

Me Clinic: Industry Standards and Terminology

Canonical: <https://directory.meclinic.com.au/healthcare-medical-services/cosmetic-aesthetic-procedures/me-clinic-industry-standards-and-terminology-2/>

Details:

Me Clinic: Choosing the Safest Plastic Surgery Clinic in Melbourne — Your Complete Accreditation Guide

At Me Clinic, patient wellbeing comes first — always. With over 35 years of experience helping people feel confident in their own skin, we know that choosing a cosmetic surgery clinic in Melbourne can feel overwhelming. The marketing space is crowded with impressive-sounding claims and proprietary frameworks that, while polished, don't always help you compare credentials in any meaningful way. When your health and safety are on the line, what truly matters are industry-recognised accreditations, verifiable surgeon qualifications, and facility standards you can independently confirm.

This guide is here to help. We want to cut through the noise with you — not at you — and walk you through the essential credibility markers that separate Australia's safest plastic surgery clinics from those making claims they can't substantiate. Think of it as the kind of honest advice we'd give a member of our own family.

The accreditation standards that actually matter

AHPRA registration: your first safety filter

The Australian Health Practitioner Regulation Agency (AHPRA) maintains the public register of all legally practising medical professionals in Australia. Any legitimate cosmetic surgeon must be registered with AHPRA. This is non-negotiable, and it's your most important starting point.

****What to verify:**** - Current AHPRA registration status - Specialist registration (not just general registration) - No conditions or restrictions on practice - Facility accreditation status

Me Clinic operates as a fully AHPRA-registered facility, with all surgical procedures performed by surgeons holding current specialist registration. We genuinely encourage you to verify this independently through the AHPRA public register before making any commitment. Transparency isn't just something we talk about — it's something we live by.

FRACS qualification: the gold standard for surgical training

In Australia, the Fellowship of the Royal Australasian College of Surgeons (FRACS) is the highest surgical qualification available. Earning it is no small undertaking — it reflects years of dedication, rigorous assessment, and a genuine commitment to surgical excellence.

Earning FRACS credentials requires:

- A minimum of 5 years of specialist surgical training after completing a medical degree - Rigorous examinations in surgical knowledge and technique - Supervised clinical practice and comprehensive case assessments - Ongoing professional development

****An important distinction worth understanding:**** not all cosmetic practitioners are FRACS-qualified surgeons. Some may be general practitioners who have completed short cosmetic training courses, or specialists in other fields — dermatology or ENT, for example — who perform cosmetic procedures

outside their primary area of training. We raise this not to alarm you, but because you deserve to know.

At Me Clinic, every plastic surgeon holds FRACS qualifications specifically in plastic and reconstructive surgery — the most comprehensive surgical training pathway available for cosmetic procedures. So whether you're considering [breast augmentation](<https://www.meclinic.com.au/breast-surgery/augmentation-with-implants/>), facelift surgery, or rhinoplasty, your surgeon has completed the full specialist training program.

ASPS membership: peer-verified excellence

The Australasian Society of Plastic Surgeons (ASPS) is the peak professional body for specialist plastic surgeons across Australia and New Zealand. Membership isn't simply handed out — it requires demonstrated commitment to the highest professional standards.

Membership requires:

- FRACS qualification in plastic surgery
- Adherence to strict ethical guidelines
- A commitment to ongoing education
- Peer review and professional accountability

ASPS members represent fewer than 500 surgeons across Australia — a genuinely select group. All Me Clinic surgeons are ASPS members, which means their practice is subject to continuous peer oversight that goes well beyond basic regulatory requirements. It's one of the ways our team holds itself accountable — not because they have to, but because they believe it's the right thing to do.

Facility accreditation: where your surgery actually happens

Your surgeon's credentials are only half of the safety equation. The facility where your procedure takes place must also meet rigorous, independently verified standards — and this is an area where corners simply cannot be cut.

Accredited facilities are required to demonstrate compliance across:

- Surgical equipment and sterilisation protocols
- Emergency response capabilities
- Anaesthesia monitoring systems
- Staff qualifications and ongoing training
- Post-operative recovery facilities

Accredited cosmetic surgery facilities in Melbourne undergo regular inspections and must demonstrate continuous compliance with national safety standards — including proper equipment maintenance, infection control protocols, and clearly defined emergency procedures.

