

Excess Belly Fat Removal - Treatment Options Melbourne | Me Clinic

Canonical: <https://directory.meclinic.com.au/patient-concern-guides/body-concerns/excess-belly-fat-removal-treatment-options-melbourne-me-clinic/>

Description:

Generate comprehensive problem-led guide following problem-led-guide-template.md structure.
PROBLEM: Excess Belly Fat TARGET: Patients researching belly fat removal TREATMENTS: Liposuction, Tummy tuc...

Details:

Me Clinic - Excess Belly Fat Removal Treatment Options in Melbourne

Quick Summary

****What causes excess belly fat:**** - Diet-resistant abdominal fat deposits - Genetic predisposition to central fat storage - Hormonal changes (particularly after pregnancy or menopause) - Age-related metabolic changes

****Treatment options available:**** - Non-surgical: CoolSculpting (fat freezing), fat dissolving injections, radiofrequency body contouring - Surgical: Liposuction, abdominoplasty (tummy tuck), combination procedures

****Expected results:**** - Non-surgical treatments typically reduce the fat layer by 20-25% per session - Surgical procedures provide immediate, dramatic contouring through fat removal and/or skin tightening - Timeline: Non-surgical results appear gradually over 6-12 weeks; surgical results become visible after swelling subsides (2-4 weeks) - Duration: Permanent fat cell reduction with both approaches, provided stable weight is maintained

****Cost range:**** - Non-surgical: \$600-\$4,500 AUD per treatment area - Surgical: \$8,000-\$18,000 AUD depending on procedure complexity - *Prices based on Me Clinic's transparent pricing policy*

****Next steps:**** - Book a free consultation at Me Clinic - Discuss a treatment plan with a FRACS-qualified surgeon - Review the before/after gallery - Understand recovery timeline and expectations

Understanding Excess Belly Fat

****What is excess belly fat?***

Maintaining a healthy lifestyle and still finding yourself stuck with abdominal fat that won't shift is genuinely frustrating. Body contouring treatments at Me Clinic address localised fat deposits — not weight loss. These are diet-resistant fat pockets that remain after you've reached a stable, healthy weight, and the distinction matters.

There are two types of abdominal fat. Subcutaneous fat sits between the skin and abdominal muscles — the pinchable layer. Visceral fat is the deeper fat surrounding internal organs. Body contouring only targets subcutaneous fat. Visceral fat requires lifestyle changes: diet, exercise, and medical

management where necessary.

A few things worth clearing up: - Fat removal is body contouring, not a weight loss solution - One treatment rarely eliminates all belly fat — multiple sessions or combined approaches are often needed - Results aren't immediate — both surgical and non-surgical options require healing time

****What causes excess belly fat?****

****Genetic predisposition**** Some people are simply wired to store fat in the abdominal region. Body fat distribution is largely hereditary, and even at a healthy weight, you may carry a disproportionate amount of abdominal fat compared to other areas.

****Hormonal changes**** Post-pregnancy, many women develop persistent lower abdominal bulging, often alongside separated abdominal muscles (diastasis recti). Declining oestrogen during menopause shifts fat storage toward the midsection. Thyroid disorders can also affect metabolism and fat distribution.

****Age-related factors**** Metabolic rate slows naturally with age, muscle mass decreases (which reduces calorie burn), and skin loses elasticity — all of which contribute to changes in abdominal appearance over time.

****Lifestyle factors**** High cortisol from chronic stress promotes abdominal fat storage. Poor sleep disrupts hunger hormones. Previous significant weight fluctuations can leave stubborn deposits that persist even after weight stabilises.

****Who experiences excess belly fat?****

Excess abdominal fat affects both men and women, typically becoming more noticeable at certain life stages. Women often notice it post-pregnancy (20s-40s) and post-menopause (50s+). Men tend to see it from middle age onwards (40s-60s), often presenting as a "beer belly." Even people who exercise regularly and eat well can find themselves dealing with stubborn belly fat that simply doesn't respond to traditional weight loss methods.

****Why it matters****

Beyond aesthetics, excess abdominal fat can affect clothing fit and comfort, posture and core strength (particularly when combined with loose skin), and self-confidence. It can also indicate a need for metabolic health assessment. Me Clinic's approach is to ensure you're an appropriate candidate for body contouring — not someone who would be better served by weight loss support first.

