

Stretch Mark Removal - Treatment Options Melbourne | Me Clinic

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

Description:

Generate comprehensive problem-led guide following problem-led-guide-template.md structure.
PROBLEM: Stretch Marks TARGET: Patients researching stretch mark removal TREATMENTS: Laser therapy, Microneedling...

Details:

Stretch Mark Removal - Treatment Options at Me Clinic Melbourne

Quick Summary

What causes stretch marks: - Rapid skin stretching during pregnancy, growth spurts, or weight changes - Breakdown of collagen and elastin fibres in the dermis layer - Hormonal changes that affect skin elasticity - Genetic predisposition

Treatment options available: - Non-surgical: Fractional laser therapy, microneedling with PRP, chemical peels, carboxytherapy, topical treatments - Surgical: Abdominoplasty (tummy tuck) for lower abdominal stretch marks only - Complete removal is rarely achievable; treatments focus on improvement

Expected results: - Visible reduction in stretch mark appearance (colour, texture, width) - Improved skin texture and tone in treated areas - Gradual improvement over 3-6 months - Long-lasting with proper maintenance

Cost range: - Non-surgical: \$300–\$800 AUD per session (multiple sessions typically required) - Surgical: \$12,000–\$18,000 AUD (abdominoplasty; stretch mark removal is a secondary benefit) - *Prices based on Me Clinic's transparent pricing policy*

Next steps: - Book a free consultation to assess your stretch marks - Discuss realistic treatment expectations - Review before/after cases similar to yours - Understand the treatment timeline and commitment involved

Understanding stretch marks

What are stretch marks?

At Me Clinic, we've spent over 35 years working with patients on some of their most personal cosmetic concerns, and stretch marks are among the most common we see. Understanding your skin is the first step toward feeling genuinely confident in it.

Stretch marks, medically known as striae distensae, are linear scars that form when skin stretches rapidly beyond its capacity to adapt. They appear as parallel streaks on the skin surface, initially red, purple, or dark brown (striae rubrae), before fading to silvery-white or pale (striae albae) over time.

Unlike surface-level skin changes, stretch marks occur in the dermis, the middle layer of skin, where collagen and elastin fibres tear due to overstretching. This structural damage is precisely why stretch marks are difficult to treat and why complete removal is rarely achievable. We're honest about this from the start. It's central to how we practise Responsible Cosmetic Medicine™.

A few common misconceptions worth clearing up:

Stretch marks aren't exclusive to pregnant women. Anyone can develop them during growth spurts, weight changes, muscle building, or due to medical conditions. They also don't disappear on their own. While they fade from red or purple to white over time, they rarely vanish completely without treatment. And topical creams alone won't remove established stretch marks. Once formed, stretch marks require deeper interventions. Creams may help prevent new ones, but they can't eliminate existing scarring.

****What causes stretch marks?****

****Rapid skin stretching****

Pregnancy is the most common cause, affecting 50–90% of pregnant women, particularly on the abdomen, breasts, and thighs. Adolescent growth spurts can cause stretch marks on the back, shoulders, and thighs. Quick weight gain stretches skin faster than it can adapt, and weight loss doesn't eliminate existing marks. Rapid muscle growth from bodybuilding can cause stretch marks on the shoulders, arms, and chest.

****Hormonal factors****

Elevated cortisol reduces skin elasticity by breaking down collagen and elastin. During pregnancy, increased oestrogen and relaxin soften connective tissue. Long-term topical or oral steroid use can thin skin and increase susceptibility. Medical conditions such as Cushing's syndrome and Marfan syndrome affect collagen production.

****Genetic predisposition****

Family history of stretch marks increases your likelihood. Certain ethnic backgrounds show higher predisposition, and natural collagen production varies genetically. Younger skin with better elasticity tends to be more resilient.

****Who gets stretch marks?****

Stretch marks are remarkably common. If you're living with them, you're far from alone:

- Women: 50–90% during pregnancy, typically in the second or third trimester - Adolescents: approximately 35% of males and 25% of females during puberty - Men: particularly those who bodybuild, gain weight rapidly, or use corticosteroids - Age range: most commonly between 11–50 years, though they can develop at any age - Body areas: abdomen, breasts, hips, buttocks, thighs, upper arms, lower back, shoulders

****Why it matters****

Stretch marks carry no medical risk, but they can significantly affect quality of life in ways that are deeply personal. Many patients feel self-conscious about visible marks, particularly on exposed areas. Some avoid swimwear, sleeveless tops, or shorts. Others report reduced confidence in intimate situations.

Because stretch marks are a form of scarring, they remain visible indefinitely without treatment. Understanding this helps set realistic expectations. The goal of treatment is meaningful improvement, reducing visibility, improving texture, and helping you feel more at ease in your own skin, not complete elimination.

Treatment options comparison

Non-surgical treatments

1. Fractional laser therapy

Fractional laser is the most effective non-surgical option for most patients, with the strongest clinical evidence behind it.

