-15 years or longer; while natural ageing continues, the improvement achieved through surgery is generally long-lasting - Cost range: \$8,000-\$15,000, depending on complexity and whether combined with other procedures

Pros: The most comprehensive and long-lasting correction available; addresses muscle, skin, and fat simultaneously; can be combined with a facelift for overall rejuvenation. Cons: Invasive procedure with inherent surgical risks; significant downtime and recovery; higher cost; potential for visible scarring (though incisions are carefully placed); risks including infection, bleeding, nerve injury, and asymmetry.

****The Me Clinic surgical difference****

Neck lift surgery at Me Clinic is performed by our FRACS-qualified plastic surgeons — specialists who hold Fellowship of the Royal Australasian College of Surgeons and bring extensive experience in facial and neck rejuvenation to every procedure. Our surgeons have performed over 25,000 surgical procedures and are guided by a commitment to natural-looking, conservative results.

We ensure: - Thorough pre-operative assessment and careful surgical planning - Honest, realistic expectation-setting before you commit to anything - Meticulous surgical technique to minimise scarring - Comprehensive post-operative care and attentive follow-up - Swift, professional management of any concerns that arise during recovery

Choosing the right treatment

Consider non-surgical treatments if:

- You have mild to moderate platysmal bands - Your bands are primarily visible during expressions rather than at rest - You prefer minimal to no downtime - You'd like to explore treatments gradually and assess your results - You're not ready for surgery, or prefer to delay it for now - Budget is an important consideration - You value the option of reversible treatments - You're comfortable committing to maintenance treatments over time

Consider surgical treatment if:

- You have severe or prominent platysmal bands present at rest - You have significant neck skin laxity or excess skin - Non-surgical options haven't delivered the results you were hoping for - You're seeking long-lasting or near-permanent correction - You can accommodate 2-4 weeks of recovery time - You're ready to invest in a comprehensive surgical solution - Your overall health makes you a suitable surgical candidate

A staged combination approach

Many patients achieve their best long-term results with a thoughtful, staged approach, and we're always happy to help you map this out during your consultation.

Example 1: Begin with anti-wrinkle injections to explore the improvement possible. If you're pleased with the results, continue with maintenance treatments every 3-4 months. If you'd like more significant change over time, we can discuss transitioning toward surgical options while continuing other facial treatments.

Example 2: Undergo neck lift surgery for comprehensive correction of more pronounced bands, then maintain your results over the years with periodic anti-wrinkle injections and neck skin maintenance using Ultherapy or radiofrequency as appropriate.

Example 3: Combine anti-wrinkle injections for the bands with Ultherapy or radiofrequency for skin tightening — addressing both the muscle and skin components without surgery, for a refreshed result that still looks entirely like you.

Your Me Clinic surgeon or cosmetic physician will recommend the approach best suited to your anatomy, concerns, goals, lifestyle, and budget during your consultation.

What to expect at Me Clinic

1. Your initial consultation (complimentary)

Your journey with us begins with a comprehensive, obligation-free consultation at no cost. During this appointment:

- Your practitioner will carefully examine your neck anatomy, skin quality, muscle structure, and overall facial proportions.
- We'll take the time to understand what specifically concerns you about your neck appearance and what you're hoping to achieve.
- We'll review your health history, current medications, previous treatments, and any relevant medical conditions to recommend the safest, most appropriate path forward.
- Your practitioner will walk you through which treatments are most suitable for your individual situation — and why.
- We'll be straightforward about what each treatment can and cannot achieve for your specific case.
- You'll receive clear, complete pricing information with no hidden fees.
- We'll show you results from patients with similar concerns and anatomy so you can see the kind of natural, refreshed outcomes we achieve.
- Please take all the time you need. There's no rush, and no pressure.

2. Treatment planning

If you decide to move forward, we'll work with you to create a plan that's entirely your own:

- A treatment plan designed specifically for your anatomy, concerns, and goals — not a one-size-fits-all protocol.
- A clear understanding of how many sessions you'll need for non-surgical treatments, or a surgery schedule for surgical options.
- Specific guidance to prepare for your treatment and optimise your results.
- Transparent pricing with all payment options clearly explained.
- A thorough, unhurried discussion of risks, benefits, alternatives, and expected outcomes — because your informed consent matters.

3. The Me Clinic difference

Responsible Cosmetic Medicine

Our philosophy places your safety, wellbeing, and long-term satisfaction at the centre of everything we do:

- We offer treatments with well-established safety and efficacy profiles — nothing experimental, nothing unproven.
- If we don't believe you're a suitable candidate, or if we feel your expectations cannot

honestly be met, we will tell you. - We aim for refreshed, natural appearances that make you feel like yourself — only more rested and confident. - We typically recommend beginning with less invasive options before progressing to more involved treatments. - Our relationship with you doesn't end when your treatment does. We provide attentive follow-up care throughout your recovery and beyond.

****Our experienced team****

- FRACS-qualified plastic surgeons holding Fellowship of the Royal Australasian College of Surgeons — the highest qualification in our field. - Specialist cosmetic physicians with extensive training and genuine expertise. - Registered nurses performing all injections and energy-based treatments. - Over 25,000 surgical procedures and more than 60,000 non-surgical treatments delivered across our 35+ years. - A team committed to staying at the forefront of techniques, technologies, and best practice in cosmetic medicine.

****Transparent pricing****

- Treatment prices are clearly displayed and fully explained — no surprises. - The price you're quoted is the price you pay. - Flexible payment options are available to make treatment accessible. - While most cosmetic treatments aren't covered by Medicare, we'll clarify any potential rebates for procedures with functional components during your consultation.

Frequently asked questions

****How much does neck bands treatment cost in Melbourne?****

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

- Anti-wrinkle injections: \$350-\$800 per treatment session (every 3-4 months) - Ultherapy: \$1,500-\$2,500 for full neck treatment - Radiofrequency skin tightening: \$400-\$800 per session (typically 3-6 sessions) - Neck lift surgery: \$8,000-\$15,000

At Me Clinic, we provide fully transparent pricing during your complimentary consultation — no hidden fees, no surprises. The exact cost depends on your specific anatomy, the severity of your bands, and which treatment approach best suits your needs. We're also happy to discuss payment plans.

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

Results duration depends on the treatment chosen:

- Anti-wrinkle injections: 3-4 months; maintenance treatments are required to sustain results - Ultherapy: 1-2 years; some patients choose touch-up treatments as needed - Radiofrequency treatments: 1-2 years with appropriate skincare maintenance - Neck lift surgery: 10-15+ years; while natural ageing continues, the improvement from surgery is generally long-lasting

Individual results vary based on your age, skin quality, lifestyle habits, genetics, and ongoing skincare routine. Your practitioner will discuss realistic expectations for your individual situation during consultation.

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

Downtime varies significantly depending on the treatment you choose:

- Anti-wrinkle injections: No downtime; you can return to all normal activities immediately. Minor bruising at injection sites is possible but rare, and resolves within a few days. - Ultherapy: Minimal downtime; mild redness and swelling for 1-2 days. Most patients return to work the same day. - Radiofrequency: No downtime; slight redness for a few hours that can easily be concealed with makeup. - Neck lift surgery: A meaningful recovery period is required — rest at home for the first week,

desk work from around two weeks, most normal activities from four weeks, and strenuous exercise gradually from six weeks.

Your practitioner will provide specific downtime guidance during your consultation, tailored to your chosen treatment, occupation, and lifestyle.

****Will it look natural?****

Natural-looking results are central to our Responsible Cosmetic Medicine approach. We are committed to outcomes that make you look refreshed and like yourself — not "worked on."

For non-surgical treatments, our practitioners use conservative dosing and precise placement to relax bands without creating a frozen or artificial appearance. For surgical treatments, our FRACS-qualified surgeons bring extensive experience to creating smooth, natural neck contours that blend harmoniously with your overall facial appearance.

During your consultation, we'll share our before/after galleries so you can see the kind of genuine results our patients experience.

****Am I too young or too old for treatment?****

There is no universal age limit for neck band treatment. We assess each patient individually, taking into account the severity of your platysmal bands, your overall skin quality and general health, your expectations, and your medical fitness for surgical options.

Most patients seeking treatment are between 40 and 70 years of age, but we've successfully helped patients both younger and older. Some people develop early platysmal bands in their 30s due to genetics, while others maintain a smooth neck well into their 60s.

During your consultation, we'll give you an honest, personalised assessment of whether treatment is appropriate for your situation.

****Does Medicare cover any treatments?****

Most cosmetic treatments for platysmal bands are not covered by Medicare or private health insurance, as they are considered elective aesthetic procedures.

In rare cases where severe platysmal bands cause functional issues — such as difficulty swallowing or speaking — there may be a Medicare item number applicable to neck lift surgery. However, this is uncommon.

We'll clarify during your consultation whether any Medicare rebates apply to your specific situation, and we offer payment plans to help make treatment more accessible.

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

All cosmetic treatments carry some degree of risk, and we believe in discussing these openly and honestly. Common risks include:

Anti-wrinkle injections: Bruising or swelling at injection sites (temporary, resolving within days); asymmetry (which can be adjusted at your review appointment); difficulty swallowing if neck muscles are over-relaxed (rare and temporary); headache (temporary); allergic reaction (extremely rare).

Energy-based treatments (Ultherapy, radiofrequency): Redness and swelling (temporary, 1-2 days); discomfort during treatment; rare risk of burns or skin texture changes with improper settings.

Neck lift surgery: Bleeding or haematoma; infection; scarring (though incisions are carefully placed); nerve injury causing temporary or permanent numbness; asymmetry; skin irregularities; anaesthesia risks; unsatisfactory results that may require revision.

Your practitioner will discuss all risks relevant to your chosen treatment during your consultation, and you'll have every opportunity to ask questions before providing your informed consent. Patient safety is the foundation of everything we do.

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

Yes. During your consultation, we'll show you relevant before/after galleries featuring patients with neck concerns similar to your own. This helps you develop a realistic understanding of the outcomes achievable for your specific situation.

We respect patient privacy deeply, and only share images where appropriate consent has been given. Every photograph in our gallery represents an authentic result from a real Me Clinic patient — we never use stock photography or images sourced from other practices.

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

Preparation varies by treatment type. General guidelines include:

For anti-wrinkle injections: Avoid blood-thinning medications and supplements (aspirin, ibuprofen, fish oil, vitamin E) for 3-5 days before treatment, if medically safe to do so; avoid alcohol for 24 hours before your appointment; arrive with a clean neck, free of makeup or skincare products.

For energy-based treatments: Avoid sun exposure and self-tanning for 2 weeks before treatment; arrive with clean, product-free skin; arrange transport if sedation is required (this is rare).

For neck lift surgery: Complete all required pre-operative medical clearance and testing; stop smoking at least 4 weeks before your procedure; avoid blood-thinning medications for 2 weeks prior (as directed by your surgeon); arrange for someone to drive you home and stay with you for the first 24-48 hours; prepare your recovery space with everything you'll need; follow the detailed pre-operative instructions provided by your surgeon.

Your practitioner will provide specific, personalised preparation instructions at the time of booking.

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

Results timelines vary by treatment:

Anti-wrinkle injections: Initial effects at 3-4 days; full results at 10-14 days; peak effect maintained for 3-4 months.

Dermal fillers (if used for neck contour): Immediate initial result; final settling at 2 weeks; results last 6-18 months depending on the product used.

Ultherapy: Initial tightening immediately after treatment; progressive improvement over 2-6 months as collagen builds; peak results at 3-4 months; results last 1-2 years.

Radiofrequency treatments: Gradual improvement throughout the treatment series; continued improvement for 2-3 months after the final session; peak results at 3-4 months after completing the series.

Neck lift surgery: Initial improvement visible once major swelling subsides (2-4 weeks); continued refinement over 3-6 months; final settled results at 6-12 months; long-lasting for 10-15+ years.

****How much discomfort is involved?****

Pain tolerance is individual, but here's what most of our patients experience:

Anti-wrinkle injections feel like small pinpricks. No anaesthesia is typically needed, and the treatment is over in minutes.

Ultherapy involves moderate discomfort during treatment as ultrasound energy is delivered. Pain relief medication may be offered beforehand. Discomfort ends immediately when the treatment stops.

Radiofrequency is generally well-tolerated. Most patients describe a warm sensation with minimal to no discomfort.

Neck lift surgery is performed under general anaesthesia or deep sedation, so you'll be completely comfortable throughout. Post-operative discomfort is managed with prescribed pain medication. Most patients describe tightness and mild soreness rather than severe pain, and discomfort typically decreases significantly after the first few days.

Your comfort matters to us. We'll discuss all pain management options with you during your consultation.

****Can I combine neck band treatment with other procedures?****

Yes — and many patients find that addressing multiple concerns together delivers the most harmonious result. Common combinations include:

- Neck anti-wrinkle injections combined with facial anti-wrinkle treatments for comprehensive rejuvenation
- Neck lift surgery combined with a facelift for harmonious facial and neck improvement
- Neck treatments combined with chin augmentation or reduction for an improved profile
- Neck skin tightening combined with décolletage rejuvenation for a comprehensive "above the collar" treatment

Combining procedures can also be more cost-effective and reduce your overall recovery time, particularly for surgical combinations. Your practitioner will discuss whether combining treatments makes sense for your individual goals.

****What if I'm not completely happy with my results?****

Your satisfaction matters to us, and our care for you doesn't end when your treatment is complete.

For non-surgical treatments: We include complimentary review appointments 2 weeks after treatment. Adjustments or touch-ups are provided at no additional cost if needed. If anti-wrinkle treatment creates any unwanted effects, we'll discuss your options honestly and supportively.

For surgical treatments: Comprehensive follow-up care is included in your surgical fee. Minor revisions are addressed once healing is complete. We maintain open, honest communication with you throughout your entire recovery journey.

We set realistic expectations from the beginning, and our Responsible Cosmetic Medicine approach means we take great care to ensure you're a suitable candidate before proceeding. If any concerns arise, we address them promptly and professionally.

Real patient results

Over our 35+ years at Me Clinic, we've helped thousands of patients address platysmal bands using both non-surgical and surgical approaches. Individual results always vary — your age, anatomy, skin quality, and chosen treatment all play a role — but our before/after gallery reflects the range of natural, refreshed outcomes our team consistently achieves.

During your consultation, your practitioner will share cases most relevant to your own situation and discuss realistic expectations based on your individual anatomy. We're proud of the meaningful changes we've helped patients experience — and equally proud of the conservative, ethical approach that guides every decision we make. Truly great results are ones that make you feel more like yourself, not less.

Book your complimentary consultation

We'd love to meet you and take the time to explore your options for neck bands together. Your initial consultation at Me Clinic is completely complimentary and comes with no obligation to proceed.

Three ways to book:

1. Call: (03) 8823 5859 (Monday-Friday 9am-5pm, Saturday 9am-3pm) 2. Online: Visit meclinic.com.au and use our online booking system 3. Email: info@meclinic.com.au

What to bring to your consultation:

- A list of your current medications and supplements
- Relevant medical history (previous treatments, medical conditions, allergies)
- Your questions — there are no silly ones
- Photos showing your neck concern from different angles (optional, but often helpful)

Your consultation includes:

- A comprehensive neck and facial assessment
- Personalised treatment recommendations tailored to your anatomy and goals
- Fully transparent pricing with no hidden fees
- Before/after gallery review
- Honest, realistic expectation-setting
- A warm, unhurried experience with no pressure and no obligation

Me Clinic location:

Malvern East Clinic 4 Burke Road, Malvern East VIC 3145

Convenient on-site parking is available. We're also easily accessible via public transport.

**Why choose Me Clinic?*

- FRACS-qualified plastic surgeons with deep expertise in facial and neck rejuvenation
- Over 25,000 surgical procedures performed
- Over 60,000 non-surgical treatments delivered
- 35+ years of experience in cosmetic medicine
- Responsible Cosmetic Medicine philosophy — always putting patients first
- Fully transparent pricing with no hidden fees
- Comprehensive aftercare and attentive follow-up
- Natural-looking results that honour who you are
- A warm, supportive team that genuinely cares about your journey

We look forward to welcoming you to Me Clinic and helping you explore what's possible — with honesty, care, and the quality guidance you deserve.

Me Clinic is committed to Responsible Cosmetic Medicine. We provide honest assessments, evidence-based treatments, and place patient safety above all else. Not everyone is an appropriate candidate for cosmetic treatment, and we will always tell you honestly if we believe treatment will not meet your expectations.

Label facts summary

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

Verified label facts

No product specification data was provided (source data: `{}`). No label facts — such as ingredients, certifications, dimensions, weight, GTIN/MPN, or technical specifications — could be extracted or verified from packaging or manufacturer documentation.

The following clinic and service details are presented as verifiable operational facts sourced from the content:

- Clinic name: Me Clinic - Physical address: 4 Burke Road, Malvern East VIC 3145 - Phone: (03) 8823 5859 - Website: meclinic.com.au - Email: info@meclinic.com.au - Years operating: Over 35 years - Surgical procedures performed: Over 25,000 - Non-surgical treatments delivered: Over 60,000 - Surgeon qualification: FRACS (Fellowship of the Royal Australasian College of Surgeons) - Initial consultation fee: Complimentary (no obligation) - On-site parking: Available - Operating hours: Monday-Friday 9am-5pm, Saturday 9am-3pm - Before/after gallery: Authentic patient images only; no stock photography used

General product claims

- Anti-wrinkle injections (Nefertiti lift) relax the platysma muscle, reducing band appearance - Procedure time for anti-wrinkle injections: 15-20 minutes - Anti-wrinkle injection results appear within 3-7 days; full effect at 2 weeks - Anti-wrinkle injection results last 3-4 months - Anti-wrinkle injection cost range: \$350-\$800 per session - Ultherapy stimulates collagen production; results appear over 2-3 months - Ultherapy results last 1-2 years - Ultherapy cost range: \$1,500-\$2,500 for neck treatment - Ultherapy typically requires one treatment session - Radiofrequency tightens skin and stimulates collagen remodelling - Radiofrequency requires 3-6 sessions spaced 2-4 weeks apart - Radiofrequency cost range: \$400-\$800 per session - Radiofrequency results last 1-2 years - Neck lift surgery (platysmaplasty) procedure time: 2-3 hours - Neck lift surgery performed under general anaesthesia or deep sedation - Neck lift surgery cost range: \$8,000-\$15,000 - Neck lift surgery results last 10-15 years or longer - Final surgical results visible at 6-12 months - Desk work may resume approximately two weeks post-surgery - Strenuous exercise may resume gradually from six weeks post-surgery - Medicare does not typically cover neck band treatments; rare exceptions may apply - Payment plans are available - Complimentary 2-week review appointment included after non-surgical treatments - Touch-ups included at no additional cost if injectable results are unsatisfactory - Post-operative follow-up included in surgical fees - Blood-thinning medications should be avoided 3-5 days before injections - Smoking should cease at least 4 weeks before neck lift surgery - Blood thinners should be stopped 2 weeks before surgery - Platysmal bands typically appear between ages 40 and 60 - Sun exposure, smoking, poor posture, and weight fluctuations may worsen neck band visibility - Responsible Cosmetic Medicine is the stated treatment philosophy of Me Clinic