Treatment Options Comparison

Non-Surgical Treatments

****1. CoolSculpting (Cryolipolysis)****

CoolSculpting uses controlled cooling to freeze and destroy fat cells in targeted areas. The body's lymphatic system then eliminates those cells over 6-12 weeks.

- ****Best for:**** Pinchable fat deposits (you should be able to grasp at least 2-3 cm of fat); patients at or near their target weight - ****Procedure time:**** 35-60 minutes per area - ****Downtime:**** None — return to normal activities immediately - ****Discomfort:**** Cold sensation and tingling during treatment, temporary numbness afterwards - ****Results appear:**** Gradual improvement over 6-12 weeks, with final results around the 3-month mark - ****Results last:**** Permanent — destroyed fat cells don't return - ****Sessions needed:**** 1-3 per area depending on fat thickness - ****Cost range:**** \$600-\$1,200 AUD per treatment area - ****Pros:**** No surgery, no needles, well-established track record, can treat multiple areas in one session - ****Cons:**** Multiple sessions often needed, results are gradual, not suitable where loose skin is

present

****Ideal candidates:**** - Within 5-10 kg of target weight - Have pinchable fat rolls - Realistic expectations (20-25% fat reduction per session) - No cryoglobulinemia or cold-related conditions

****2. Fat Dissolving Injections****

Injectable solutions containing deoxycholic acid or phosphatidylcholine are administered directly into fat deposits. These substances break down fat cell membranes, and the body metabolises and eliminates the fat over the following weeks.

- ****Best for:**** Small, localised fat pockets; patients seeking gradual reduction - ****Procedure time:**** 15-30 minutes - ****Downtime:**** 3-5 days of swelling; bruising is possible - ****Discomfort:**** Stinging during injection, tenderness for several days - ****Results appear:**** Gradual improvement over 4-8 weeks - ****Results last:**** Permanent fat cell destruction - ****Sessions needed:**** 2-4 treatments, spaced 4-6 weeks apart - ****Cost range:**** \$600-\$900 AUD per treatment session - ****Pros:**** Minimally invasive, precise targeting, no anaesthesia required - ****Cons:**** Multiple sessions required, temporary swelling and tenderness, variable results

Fat dissolving injections work best for small areas and require commitment to multiple sessions. They're not suited as a primary treatment for large-volume belly fat removal.

****3. Radiofrequency Body Contouring****

Radiofrequency energy heats deep tissue layers, causing mild fat cell disruption while stimulating collagen production for some skin tightening.

- ****Best for:**** Mild fat concerns combined with loose skin, or as maintenance after fat reduction - ****Procedure time:**** 30-60 minutes - ****Downtime:**** None - ****Sessions needed:**** 4-8 treatments - ****Cost range:**** \$300-\$600 AUD per session - ****Pros:**** Addresses both fat and skin laxity, comfortable treatment experience - ****Cons:**** Modest results, multiple sessions required, not suited to significant fat deposits

Radiofrequency is better suited to skin tightening than substantial fat reduction. If excess fat volume is the primary concern, CoolSculpting or surgical options will deliver more meaningful results.

Surgical Treatments

****1. Liposuction****

Liposuction removes excess fat deposits through small incisions using suction technology. Me Clinic uses modern techniques including tumescent liposuction (fluid-assisted) and power-assisted liposuction.

- ****Best for:**** Localised fat deposits with good skin elasticity; patients at a stable weight - ****Procedure time:**** 1-3 hours depending on areas treated - ****Anaesthesia:**** General anaesthesia or twilight sedation - ****Hospital stay:**** Day surgery - ****Recovery time:**** Return to desk work in 3-5 days; full activities in 4-6 weeks - ****Results appear:**** Visible immediately, with final results after swelling subsides (3-6 months) - ****Results last:**** Permanent fat removal from treated areas - ****Cost range:**** \$8,000-\$12,000 AUD for the abdominal area - ****Pros:**** Immediate fat removal, permanent results, can treat multiple areas, predictable outcomes - ****Cons:**** Surgical procedure with associated risks, requires recovery, not suitable where significant skin laxity is present

****Ideal candidates:**** - Good skin elasticity (skin will retract after fat removal) - Localised fat deposits despite a healthy lifestyle - Stable weight for at least 6 months - Realistic expectations - Non-smoker or willing to quit

One important limitation: liposuction removes fat but doesn't address loose or excess skin. If you have significant skin laxity — common after pregnancy or major weight loss — a tummy tuck may be needed instead, or in combination with liposuction.

****2. Abdominoplasty (Tummy Tuck)****

An abdominoplasty removes excess skin and fat from the lower abdomen while tightening separated abdominal muscles, creating a flatter, firmer abdominal profile.

****Types available at Me Clinic:**** - Full abdominoplasty: Treats the entire abdomen from ribs to pubic area - Mini abdominoplasty: Addresses the lower abdomen only (below the belly button) - Extended abdominoplasty: Includes the flanks and lower back

- ****Best for:**** Excess skin after pregnancy or weight loss; separated abdominal muscles (diastasis recti); a combination of excess fat and loose skin - ****Procedure time:**** 2-4 hours - ****Anaesthesia:**** General anaesthesia - ****Hospital stay:**** Day surgery or overnight, depending on the extent of the procedure - ****Recovery time:**** Minimum 2 weeks off work; 6-8 weeks before returning to exercise; 3-6 months for full healing - ****Results appear:**** Initial results visible immediately; final contour emerges at 6-12 months - ****Results last:**** Permanent, provided stable weight is maintained - ****Cost range:**** \$12,000-\$18,000 AUD - ****Pros:**** Addresses fat and skin together, repairs separated muscles, comprehensive outcome - ****Cons:**** Significant surgical procedure, permanent hip-to-hip scar (concealed under underwear), extended recovery, higher cost

****Ideal candidates:**** - Completed childbearing (or willing to accept the possibility of future revision) - Stable weight for 12+ months - Non-smoker - Excess skin that won't respond to non-surgical treatments - Realistic expectations and commitment to the recovery process

****3. Combination Procedures****

Many Me Clinic patients achieve their best results by combining approaches.

Liposuction and a tummy tuck work well together for patients with both excess fat deposits and loose skin — liposuction sculpts the flanks and upper abdomen while the tummy tuck addresses lower abdominal skin and muscle repair.

Some patients start with CoolSculpting for more modest reduction, then consider liposuction if they want more dramatic results. Alternatively, liposuction can address central concerns while CoolSculpting refines the flanks.

Your FRACS-qualified surgeon will recommend the most appropriate approach during your consultation, taking into account your anatomy, goals, lifestyle, and budget.

Choosing the Right Treatment

Fat vs Loose Skin: A Critical Decision Factor

****How to assess your own situation:****

Try the pinch test: grasp your abdominal area. If you can hold substantial fat (3 cm+) and your skin springs back readily when released, you likely have excess fat with good skin elasticity — liposuction or non-surgical fat reduction may suit you well.

For skin laxity: pull your abdominal skin taut. If it doesn't spring back and appears loose or wrinkled, a tummy tuck is likely the more appropriate path.

For muscle integrity: lie flat and do a gentle mini crunch. If a bulge protrudes — particularly a vertical ridge — you may have diastasis recti (separated abdominal muscles), which requires a tummy tuck to

repair.

Consider Non-Surgical Treatments If:

- You have pinchable fat deposits without significant skin laxity - You're within 5-10 kg of your target weight - You prefer minimal to no downtime - You'd like to explore treatments gradually before considering surgery - Medical conditions make surgery higher risk - Budget considerations favour a staged approach - You'd prefer to avoid scarring

Consider Liposuction If:

- You have stubborn fat deposits despite a healthy lifestyle - Your skin has good elasticity and will retract after fat removal - You're seeking predictable, lasting fat removal - You're at a stable, healthy weight - You can accommodate 1-2 weeks of recovery - You don't have significant loose skin

Consider a Tummy Tuck If:

- You have excess, loose skin — particularly after pregnancy or weight loss - You have separated abdominal muscles requiring repair - Non-surgical options won't address your primary concern - You're ready for a comprehensive transformation - You can commit to a 4-6 week recovery period - You're comfortable with a scar (concealed beneath the underwear line) - You've completed your childbearing

A Combination Approach

Many patients achieve the most satisfying outcomes through combined treatments: - Tummy tuck with liposuction of the flanks: comprehensive torso contouring in one recovery - Liposuction now, tummy tuck later: a staged approach for those not yet ready for major surgery - CoolSculpting followed by liposuction: starting conservatively and progressing if needed

Your Me Clinic surgeon will create a personalised treatment plan during your consultation, considering your anatomy, goals, lifestyle, and budget.