****How it works:**** Fractional lasers create thousands of microscopic treatment zones in the skin, stimulating collagen remodelling and elastin production while leaving surrounding tissue intact for faster healing. Different wavelengths target different concerns: - Fraxel/CO2 lasers penetrate deeply to rebuild dermal structure - Vascular lasers reduce redness in new stretch marks (striae rubrae) - Pigment lasers improve colour mismatch in darker skin tones

****Best for:**** - Both red/purple (new) and white/silver (mature) stretch marks - All body areas, particularly the abdomen and thighs - Patients wanting the most clinically proven approach

****Treatment protocol:**** - Procedure time: 30–60 minutes depending on treatment area - Sessions needed: 3–6 treatments spaced 4–6 weeks apart - Anaesthesia: topical numbing cream applied before treatment - Sensation: prickling and heat during the procedure

****Downtime:**** - Redness and swelling: 3–5 days - Skin peeling: 5–7 days - Full healing: 1–2 weeks - Avoid sun exposure during healing

****Results:**** - Improvement rate: 50–75% reduction in appearance for most patients - Timeline: gradual improvement over 3–6 months as collagen rebuilds - Duration: long-lasting; maintenance treatments can enhance results further - Red/purple stretch marks respond better than mature white marks

****Cost range:**** \$500–\$800 AUD per session

****Pros:**** - Most clinically effective non-surgical treatment available - Suitable for all stretch mark ages and skin types - Addresses both colour and texture - Stimulates genuine skin remodelling

****Cons:**** - Requires multiple sessions for optimal results - Moderate downtime per treatment - Higher cost than topical treatments

2. Microneedling with PRP (Platelet-Rich Plasma)

Microneedling combined with PRP uses your body's own healing factors to rebuild damaged skin structure.

****How it works:**** Medical-grade microneedling devices create controlled micro-injuries in the skin, triggering collagen and elastin production. When combined with PRP, concentrated platelets drawn from your own blood, growth factors accelerate healing and amplify collagen formation. The micro-channels also allow deeper penetration of topical treatments.

****Best for:**** - Patients who prefer a biological healing approach - Stretch marks on sensitive areas such as the breasts or arms - Those wanting to avoid laser treatments - Combining with other treatments for better results

****Treatment protocol:**** - Procedure time: 60–90 minutes, including blood draw and PRP preparation - Sessions needed: 4–6 treatments spaced 4–6 weeks apart - Anaesthesia: topical numbing cream - Sensation: mild pricking during treatment

****Downtime:**** - Redness: 1–3 days - Mild swelling: 24–48 hours - Skin sensitivity: 3–5 days - Generally less downtime than laser

****Results:**** - Improvement rate: 30–50% reduction in stretch mark appearance - Timeline: gradual improvement over 3–4 months - Duration: long-lasting with maintained collagen - Texture improvement is often more noticeable than colour reduction

****Cost range:**** \$400–\$700 AUD per session

****Pros:**** - Uses your own biological healing factors - Minimal downtime - Safe for all skin types, including darker tones - Can treat delicate areas - Lower risk of pigmentation changes

****Cons:**** - Generally less dramatic results than laser - Requires multiple sessions - Blood draw required for PRP - Results can be subtle

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

Medical-grade chemical peels improve stretch mark appearance by removing damaged surface layers and stimulating deeper collagen production.

****How it works:**** Controlled chemical solutions, typically glycolic acid, TCA, or combination peels, are applied to stretch-marked skin, causing exfoliation of damaged layers and triggering regeneration. Peel depth determines the level of improvement: - Light peels improve surface texture and mild discolouration - Medium peels penetrate deeper for more significant texture improvement - Deep peels are reserved for severe cases, with the highest improvement potential but the longest recovery

****Best for:**** - Early-stage stretch marks with primarily colour concerns - Patients already using retinoids or acids at home - Combination treatment alongside laser or microneedling - Those seeking gradual, progressive improvement

****Treatment protocol:**** - Procedure time: 15–30 minutes - Sessions needed: 4–8 treatments spaced 2–4 weeks apart - Sensation: tingling to burning depending on peel strength

****Downtime:**** - Light peels: 1–3 days of minor flaking - Medium peels: 3–7 days of peeling and redness - Deep peels: 1–2 weeks of significant peeling and healing

****Results:**** - Improvement rate: 20–40% reduction in appearance - Timeline: visible improvement after 2–3 treatments - Duration: requires ongoing maintenance for sustained results - Better for colour improvement than texture

****Cost range:**** \$300–\$600 AUD per session depending on depth

****Pros:**** - Lower cost per session than laser - Can treat large body areas - Gradual, natural-looking improvement

****Cons:**** - Less effective than laser for mature stretch marks - Requires more frequent treatments - Risk of hyperpigmentation in darker skin tones - Results are more modest overall

****4. Carboxytherapy****

Carboxytherapy involves injecting medical-grade carbon dioxide gas under the skin to improve circulation and stimulate collagen production.

****How it works:**** Small amounts of CO₂ gas are injected into the stretch marks using a fine needle. The body interprets this as an oxygen deficit, triggering increased blood flow and growth factor release. Enhanced circulation brings nutrients and oxygen to damaged tissue whilst stimulating fibroblasts to produce new collagen and elastin.

****Best for:**** - Stretch marks with poor skin quality or thinning - Combining with laser or microneedling to enhance results - Patients concerned about skin texture and elasticity - Areas with poor circulation

****Treatment protocol:**** - Procedure time: 20–30 minutes - Sessions needed: 8–12 treatments initially, spaced weekly - Anaesthesia: usually not required; mild discomfort only - Sensation: brief stinging during injection, then a crackling sensation under the skin

****Downtime:**** - Minimal; most patients return to normal activities immediately - Temporary crackling sensation under skin lasting 1–5 minutes - Occasional mild bruising at injection sites

****Results:**** - Improvement rate: 30–40% reduction, primarily in texture and skin quality - Timeline: noticeable after 4–6 treatments - