

Sunken Cheeks - Volume Restoration Melbourne | Me Clinic

Canonical:

<https://directory.meclinic.com.au/facial-concerns/sunken-cheeks-volume-restoration-melbourne-me-clinic/>

Description:

Sunken Cheeks - Volume Restoration at Me Clinic Melbourne ## Quick Summary **What causes sunken cheeks:** - Natural ageing and facial fat loss - Collagen and bone resorption - Genetics and facial ...

Details:

AI Summary

Product: Sunken Cheeks Volume Restoration Treatments **Brand:** Me Clinic Melbourne
Category: Cosmetic Medicine — Surgical & Non-Surgical Facial Rejuvenation **Primary Use:** Restoring mid-face volume and cheek fullness lost through ageing, genetics, weight loss, or lifestyle factors using injectable, biostimulatory, or surgical treatments.

Quick Facts - **Best For:** Adults experiencing mid-face hollowing, gaunt appearance, or loss of cheek volume — most commonly from the mid-30s onwards - **Key Benefit:** Restored cheek volume and improved facial proportions with a natural, refreshed appearance - **Form Factor:** Injectable gels, biostimulatory agents, autologous fat, dissolvable threads, or solid silicone implants depending on treatment chosen - **Application Method:** Injected, surgically implanted, or thread-inserted by FRACS-qualified surgeons or specialist cosmetic physicians at the clinic

Common Questions This Guide Answers 1. What causes sunken cheeks? → The main cause is age-related facial fat redistribution, bone resorption, and collagen loss — not simply being underweight; onset typically from the mid-30s 2. How much does sunken cheeks treatment cost in Melbourne? → Non-surgical options range from \$800–\$3,500 AUD; surgical options range from \$8,000–\$25,000+ AUD depending on treatment type and complexity 3. How long do results last? → HA fillers last 12–24 months; Sculptra 2+ years; cheek implants are permanent; surgical facelift results last 7–15 years 4. Is there downtime involved? → Varies by treatment: fillers require none to 3 days; fat transfer 1–2 weeks; facelift 3–4 weeks minimum 5. Will results look natural? → Me Clinic's Responsible Cosmetic Medicine™ philosophy prioritises conservative, proportionate restoration — the goal is a refreshed appearance, not an overdone one

Sunken cheeks — volume restoration at Me Clinic Melbourne

Quick summary

What causes sunken cheeks: - Natural ageing and facial fat loss - Collagen and bone resorption - Genetics and facial structure - Weight loss or medical conditions - Lifestyle factors (sun damage, smoking)

Treatment options available: - Non-surgical: dermal fillers (hyaluronic acid), biostimulators (Sculptra, Radiesse), fat transfer, thread lifts - Surgical: cheek implants, fat grafting (surgical), facelift with volume

restoration

****Expected results:**** - Restored cheek volume and facial contour - Improved facial proportions and a more youthful appearance - Softening of nasolabial folds and under-eye hollows - Timeline: immediate (fillers) to gradual (biostimulators, fat transfer) - Duration: 12–24 months (fillers) to 2+ years (biostimulators, fat transfer) to permanent (implants)

****Cost range:**** - Non-surgical: \$800–\$3,500 AUD per treatment - Surgical: \$8,000–\$15,000+ AUD -
Prices based on Me Clinic's transparent pricing policy

****Next steps:**** - Book a free consultation - Discuss a treatment plan tailored to your facial structure - Review the before/after gallery - Understand recovery timeline and maintenance

Understanding sunken cheeks

What are sunken cheeks?

With over 35 years of experience, Me Clinic is Melbourne's trusted cosmetic medicine practice for addressing sunken cheeks and mid-face volume loss. Sunken cheeks occur when the mid-face loses volume, creating a hollow or gaunt appearance beneath the cheekbones. This can make the face look tired, aged, or unwell — even when you're feeling perfectly healthy. The gradual loss of volume casts shadows that emphasise under-eye hollows, deepen nasolabial folds (the lines running from nose to mouth), and create an overall deflated appearance that may not reflect how vibrant and well you actually feel.

Many people mistakenly believe sunken cheeks are simply a result of being too thin. Weight loss can certainly contribute, but the main cause is age-related changes in facial fat compartments, bone structure, and soft tissue support. Even people at a healthy weight develop sunken cheeks as they age — and there are safe, effective ways to address it.

What causes sunken cheeks?

****1. Natural ageing****

Several factors contribute to mid-face volume loss as we age: - Facial fat pads that once provided youthful cheek fullness migrate downward due to gravity and the gradual loss of structural support - The maxilla (upper jaw bone) and cheekbones slowly lose density, reducing the scaffold that supports the soft tissues above - Decreased collagen production leads to skin laxity and a loss of the structural framework that keeps faces looking full and lifted - Facial muscles weaken and atrophy, contributing to sagging and further volume loss

****2. Genetic factors****

Some people are genetically predisposed to naturally lower facial fat distribution, earlier bone resorption, less prominent cheekbones, or thinner skin that shows volume loss more readily. Understanding your genetic baseline is an important part of the personalised assessment at Me Clinic — your treatment plan should always be tailored to your facial anatomy, not applied as a standard formula.

****3. Lifestyle factors****

External factors that accelerate sunken cheeks include: - UV radiation, which breaks down collagen and elastin over time - Smoking, which reduces blood flow to facial tissues and accelerates collagen breakdown - Rapid or significant weight loss, which depletes facial fat reserves - Poor nutrition, which impairs the body's ability to produce collagen - Chronic stress, which elevates cortisol and actively breaks down collagen - Dehydration, which makes skin appear more hollow than it might otherwise

****4. Medical conditions****

Certain health issues can contribute to sunken cheeks: chronic illnesses that cause weight loss, hormonal imbalances affecting fat distribution, autoimmune conditions affecting facial tissues, eating disorders, and HIV/AIDS-related lipodystrophy. If you're concerned that a medical condition may be contributing to your facial volume loss, it's worth discussing this during your consultation. Me Clinic practitioners take a holistic view of your health and will always prioritise your overall wellbeing.

Who experiences sunken cheeks?

Sunken cheeks typically become noticeable from the mid-30s onwards, though some people notice changes earlier. Both men and women experience this, though women often notice changes sooner due to hormonal shifts during menopause. The onset is usually gradual over years, though rapid weight loss can cause a more sudden change. People with naturally lean faces or prominent bone structure may notice sunken cheeks earlier than those with naturally fuller faces.

Why treatment matters

Beyond aesthetics, sunken cheeks can make you appear significantly older than you are, create a tired or unhappy expression that doesn't reflect how you feel, and affect self-confidence in social situations. Modern cosmetic medicine offers multiple effective, evidence-based solutions to restore mid-face volume — and Me Clinic approaches every consultation with sensitivity and respect for how personal these concerns can be.

Treatment options comparison

Non-surgical treatments

****1. Dermal fillers (hyaluronic acid)****

Hyaluronic acid (HA) fillers are injectable gels that immediately restore volume to sunken cheeks. HA occurs naturally in your skin and attracts moisture, creating a plumping effect that integrates well with your own tissue. Popular products include Juvéderm Voluma, Restylane Lyft, and Teosyal Ultra Deep.

- Best for: immediate volume restoration, mild to moderate hollowing - Procedure time: 30–45 minutes - Downtime: minimal (possible minor swelling or bruising for 1–3 days) - Results appear: immediately - Results last: 12–24 months (cheek fillers last longer than lip fillers) - Cost range: \$800–\$1,500 AUD per syringe (typically 2–4 syringes needed initially) - Pros: immediate results, reversible with hyaluronidase, low downtime, natural-looking, adjustable over time - Cons: temporary, requires maintenance, potential for swelling or bruising, rare risk of vascular complications if not performed by an experienced practitioner

Me Clinic's specialist cosmetic physicians bring advanced training and thousands of hours of injectable experience to every treatment.

****2. Biostimulatory fillers****

Sculptra (poly-L-lactic acid)

Rather than adding immediate volume, Sculptra works with your body to stimulate new collagen production over time. It's injected into the deep dermis and gradually replaced by your own collagen, delivering results that look and feel natural.

- How it works: triggers collagen production over several months - Best for: gradual, natural-looking volume restoration; people who prefer subtle, progressive changes - Procedure time: 30–45 minutes - Treatment sessions: typically 2–3 sessions spaced 4–6 weeks apart - Downtime: minimal (massage required for 5 days post-treatment) - Results appear: gradually over 2–4 months - Results last: 2+

years - Cost range: \$1,200–\$1,800 AUD per vial (usually 2–4 vials total over the treatment course) - Pros: long-lasting, natural-looking results, stimulates your own collagen, subtle and gradual - Cons: requires multiple sessions, delayed results, requires diligent massage post-treatment, not reversible

Radiesse (calcium hydroxylapatite)

Radiesse offers immediate volume plus ongoing collagen stimulation. The microspheres create a natural scaffolding that your body gradually replaces with its own collagen.

- Best for: those wanting both immediate reassurance and long-term improvement - Results appear: immediately, with continued improvement - Results last: 15–18 months - Cost range: \$1,000–\$1,500 AUD per syringe - Pros: dual-action (immediate volume plus collagen stimulation), longer-lasting than HA fillers - Cons: not reversible, cannot be used in all facial areas

3. Fat transfer (non-surgical fat grafting)

Your own fat is harvested via liposuction (usually from the abdomen or thighs), carefully processed, and injected into the cheeks. Because it's your own tissue, there's no risk of allergic reaction, and the results feel entirely natural.

- Best for: long-lasting, natural results using your own tissue - Procedure time: 1–2 hours - Anaesthesia: local with sedation - Downtime: 1–2 weeks (swelling, bruising) - Results appear: initial results are immediate, with final results visible after 3–6 months as some fat naturally reabsorbs - Results last: 2+ years (with permanent survival of 50–70% of transferred fat) - Cost range: \$3,500–\$6,000 AUD - Pros: natural (your own tissue), long-lasting, dual benefit (fat removal from donor site), feels completely natural - Cons: requires liposuction, more downtime than fillers, some fat reabsorption, potential for asymmetry requiring touch-ups, higher upfront investment

4. Thread lifts

Dissolvable threads with tiny cones or barbs are inserted under the skin to lift sagging tissue and stimulate collagen production. While primarily a lifting treatment, threads can add subtle volume through tissue repositioning, making them a useful complement to other volume treatments.

- Best for: mild sagging with minimal volume loss; those wanting lifting alongside subtle volumisation - Procedure time: 45–60 minutes - Downtime: 3–7 days (mild swelling, tenderness) - Results appear: immediate lifting, with collagen production continuing over 3–6 months - Results last: 12–18 months - Cost range: \$2,000–\$4,000 AUD - Pros: minimally invasive, lifts and adds subtle volume, stimulates collagen - Cons: not suitable for significant volume loss, temporary results, potential for visible threads or dimpling if not placed by an experienced practitioner

5. Skin boosters and Profhilo

While not primary volume treatments, these can complement cheek volumisation well. Hyaluronic acid is injected into the skin (not deep tissue) to improve hydration, elasticity, and overall skin quality.

- Best for: improving skin quality alongside volume treatments - Cost range: \$500–\$800 AUD per treatment - Results: improved skin texture, hydration, and subtle plumping

Surgical treatments

1. Cheek implants

Solid silicone implants are surgically placed over the cheekbones to create permanent volume enhancement. Implants come in various shapes and sizes, and Me Clinic's FRACS-qualified plastic surgeons take care in selecting the right implant for your individual facial structure and goals.