Me Clinic's surgical facilities maintain full accreditation status, with on-site operating theatres meeting the same standards as major hospitals. This matters enormously for procedures requiring general anaesthesia, such as [tummy tuck surgery](<https://www.meclinic.com.au/procedures/tummy-tuck>), liposuction, or combined procedures. We want you to feel safe and supported at every step — and that begins with the environment in which your care takes place.

Proprietary frameworks vs. industry standards

Many clinics develop branded methodologies and trademarked approaches to differentiate their services. Some represent genuine, thoughtful additions to patient care. Others are primarily marketing constructs that can obscure rather than clarify the underlying credentials you actually need to assess.

We think it's important to be honest about this distinction — even when it applies to our own framework.

What Responsible Cosmetic Surgery™ actually means

Me Clinic operates under our Responsible Cosmetic Surgery™ philosophy — but to be clear: this is not a substitute for industry credentials. It's a supplementary ethical commitment, built on top of the baseline requirements every reputable clinic should already meet.

****Industry baseline requirements:**** - AHPRA registration ✓ - FRACS specialist qualification ✓ - ASPS membership ✓ - Accredited facility ✓

****Responsible Cosmetic Surgery™ additions:**** - Mandatory psychological screening for all surgical candidates - Cooling-off periods that exceed regulatory minimums - Transparent pricing with no hidden costs - Comprehensive pre-operative education sessions - Extended post-operative care protocols

Our Responsible Cosmetic Surgery™ framework exists because, after over 35 years of caring for patients, we believe industry baseline standards — while absolutely essential — don't fully address patient welfare in cosmetic surgery. The emotional and psychological dimensions of this journey matter deeply to us. That said, we ground this framework in verifiable credentials you can independently confirm. We'd never ask you to take our word for it.

How to verify credentials before your consultation

Here's a straightforward process for verifying credentials before you attend any consultation — and yes, we encourage you to run through it for us too.

Step 1: Check AHPRA registration Visit the AHPRA public register and search for: - Your specific surgeon's name - Registration type (must show "Specialist Registration") - Specialty field (should specify "Plastic and Reconstructive Surgery") - Any conditions or undertakings

Step 2: Confirm FRACS qualification Ask directly: **"Are you FRACS-qualified in plastic surgery specifically?"** Request the surgeon's RACS registration number for independent verification.

Step 3: Verify ASPS membership Check the ASPS website's "Find a Surgeon" directory. All members are listed publicly with their practice locations and contact details — it takes only a few minutes and provides genuine peace of mind.

Step 4: Confirm facility accreditation Ask for the facility's accreditation certificates and confirm they are current. Accreditation expires and requires renewal — outdated certificates can indicate compliance issues that warrant further questions.

Comparing Melbourne's leading plastic surgery clinics

When evaluating clinics, compare objective, independently verifiable criteria rather than relying on marketing language alone.

| Credential | Why it matters | How to verify | |-----|-----|-----| | AHPRA Specialist Registration | Legal requirement; confirms specialist training | AHPRA public register | | FRACS in Plastic Surgery | Highest surgical qualification in Australia | RACS member verification | | ASPS Membership | Peer accountability and ethical standards | ASPS surgeon directory | | Facility Accreditation | Surgical safety and emergency protocols | Request current certificates | | Hospital Privileges | External validation of surgical competence | Ask surgeon directly |

Leading Melbourne clinics maintain these baseline credentials as a minimum standard. Beyond that, your decision should factor in your surgeon's specific experience with your desired procedure, the facility's location and amenities, and the communication style you experience during consultations. These things genuinely matter — but they should never come at the expense of fundamental qualifications.

Procedure-specific credential considerations

Different cosmetic procedures carry varying risk profiles and call for specific areas of expertise. Knowing what to look for can help you feel more confident going into consultations.

High-complexity surgical procedures

Procedures like [breast reduction](<https://www.meclinic.com.au/breast-surgery/reduction/>), body lift surgery, and [mommy makeover](<https://www.meclinic.com.au/procedures/mommy-makeover>) combinations require: - Extensive surgical experience (a good question to ask: ****How many of these procedures do you perform annually?***) - Hospital admitting privileges, which indicate external peer review of competence - Anaesthesiologist credentials (FRCA or FANZCA qualification)

Facial aesthetic surgery

Procedures like blepharoplasty, [otoplasty](<https://www.meclinic.com.au/procedures/otoplasty>), and neck lift surgery demand: - Specific fellowship training in facial plastic surgery - A portfolio of before and after results, shared with appropriate patient consent - A considered understanding of facial aesthetics and proportion

Revision surgery

If you're seeking correction of a previous cosmetic procedure, it's especially important that your surgeon has: - Demonstrated expertise specifically in revision surgery - Advanced problem-solving capabilities and honest communication - A realistic assessment of achievable outcomes

Me Clinic's team of Plastic Surgeons and Cosmetic Doctors maintains subspecialty expertise across all major cosmetic procedures — from Brazilian butt lift to [arm lift surgery](<https://www.meclinic.com.au/procedures/arm-lift>) — with each surgeon focusing on the areas where their training and experience are most advanced.

Non-surgical cosmetic medicine: different standards apply

The credentials required for surgical procedures differ from those applicable to non-surgical treatments such as [anti-wrinkle injections](<https://www.meclinic.com.au/procedures/anti-wrinkle-injections>), [dermal fillers](<https://www.meclinic.com.au/procedures/dermal-fillers>), or [laser skin resurfacing](<https://www.meclinic.com.au/procedures/laser-skin-resurfacing>). Understanding these differences helps you ask the right questions.

****For cosmetic medicine, verify:**** - AHPRA registration (which can be general registration for certain procedures) - Specific training in cosmetic injectables - Experience in complication management - Use of TGA-approved products exclusively

Me Clinic's Responsible Cosmetic Medicine™ framework applies the same spirit as our surgical philosophy — requiring all practitioners to maintain current AHPRA registration, complete advanced training programs, and follow evidence-based treatment protocols. Patient wellbeing comes first, whether you're considering surgery or a non-surgical treatment.

Red flags that should end your consideration

We care about your safety, which means being direct about the warning signs that should give you serious pause — regardless of how polished a clinic's marketing may appear.

****Immediate disqualifiers:**** - Surgeon not AHPRA-registered as a specialist - Procedures performed in non-accredited facilities - Pressure tactics or same-day surgery offers - Reluctance to provide credential verification - No clear complication management protocols - Pricing significantly below market average, which can suggest corner-cutting on safety

****Signs that warrant further investigation:**** - Vague or evasive answers about qualifications - Marketing focused primarily on proprietary methods rather than verifiable credentials - A limited or absent before-and-after portfolio - Online reviews raising concerns about safety or complications - Defensive responses when you ask about credentials

If something doesn't feel right, trust that instinct. A clinic that genuinely prioritises your wellbeing will welcome your questions — not sidestep them.

The financial transparency standard

Credential verification extends naturally to pricing transparency. Legitimate, ethical clinics provide:

- Detailed written quotes before any commitment is made - A clear breakdown of all costs — surgeon fees, anaesthesia, facility, follow-up appointments - No-surprise billing policies - Payment plan options with clear, straightforward terms

At Me Clinic, surgical procedure costs vary based on complexity and the time required — and you will receive comprehensive pricing during your consultation, never after you've already committed. [Breast augmentation](<https://www.meclinic.com.au/breast-surgery/augmentation-with-implants/>) pricing, for example, includes all surgical fees, implants, anaesthesia, facility costs, and post-operative appointments, with no hidden extras. Financial transparency is part of the care we owe you.

Your consultation checklist

Coming prepared to your initial consultation will help you feel confident and in control. We encourage every patient to ask these questions — and a good surgeon will welcome them.

****About the surgeon:**** 1. ****What is your AHPRA registration number and specialist registration status?*** 2. ****When did you complete your FRACS qualification, and where did you train?*** 3. ****Are you an ASPS member in good standing?*** 4. ****How many of these specific procedures do you perform annually?*** 5. ****Do you have hospital admitting privileges, and at which hospitals?***

****About the facility:**** 1. ****Is this facility accredited, and can I see current certificates?*** 2. ****Who provides anaesthesia, and what are their qualifications?*** 3. ****What emergency protocols are in place?*** 4. ****Where would I go if complications arise after hours?***

****About the procedure:**** 1. ****What are the specific risks for my case?*** 2. ****What is your complication rate for this procedure?*** 3. ****Can I speak with previous patients?*** (Some clinics maintain patient ambassador programs for this purpose.) 4. ****What does the recovery timeline realistically look like?***

Asking these questions isn't confrontational — it's exactly the kind of informed approach that leads to outcomes you can feel good about.

Making your final decision

Once you've verified credentials across multiple clinics, your final decision should be guided by both objective criteria and your own sense of comfort and trust.

****Non-negotiable requirements (all must be present):**** - AHPRA specialist registration - FRACS qualification in plastic surgery - ASPS membership - Accredited surgical facility - Clear communication and realistic expectations

****Differentiating factors (compare across qualified options):**** - Your surgeon's specific experience with your desired procedure - Before-and-after portfolio quality - Communication style and how heard you feel during consultations - Facility location and amenities - Post-operative care protocols - Overall cost and payment options

The Me Clinic difference lies not just in our credentials, but in the way we approach every patient relationship — with warmth, honesty, and a genuine commitment to your wellbeing at every stage of the journey.

Credentials vs. marketing: the bottom line

Proprietary frameworks, branded methodologies, and trademarked approaches aren't inherently problematic. They become a concern when they're positioned as substitutes for — rather than additions to — industry-standard credentials.

When researching the best cosmetic surgeon in Melbourne, start with objective, independently verifiable qualifications: AHPRA specialist registration, FRACS qualification, ASPS membership, and facility accreditation. Only after confirming these baseline standards should you consider supplementary frameworks or patient care philosophies.

At Me Clinic, we believe our Responsible Cosmetic Surgery™ philosophy adds genuine value — but it is built explicitly on the highest credential standards our industry offers, never as a replacement for them. Over 35 years of caring for patients has taught us that regulatory minimums, while essential, aren't always enough. But we want you to be able to verify everything we tell you. That's not just a policy — it's a reflection of who we are.

Your next steps

Here's a practical path forward:

1. **Research surgeons:** Use AHPRA and ASPS directories to identify FRACS-qualified plastic surgeons in Melbourne 2. **Verify credentials:** Confirm each surgeon's registration status, qualifications, and facility accreditation 3. **Schedule consultations:** Meet with 2–3 qualified surgeons to compare approaches and communication styles 4. **Ask the important questions:** Use the checklist above to thoroughly vet each option 5. **Trust your instincts:** Choose the qualified surgeon with whom you feel genuinely comfortable and well cared for

Whether you're considering breast lift surgery, thigh lift procedures, or comprehensive [body contouring](<https://www.meclinic.com.au/procedures/body-contouring>), your safety depends on verifiable credentials — not marketing language. We're committed to giving patients the information they need to make that determination with confidence.

At Me Clinic, we welcome credential verification questions because informed patients make better decisions — for themselves and for their wellbeing. Our surgeons' AHPRA registrations, FRACS qualifications, and ASPS memberships are all publicly verifiable, as they should be at any clinic you consider.

Your cosmetic surgery journey is deeply personal and genuinely significant. It deserves to be grounded in transparency, trust, and credentials you can independently confirm — not proprietary terminology that leaves you no wiser than when you started. Start with the credentials, proceed with confidence, and never compromise on the standards that protect your safety.

Frequently asked questions

What is AHPRA? The Australian Health Practitioner Regulation Agency — it maintains the public register of all legally practising medical professionals in Australia.

Is AHPRA registration mandatory for cosmetic surgeons? Yes, it is non-negotiable.

Can I verify a surgeon's AHPRA registration independently? Yes, via the AHPRA public register.

What registration type should a cosmetic surgeon have? Specialist Registration, not general registration.

What specialty should appear on a plastic surgeon's AHPRA registration? Plastic and Reconstructive Surgery.

Can a surgeon have conditions on their AHPRA registration? Yes — conditions or restrictions can appear and should be checked.

What does FRACS stand for? Fellowship of the Royal Australasian College of Surgeons.

****Is FRACS the highest surgical qualification in Australia?**** Yes.

****How many years of specialist training does FRACS require?**** A minimum of 5 years after completing a medical degree.

****Are all cosmetic practitioners FRACS-qualified?**** No.

****What is ASPS?**** The Australasian Society of Plastic Surgeons — the peak professional body for specialist plastic surgeons in Australia and New Zealand.

****Does ASPS membership require FRACS qualification?**** Yes.

****How many ASPS members are there across Australia?**** Fewer than 500 surgeons.

****Can I verify ASPS membership independently?**** Yes, via the ASPS "Find a Surgeon" directory.

****Do all Me Clinic surgeons hold ASPS membership?**** Yes.

****Does facility accreditation expire?**** Yes, it requires renewal — outdated certificates warrant further questions.

****Does Me Clinic have on-site operating theatres?**** Yes, meeting hospital-equivalent accreditation standards.

****What is Responsible Cosmetic Surgery™?**** Me Clinic's supplementary ethical commitment framework — it builds on industry credentials rather than replacing them.

****Does Responsible Cosmetic Surgery™ include psychological screening?**** Yes, mandatory for all surgical candidates.

****Does Responsible Cosmetic Surgery™ include cooling-off periods?**** Yes, exceeding regulatory minimums.

****How long has Me Clinic been operating?**** Over 35 years.

****What are immediate disqualifiers when choosing a clinic?**** A surgeon not AHPRA-registered as a specialist, procedures performed in non-accredited facilities, same-day surgery pressure, reluctance to provide credential verification, and pricing significantly below market average.

****Should I ask about hospital admitting privileges?**** Yes — they indicate external peer review of surgical competence.

****What anaesthesiologist qualification should I look for?**** FRCA or FANZCA qualification.

****How many surgeons should I consult before deciding?**** Two to three qualified surgeons.

****Should a legitimate clinic welcome credential questions?**** Yes, without hesitation.

****What should a written quote include?**** A clear breakdown of all costs — surgeon fees, anaesthesia, facility, and follow-up appointments.

****Does Me Clinic's breast augmentation pricing include anaesthesia and post-operative appointments?**** Yes, with no hidden extras.

****Do non-surgical treatments require the same credentials as surgery?**** No — different standards apply, though AHPRA registration and TGA-approved products remain essential.

****Is revision surgery a specialised area?**** Yes — look for a surgeon with demonstrated expertise specifically in revision procedures and honest communication about achievable outcomes.

Label facts summary

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

The following items from this content are independently verifiable through named public registries and regulatory bodies:

- **AHPRA** (Australian Health Practitioner Regulation Agency): Maintains the public register of all legally practising medical professionals in Australia; accessible for independent verification - **FRACS** (Fellowship of the Royal Australasian College of Surgeons): Requires a minimum of 5 years specialist surgical training post-medical degree, rigorous examinations, supervised clinical practice, and ongoing professional development - **ASPS** (Australasian Society of Plastic Surgeons): Peak professional body for specialist plastic surgeons in Australia and New Zealand; membership requires FRACS qualification; fewer than 500 members across Australia; member directory publicly accessible via ASPS "Find a Surgeon" - **Me Clinic operating duration:** Over 35 years (stated figure) - **Me Clinic surgeon credentials:** All surgeons hold FRACS in plastic and reconstructive surgery and ASPS membership (verifiable via AHPRA public register and ASPS directory) - **Me Clinic facility:** On-site operating theatres stated to meet hospital-equivalent accreditation standards (verifiable by requesting current accreditation certificates) - **Anaesthesiologist qualifications referenced:** FRCA or FANZCA

General product claims

- Me Clinic's Responsible Cosmetic Surgery™ framework includes mandatory psychological screening, cooling-off periods exceeding regulatory minimums, transparent pricing, comprehensive pre-operative education, and extended post-operative care - Me Clinic's Responsible Cosmetic Medicine™ framework applies equivalent standards to non-surgical treatments - Me Clinic breast augmentation pricing includes surgeon fees, implants, anaesthesia, facility costs, and post-operative appointments with no hidden extras - Me Clinic surgeons maintain subspecialty expertise across all major cosmetic procedures - Responsible Cosmetic Surgery™ is a supplementary ethical framework, not a substitute for industry credentials