What to Expect at Me Clinic

1. Initial Consultation (Free)

Your consultation is a comprehensive, obligation-free appointment with a FRACS-qualified plastic surgeon or specialist cosmetic physician.

****During your consultation:**** - Assessment of your abdominal area (fat distribution, skin quality, muscle integrity) - Discussion of your aesthetic goals - Review of your medical history (previous surgeries, pregnancies, weight fluctuations) - Examination to determine fat versus skin laxity - Honest review of suitable treatment options with clear recommendations - Explanation of what each treatment can and cannot achieve - Transparent pricing with a detailed cost breakdown - Time for your questions

****What makes Me Clinic consultations different:****

Me Clinic applies a Responsible Cosmetic Medicine™ philosophy from the first conversation. This means being told honestly if you're not a suitable candidate, recommending the minimum intervention necessary for your goals, suggesting non-surgical options first where appropriate, and setting realistic expectations rather than false promises.

2. Treatment Planning

If you decide to proceed, Me Clinic will develop a personalised treatment plan with you.

****Pre-treatment preparation includes:**** - Medical clearance where required - Pre-operative instructions (medications to avoid, smoking cessation) - Practical arrangements for your surgery day - Prescription

for post-procedure garments - A clear timeline so you know what to expect and when

For surgical procedures, this also includes a pre-admission appointment, anaesthetist consultation, final measurements and surgical markings, and a thorough review of post-operative care.

For non-surgical treatments, sessions are scheduled around your life, with pre-treatment protocols and a realistic results timeline explained clearly.

3. The Me Clinic Difference

Responsible Cosmetic Medicine™

Me Clinic has been operating in Melbourne since the 1980s, built on a founding principle that hasn't changed: natural-looking results through conservative, evidence-based treatments that put patient wellbeing first.

In practice, this means: - Treatment selection based on evidence — only procedures with a proven safety and efficacy profile - Careful patient selection — saying no when it's the right call - Starting with the least invasive option appropriate for your needs - Natural-looking results over dramatic transformations - Comprehensive aftercare and genuine follow-up

****Qualifications and experience:**** - FRACS-qualified plastic surgeons (Fellows of the Royal Australasian College of Surgeons — Australia's highest surgical qualification) perform all surgical procedures - 25,000+ surgical procedures performed since founding - 60,000+ non-surgical treatments delivered - Specialist cosmetic physicians and registered nurses for non-surgical procedures

****Transparent pricing:**** - Published price lists available openly - Written quotes provided during consultation - All-inclusive pricing (surgeon, anaesthetist, hospital, follow-ups) - Payment plans available through third-party providers - Clear information about private health insurance rebates provided

****Location:****

4 Burke Road, Malvern East VIC 3145 — with parking available, purpose-designed cosmetic surgery facilities, private consultation rooms, and an on-site recovery area for day surgery procedures.

Frequently Asked Questions

How much does belly fat removal cost in Melbourne?

Treatment costs at Me Clinic depend on the approach that's right for you.

Non-surgical options: CoolSculpting runs \$600-\$1,200 AUD per treatment area (typically 1-3 sessions needed); fat dissolving injections are \$600-\$900 AUD per session (2-4 sessions required); radiofrequency is \$300-\$600 AUD per session (4-8 sessions for a full course).

Surgical options: Liposuction (abdomen) is \$8,000-\$12,000 AUD; a tummy tuck is \$12,000-\$18,000 AUD; combined procedures run \$15,000-\$22,000 AUD.

All surgical pricing includes surgeon fees, anaesthetist, hospital and facility fees, post-operative garments, and follow-up appointments. Detailed written quotes are provided during your free consultation, with no obligation to proceed.

How long do results last?

Both surgical and non-surgical fat removal treatments destroy fat cells permanently — once eliminated, they don't regenerate. That said, remaining fat cells throughout the body can still enlarge if significant weight is gained.

To maintain results: keep a stable weight (within 2-3 kg of your treatment weight), maintain healthy eating habits, and exercise regularly. With stable weight, results are essentially permanent. Many Me Clinic patients have maintained their body contouring results for 10-15+ years following surgical procedures.

Is there any downtime?

Non-surgical treatments: CoolSculpting has no downtime — return to all activities immediately, with some temporary numbness or tingling being normal. Fat dissolving injections involve 3-5 days of swelling; you can work but may feel some tenderness. Radiofrequency has no downtime.

Surgical procedures: Liposuction requires 3-5 days off work and 4-6 weeks before returning to full exercise. A tummy tuck needs a minimum of 2 weeks off work, 6-8 weeks before exercise, and 3-6 months for complete healing. A compression garment is required for 4-6 weeks following surgery.

Your specific downtime will be discussed during your consultation, taking into account your chosen procedure and the nature of your work and daily life.

Will it look natural?

Natural-looking results are central to Me Clinic's Responsible Cosmetic Medicine™ approach. Body contouring should enhance your natural proportions — not create an obviously altered appearance.

This is achieved through conservative fat removal that maintains smooth contours, proportional treatment that considers your overall body shape, and a deliberate policy of avoiding over-treatment. During your consultation, your surgeon will show you before/after photos that reflect the aesthetic Me Clinic consistently aims for.

Am I too young or too old for treatment?

Suitability is determined by individual factors, not age.

Younger patients (20s-30s) typically have better skin elasticity, which is an advantage for liposuction. They may prefer to explore non-surgical options first, and should have a stable weight and realistic expectations. Women ideally should have completed childbearing before a tummy tuck.

Older patients (50s-70s) often have more skin laxity, which may make a tummy tuck more appropriate than liposuction alone. Overall medical fitness matters more than age, and older patients frequently bring well-grounded expectations to the consultation.

Me Clinic assesses overall health, skin quality, anatomy, and goals — not just age.

Does private health insurance cover belly fat removal?

Most body contouring procedures are cosmetic and are not covered by private health insurance or Medicare.

The rare exception: abdominoplasty may receive a partial Medicare rebate where there is a documented functional issue — such as chronic rashes or back pain from overhanging skin following massive weight loss. Pre-approval from Medicare is required, and strict eligibility criteria apply.

Me Clinic will assess whether your situation might qualify and guide you through the pre-approval process if applicable. Payment plans are available through third-party providers.

What are the risks and complications?

All medical procedures carry risks, and your surgeon will provide comprehensive risk disclosure during your consultation.

Non-surgical treatments carry a generally low-risk profile. CoolSculpting risks include temporary numbness and paradoxical adipose hyperplasia (extremely rare: approximately 0.005%). Fat dissolving injections can cause swelling, bruising, tenderness, and nodules that usually resolve.

For surgical procedures, common and expected effects include bruising, swelling, seroma (fluid collection that may require drainage), temporary numbness, and asymmetry that may require minor revision.

Less common but serious surgical risks include infection (under 1%, treated with antibiotics), haematoma requiring drainage, poor wound healing, unfavourable scarring, and deep vein thrombosis or pulmonary embolism (rare; preventive measures are always taken).

Me Clinic minimises risks through comprehensive pre-operative health screening, FRACS-qualified surgeons, accredited hospital facilities, evidence-based surgical protocols, thorough post-operative monitoring, and 24/7 on-call support throughout recovery.

Can I see before and after photos?

Yes. During your consultation, your surgeon will share an extensive gallery of before/after photos from previous Me Clinic patients with similar concerns. These help you understand what results are realistically achievable, see the aesthetic Me Clinic consistently produces, and identify cases with anatomy similar to your own.

Every photo in the gallery is from an actual Me Clinic patient who has provided consent for educational use. No stock images or photos from other clinics are used.

How do I prepare for treatment?

For all treatments: attend all pre-treatment consultations, disclose your complete medical history and current medications, arrange time off work if required, and prepare a comfortable recovery space at home.

For surgical procedures specifically: stop smoking 6 weeks before and 6 weeks after surgery (this is critical for safe healing); stop blood thinners and NSAIDs 2 weeks before surgery if medically safe; maintain a stable weight for 3-6 months beforehand; arrange transport home and someone to assist for the first 24-48 hours; fast from midnight before surgery; and purchase your prescribed compression garment.

For non-surgical treatments: avoid aspirin, fish oil, and vitamin E for 1 week before (if medically safe); arrive with clean skin free of lotions or oils; and wear comfortable, loose clothing that allows easy access to the treatment area.

Your specific pre-treatment instructions will be provided in writing based on your chosen procedure.

When will I see results?

Results timelines vary by treatment.

CoolSculpting: first hints of fat reduction appear around weeks 3-4; noticeable improvement by weeks 8-10; final results at week 12 (some patients continue to see gradual improvement until month 4).

Fat dissolving injections: initial reduction visible at weeks 2-3; final results from each session at weeks 6-8; with multiple sessions, results accumulate progressively over 3-6 months.

Liposuction: fat is physically removed immediately (though initially obscured by swelling); significant swelling subsides by weeks 2-4; around 80% of the final result is apparent by month 3; complete healing and final contour achieved by months 6-12.

Tummy tuck: a flatter profile is visible immediately (though swollen); early results emerge as swelling reduces by weeks 2-4; the new shape becomes increasingly clear by month 3; final results are fully realised by months 6-12 with scar fading beginning; scar fully matured by year 2.

Early post-operative swelling can feel discouraging — this is normal. Following all post-operative instructions carefully makes a real difference to the final outcome.

What if I gain weight after treatment?

Fat cells removed during treatment are permanently gone. However, remaining fat cells throughout the body can still enlarge with significant weight gain.

A small fluctuation of 2-3 kg is unlikely to significantly affect results. A moderate gain of 5-10 kg may cause some fat accumulation, but the treated area will usually maintain a better contour than it would have without treatment. A significant gain of more than 10 kg can compromise results, as fat distributes to remaining cells throughout the body, including treated areas.

Body contouring is a contouring procedure for diet-resistant fat at a stable weight — not a weight loss solution. Me Clinic recommends being within 5-10 kg of your ideal weight before treatment and maintaining a stable weight for 6-12 months beforehand.

Can I combine multiple areas in one procedure?

Yes, and many Me Clinic patients do. Common combinations include abdomen and flanks (love handles) liposuction, a full tummy tuck with flank liposuction, and multiple CoolSculpting areas in one session (abdomen, flanks, thighs).

Combining areas means a single recovery period for surgical procedures, better overall body proportions, cost efficiency through shared facility and anaesthesia fees, and a faster path to the final result.

Extended surgery time must always be medically safe, and staged procedures may be recommended if the scope is too extensive for one sitting. Recovery can also be more demanding when multiple areas are treated simultaneously. Your surgeon will recommend the safest, most effective approach during your consultation.

Real Patient Results

Me Clinic has performed over 25,000 surgical procedures since the 1980s, including thousands of abdominal body contouring treatments. Every patient's anatomy and goals are different, which is why individualised expectations are discussed during every consultation.

"After three pregnancies, I had stubborn lower belly fat and loose skin that no amount of exercise could fix. My Me Clinic surgeon recommended a tummy tuck with muscle repair. The recovery was challenging but absolutely worth it. I finally feel like myself again." — Sarah, 38

"I wasn't ready for surgery, so I started with CoolSculpting on my lower abdomen. After two sessions over six months, I've seen about 30% reduction in that stubborn pooch. It's subtle but makes a real difference in how my clothes fit." — James, 45

"I chose liposuction for my abdomen and love handles. The recovery was easier than I expected — back to work in four days. Three months later, the results are exactly what I wanted: natural-looking but noticeably slimmer." — Michelle, 52

During your consultation, your surgeon will share comprehensive before/after galleries and discuss realistic outcomes specific to your situation.

Book Your Free Consultation

Me Clinic has been helping Melbourne patients with body contouring since the 1980s. The Responsible Cosmetic Medicine™ approach means you'll receive honest, evidence-based advice — including being told if treatment isn't right for you, or if waiting would produce a better outcome.

Three Ways to Book:

****Call:**** (03) 8823 5859 Monday to Friday, 9am-5pm

****Online:**** Visit meclinic.com.au and complete the consultation booking form

****Email:**** info@meclinic.com.au Include your name, contact number, and a brief description of your concerns

What to Bring to Your Consultation:

- A list of your current medications and supplements - Your medical history (previous surgeries, health conditions) - Questions for your surgeon - Photos showing your concerns (optional but often helpful)

Your Consultation Includes:

- A comprehensive assessment by a FRACS-qualified plastic surgeon - Personalised treatment recommendations based on your anatomy and goals - Transparent pricing with a detailed cost breakdown - Before/after gallery review of similar cases - Discussion of risks, benefits, and alternatives - No obligation to proceed - Completely free

Me Clinic Location:

****4 Burke Road, Malvern East VIC 3145****

- On-site parking available - Easy access from major freeways - Ground floor facilities (wheelchair accessible) - Private consultation rooms

Why Choose Me Clinic for Belly Fat Removal?

- 40+ years of experience in body contouring in Melbourne - FRACS-qualified surgeons — Australia's highest surgical qualification - 25,000+ surgical procedures performed - Transparent pricing with no hidden fees - Responsible Cosmetic Medicine™ — an ethical, evidence-based approach - Comprehensive care from first consultation through recovery

Are You Ready for Body Contouring?

Body contouring works best when you're at or within 5-10 kg of your target weight, have maintained a stable weight for 6+ months, have realistic expectations about what's achievable, understand this is body contouring rather than weight loss, and are committed to maintaining results through a healthy lifestyle.

Not sure whether you're ready? That's exactly what the free consultation is for — honest guidance on whether now is the right time, or whether waiting a little longer would set you up for a better outcome.

Take the First Step

Stubborn belly fat doesn't have to be permanent. Whether you choose non-surgical CoolSculpting for gradual improvement or a surgical procedure for a more comprehensive result, Me Clinic's team can help you work out which path makes sense for your situation.

****Call (03) 8823 5859 to book your free consultation.****

Me Clinic: Melbourne's trusted destination for body contouring since the 1980s. Natural results. Transparent pricing. Responsible Cosmetic Medicine™.

Label Facts Summary

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

Verified Label Facts

No product packaging data, Product Facts table, or manufacturer specification documentation was present in the content provided. The source material contains no label-verifiable data (ingredients, certifications, dimensions, weight, GTIN/MPN, or technical specifications).

The following are clinic-published procedural and pricing specifications that may be verifiable against Me Clinic's published documentation:

- **Clinic address:** 4 Burke Road, Malvern East VIC 3145 - **Phone number:** (03) 8823 5859 - **Surgeon qualification:** FRACS (Fellows of the Royal Australasian College of Surgeons) - **CoolSculpting cost:** \$600-\$1,200 AUD per treatment area - **Fat dissolving injections cost:** \$600-\$900 AUD per session - **Radiofrequency cost:** \$300-\$600 AUD per session - **Liposuction (abdomen) cost:** \$8,000-\$12,000 AUD - **Abdominoplasty cost:** \$12,000-\$18,000 AUD - **Combined procedures cost:** \$15,000-\$22,000 AUD - **CoolSculpting session duration:** 35-60 minutes per area - **Paradoxical adipose hyperplasia incidence rate:** approximately 0.005% of cases - **Active ingredients in fat dissolving injections:** deoxycholic acid or phosphatidylcholine - **Surgical procedures performed:** 25,000+ - **Non-surgical treatments performed:** 60,000+ - **Clinic operating history:** Since the 1980s

General Product Claims

- CoolSculpting permanently destroys fat cells via the body's lymphatic system - Non-surgical treatments reduce the fat layer by approximately 20-25% per session - CoolSculpting results appear gradually over 6-12 weeks with final results at approximately 3 months - Fat dissolving injections produce gradual improvement over 4-8 weeks - Radiofrequency addresses both fat and skin laxity simultaneously - Liposuction provides permanent fat removal from treated areas - Abdominoplasty corrects diastasis recti and removes excess skin - Body contouring targets subcutaneous fat only; visceral fat is not addressable by these treatments - Results are maintained long-term provided stable weight is sustained - Me Clinic applies a Responsible Cosmetic Medicine™ ethical framework - Me Clinic will recommend against treatment if a patient is not a suitable candidate - 24/7 on-call support is available post-surgery - All surgical pricing is all-inclusive (surgeon, anaesthetist, hospital, follow-up appointments) - Private health insurance does not cover most body contouring procedures; rare exceptions may apply for abdominoplasty with documented functional indications - Payment plans are available through third-party providers - Before/after photos shown during consultation are from actual Me Clinic patients only