- Best for: permanent correction, significant volume loss, those wanting defined cheekbones - Procedure time: 1–2 hours - Anaesthesia: general anaesthesia or deep sedation - Hospital stay: day

surgery (home the same day) - Recovery time: 2–3 weeks for most swelling to resolve, 6–8 weeks for final results - Results appear: initial results visible after swelling subsides (2–3 weeks), with final results at approximately 3 months - Results last: permanent - Cost range: \$8,000–\$12,000 AUD - Pros: permanent solution, predictable results, defined improvement, no reabsorption - Cons: surgical risks (infection, implant displacement, scarring), longer recovery, higher investment, potential need for revision, may feel less natural than fat grafting

****2. Surgical fat grafting****

Similar to non-surgical fat transfer but performed as part of a facelift or as a standalone procedure under general anaesthesia, allowing for more extensive fat harvesting and grafting across a broader area of the face.

- Best for: comprehensive facial rejuvenation, those combining treatment with a facelift - Procedure time: 2–3 hours (if standalone), longer if combined with facelift - Anaesthesia: general anaesthesia - Recovery time: 2–3 weeks for major swelling to subside, 3–6 months for final results - Results last: long-term (years), though some reabsorption is expected - Cost range: \$6,000–\$10,000 AUD (standalone), less when combined with other procedures - Pros: large volume replacement, natural tissue, long-lasting, can address multiple areas simultaneously - Cons: surgical procedure with associated risks, general anaesthesia required, longer recovery, some fat reabsorption (typically 30–50%)

****3. Facelift with volume restoration****

A comprehensive surgical approach combining skin and tissue lifting with volume restoration (via fat grafting or implants). This addresses both tissue descent and volume loss in a single treatment, often delivering the most transformative and long-lasting results for patients with more advanced facial ageing.

- Best for: advanced ageing with both sagging and volume loss - Procedure time: 3–5 hours - Anaesthesia: general anaesthesia - Hospital stay: usually day surgery or overnight - Recovery time: 3–4 weeks for most swelling and bruising to resolve, 3–6 months for final results - Results appear: progressive improvement over 6–12 months - Results last: 7–15 years - Cost range: \$15,000–\$25,000+ AUD - Pros: comprehensive rejuvenation, addresses multiple ageing concerns, long-lasting - Cons: major surgery, significant downtime, higher investment, surgical risks, permanent scarring (carefully placed and well-hidden)

Choosing the right treatment — decision guide

Consider non-surgical treatments if:

- You have mild to moderate volume loss - You prefer minimal to no downtime - You'd like to explore treatments gradually and adjust over time - You're not ready for surgery or general anaesthesia - Budget is a primary consideration - You want reversible or adjustable options - You'd like to trial volume restoration before committing to a surgical approach - You prefer gradual changes that evolve over time

Consider surgical treatment if:

- You have severe or advanced volume loss and sagging - You want permanent or very long-lasting results - Non-surgical options haven't fully met your goals or require more frequent maintenance than you'd prefer - You can accommodate 2–4 weeks of recovery time - You're ready to invest in a longer-term solution - You're combining treatment with other surgical procedures (facelift, eyelid surgery) - You want predictable, substantial volume enhancement with lasting impact

Combination approach

Many patients achieve their best results by combining treatments. Common approaches include:

****For mild to moderate sunken cheeks:**** - HA fillers for immediate volume + Sculptra for long-term collagen building - Thread lift for subtle lifting + dermal fillers for volume - Fat transfer + HA fillers for touch-ups or additional definition

****For advanced volume loss:**** - Surgical facelift + fat grafting for comprehensive rejuvenation - Cheek implants + dermal fillers in surrounding areas for balanced enhancement - Fat transfer + thread lift for volume and structural support

Your Me Clinic surgeon or cosmetic physician will assess your facial anatomy, degree of volume loss, skin quality, and aesthetic goals, then recommend the most appropriate personalised treatment plan during your consultation.

What to expect at Me Clinic

1. Initial consultation (free)

During your complimentary consultation, you'll meet with an experienced Me Clinic practitioner who will:

- Carefully analyse your bone structure, facial fat distribution, skin quality, and degree of volume loss
- Listen to your concerns and goals — what matters most to you and what outcome you're hoping to achieve
- Review your medical history, including any conditions, medications, or previous treatments that may influence your plan
- Present both non-surgical and surgical options suited to your individual situation
- Share before/after photos of similar cases and discuss achievable outcomes honestly
- Provide a detailed cost breakdown with no hidden fees
- Take the time you need to address your concerns about procedures, recovery, risks, and results

2. Treatment planning

Once you decide to move forward, your practitioner will design a customised treatment plan tailored to your facial anatomy and personal goals, explain the timeline (single session vs. multiple treatments), provide detailed pre-treatment instructions, present a full cost breakdown including any follow-up treatments, and schedule your appointments at a time that suits you.

3. The Me Clinic difference

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

Me Clinic's Responsible Cosmetic Medicine™ philosophy places your safety, wellbeing, and natural-looking results above all else: - Only treatments with a proven safety and efficacy record are offered - Practitioners will always be honest if you're not a suitable candidate for a particular treatment - The goal is to help you look refreshed and revitalised — not overdone - The approach starts conservatively and builds gradually - Support continues well beyond your appointment — aftercare is part of the process

****Experienced practitioners****

Your treatment will be performed by qualified professionals genuinely committed to your care: - FRACS-qualified plastic surgeons for all surgical procedures - Specialist cosmetic physicians with advanced training in injectables - Registered nurses experienced in cosmetic treatments - Over 25,000 surgical procedures and 60,000+ non-surgical treatments performed across 35+ years of experience - Ongoing education to stay current with the latest techniques and safety protocols

****Transparent pricing****

At Me Clinic, you won't encounter surprise fees: - Published price lists are available - All costs are discussed openly during your consultation - Payment plans are available for surgical procedures - Medicare rebates are explained clearly (though most cosmetic treatments aren't covered) - No pressure to proceed — take all the time you need

Frequently asked questions

****How much does sunken cheeks treatment cost in Melbourne?****

Treatment costs vary based on the approach and the extent of volume loss: - Dermal fillers: \$800–\$1,500 AUD per syringe (typically 2–4 syringes initially) - Sculptra: \$1,200–\$1,800 AUD per vial (2–4 vials over the treatment course) - Fat transfer (non-surgical): \$3,500–\$6,000 AUD - Thread lift: \$2,000–\$4,000 AUD - Cheek implants: \$8,000–\$12,000 AUD - Facelift with fat grafting: \$15,000–\$25,000+ AUD

Me Clinic provides fully transparent pricing during your free consultation — no hidden fees. Costs depend on the amount of product needed, the complexity of your case, and whether you're combining treatments.

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

- HA dermal fillers: 12–24 months (cheek fillers tend to last longer than other areas) - Sculptra: 2+ years - Radiesse: 15–18 months - Fat transfer: 2+ years (50–70% of fat survives permanently) - Thread lifts: 12–18 months - Cheek implants: permanent - Surgical facelift: 7–15 years

Longevity is influenced by age, metabolism, lifestyle (sun exposure, smoking), and the natural progression of facial ageing. Your practitioner will discuss realistic expectations for your specific situation.

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

Downtime varies significantly depending on the treatment: - Dermal fillers: none to 1–3 days (minor swelling or bruising is possible) - Sculptra/Radiesse: minimal (1–2 days of potential swelling) - Thread lift: 3–7 days (mild swelling, tenderness) - Fat transfer: 1–2 weeks (moderate swelling, bruising) - Cheek implants: 2–3 weeks (significant swelling, limited activity) - Facelift: 3–4 weeks (major swelling, bruising, activity restrictions)

Your practitioner will provide personalised downtime expectations and detailed aftercare instructions tailored to your treatment and lifestyle.

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

Natural-looking results are central to the Me Clinic philosophy. Through the Responsible Cosmetic Medicine™ approach, the focus is on restoring natural facial proportions rather than creating an overdone appearance, starting conservatively (you can always add more), choosing the most appropriate product and technique for your facial anatomy, and respecting your natural facial structure throughout.

The goal is for people to notice that you look refreshed and well-rested — not that you've "had work done."

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

There's no universal age limit for cheek volume restoration. Suitability depends on the degree of volume loss, overall health, realistic expectations, and skin quality and bone structure. Some people notice hollowing in their 30s; others in their 50s and beyond. Me Clinic assesses individual factors rather than age alone.

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

Most cosmetic treatments for sunken cheeks are not covered by Medicare or private health insurance, as they're considered aesthetic rather than medically necessary. Exceptions may include reconstructive procedures following trauma or illness, or treatments for facial wasting due to medical conditions (e.g., HIV-related lipodystrophy). Any potential Medicare rebates will be clarified during your consultation.

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

All treatments carry some degree of risk. Common risks by treatment type include:

Dermal fillers: bruising and swelling (common, resolves within days); asymmetry (correctable with additional filler or dissolved); lumps or nodules (usually resolved with massage); infection (rare); vascular occlusion (extremely rare but serious — Me Clinic practitioners are trained in prevention and emergency management).

Fat transfer: bruising and swelling (expected, resolves over 1–2 weeks); infection (rare); fat reabsorption (30–50% is normal; touch-ups may be needed); asymmetry; lumps (usually addressable through massage or, rarely, surgical correction).

Surgical procedures (implants, facelift): infection, bleeding, scarring; anaesthesia risks; implant displacement or visibility; nerve damage (usually temporary); asymmetry requiring revision.

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

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

Yes. During your consultation, you'll see an extensive gallery of before and after photos from patients with concerns similar to yours. This helps you develop a realistic understanding of achievable outcomes, see the range of results possible with different treatments, and visualise how treatment might address your specific concerns. Patient privacy is respected, and photos are only ever shared with appropriate consent.

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

For injectable treatments (fillers, Sculptra): - Avoid blood-thinning medications and supplements (aspirin, ibuprofen, fish oil, vitamin E) for 1 week before treatment if medically safe to do so - Avoid alcohol for 24 hours before your appointment - Come with a clean face (no makeup) - Schedule your appointment when you can avoid major events for 1–2 weeks after, in case of swelling or bruising

For surgical procedures: - Stop smoking at least 4 weeks before (nicotine significantly impairs healing) - Arrange transportation and aftercare support - Follow specific medication instructions (some medications may need to be paused) - Fast before general anaesthesia as directed - Fill prescriptions beforehand (pain relief, antibiotics)

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

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

- Dermal fillers: immediate (with final settling after approximately 2 weeks as swelling resolves) - Sculptra: gradually over 2–4 months as collagen builds - Radiesse: immediate with continued improvement over 2–3 months - Fat transfer: initial results visible after swelling subsides (2–3 weeks), with final results at 3–6 months after natural reabsorption - Thread lift: immediate lifting, with continued improvement over 3–6 months from collagen production - Cheek implants: initial results after swelling subsides (2–3 weeks), final results at approximately 3 months - Surgical facelift: progressive improvement over 6–12 months

****Can I combine cheek volume treatment with other procedures?****

Yes — and many patients find that combining treatments delivers the most balanced results. Common combinations include: - Under-eye filler or tear trough treatment, to address hollows often worsened by mid-face volume loss - Nasolabial fold filler, to soften lines that become more prominent when the cheeks deflate - Jawline contouring, to balance overall facial proportions - Skin resurfacing (lasers, peels), to improve skin quality alongside volume restoration - Facelift or neck lift, for comprehensive surgical rejuvenation in cases of advanced ageing - Eyelid surgery (blepharoplasty), to address upper face ageing as part of a broader plan

Your Me Clinic practitioner will design a comprehensive plan during your consultation, ensuring every element works in harmony with your natural features.

****How often will I need maintenance treatments?****

Maintenance frequency depends on your chosen treatment: - HA fillers: typically every 12–18 months (some patients stretch to 2 years) - Sculptra: touch-ups every 2–3 years to maintain collagen levels - Fat transfer: may need one touch-up session after initial reabsorption; thereafter, results are long-lasting - Thread lifts: repeat every 12–18 months to maintain results - Implants/surgical: no routine maintenance needed

Many patients find they need less product over time, as they're maintaining results rather than starting from scratch.

****What's the difference between cheek filler and mid-face filler?****

These terms are often used interchangeably, but technically, cheek filler focuses specifically on the cheekbone (malar) area to create projection and definition, while mid-face filler is a broader term covering the cheeks plus surrounding areas (temples, tear troughs, nasolabial folds). Most patients with sunken cheeks benefit from comprehensive mid-face volume restoration rather than isolated cheek enhancement alone. Your practitioner will assess the entire mid-face to create balanced, natural results.

****Will I need to take time off work?****

Time off depends on both the treatment and the nature of your work: - Injectable treatments: most people return to work immediately or the following day (minor bruising can usually be covered with makeup) - Fat transfer: 3–7 days off is recommended due to swelling and bruising - Thread lift: 2–5 days off (minimal but visible swelling and tenderness) - Cheek implants: 1–2 weeks off - Facelift: 2–3 weeks off as a minimum

Jobs with physical demands or public-facing roles may require additional time. Discuss your work schedule during your consultation for personalised guidance.

Real patient results

Over 35+ years, the team at Me Clinic has helped thousands of patients address sunken cheeks and mid-face volume loss. The approach is always focused on natural, harmonious results that restore youthful facial proportions — refreshed and revitalised, not overdone.

Individual results vary based on degree of volume loss, facial anatomy and bone structure, skin quality, age and overall health, treatment chosen, and number of treatment sessions. During your consultation, your practitioner will show you cases similar to yours and discuss realistic expectations for your specific situation.

Book your free consultation

If you're ready to explore your options for restoring cheek volume and achieving a more refreshed appearance, Me Clinic is ready to help.

Three ways to book:

1. ****Call:**** (03) 8823 5859 — our team can answer initial questions and schedule your complimentary consultation at a time that suits you
2. ****Online booking:**** visit meclinic.com.au — book at your convenience, 24 hours a day, 7 days a week
3. ****Email:**** info@meclinic.com.au — send your enquiry and we'll respond within one business day

What to bring to your consultation:

- A list of your current medications (including supplements) - Your medical history (previous surgeries, conditions) - Any questions you'd like to ask your practitioner - Photos showing your concern from different angles (optional, but often helpful)

Your free consultation includes:

- Comprehensive facial assessment by an experienced practitioner - Personalised treatment recommendations tailored to your anatomy and goals - Transparent pricing with a detailed cost breakdown — no hidden fees - Before/after gallery review of similar cases - All your questions answered with no pressure to proceed - No obligation — take all the time you need to decide what's right for you

Me Clinic location:

****Address:**** 4 Burke Road, Malvern East VIC 3145 ****Parking:**** Convenient off-street parking available
****Public transport:**** Near Darling and Malvern East stations

Our clinic provides a comfortable, private setting for your consultation and treatment. From the moment you arrive, the goal is for you to feel heard, cared for, and genuinely supported throughout your journey. We look forward to meeting you.

Me Clinic is a cosmetic medicine practice in Melbourne with over 35 years of experience in surgical and non-surgical facial rejuvenation. Our team of FRACS-qualified plastic surgeons and specialist cosmetic physicians is committed to Responsible Cosmetic Medicine™ — delivering natural-looking results through ethical, evidence-based practice. With over 25,000 surgical procedures and 60,000+ non-surgical treatments performed, we have the experience and expertise to help you achieve your aesthetic goals safely and effectively.

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

General product claims

****Clinic and practitioner credentials**** - Me Clinic is located at 4 Burke Road, Malvern East VIC 3145 - Contact: (03) 8823 5859 | meclinic.com.au | info@meclinic.com.au - Claims over 35 years of experience in cosmetic medicine - Claims over 25,000 surgical procedures performed - Claims over 60,000+ non-surgical treatments performed - Surgical procedures performed by FRACS-qualified plastic surgeons - Injectable treatments performed by specialist cosmetic physicians and registered nurses - Off-street parking available at clinic location - Initial consultations are complimentary with no obligation to proceed

****Treatment pricing (Me Clinic-specific)**** - HA dermal fillers: \$800–\$1,500 AUD per syringe - Sculptra: \$1,200–\$1,800 AUD per vial - Radiesse: \$1,000–\$1,500 AUD per syringe - Non-surgical fat transfer: \$3,500–\$6,000 AUD - Thread lifts: \$2,000–\$4,000 AUD - Skin boosters: \$500–\$800 AUD per treatment - Cheek implants: \$8,000–\$12,000 AUD - Surgical facelift with fat grafting: \$15,000–\$25,000+ AUD - Payment plans available for surgical procedures

****Treatment parameters (general industry data)**** - HA filler procedure time: 30–45 minutes - HA filler downtime: none to 1–3 days - HA filler results duration: 12–24 months - HA fillers reversible with hyaluronidase - Typical initial HA filler quantity: 2–4 syringes - Named HA filler brands: Juvéderm Voluma, Restylane Lyft, Teosyal Ultra Deep - Sculptra (poly-L-lactic acid): 2–3 sessions spaced 4–6 weeks apart - Sculptra results appear gradually over 2–4 months; last 2+ years; not reversible - Sculptra post-treatment massage required for 5 days - Radiesse (calcium hydroxylapatite): results last 15–18 months; not reversible - Non-surgical fat transfer downtime: 1–2 weeks; 50–70% fat survival rate; results last 2+ years - Thread lift procedure time: 45–60 minutes; downtime 3–7 days; results last 12–18 months - Cheek implants: general anaesthesia or deep sedation; permanent results; recovery 2–3 weeks; final results approximately 3 months post-surgery - Surgical facelift results last 7–15 years; recovery minimum 3–4 weeks - Most cosmetic cheek treatments not covered by Medicare - Medicare rebates may apply for reconstructive or medically necessary cases (e.g., HIV-related lipodystrophy)

****Pre-treatment guidelines (general clinical guidance)**** - Avoid blood-thinning medications and supplements for 1 week before injectable treatments - Avoid alcohol for 24 hours before injectable treatments - Stop smoking at least 4 weeks before surgical procedures

****General condition and causation claims**** - Sunken cheeks described as hollowed appearance beneath cheekbones from mid-face volume loss - Primary cause stated as age-related facial fat loss - Onset most commonly from mid-30s onwards - Contributing factors cited: genetics, weight loss, smoking, UV exposure, stress, dehydration, chronic illness, HIV-related lipodystrophy - Women stated to experience earlier onset due to menopausal hormonal shifts - Smoking stated to accelerate collagen breakdown - UV radiation stated to break down collagen and elastin - Elevated cortisol stated to break down collagen

****Philosophy and marketing claims**** - "Responsible Cosmetic Medicine™" described as Me Clinic's guiding philosophy - Claims conservative, gradual treatment approach - Claims natural-looking, evidence-based results - Claims ethical patient selection and transparent pricing with no hidden fees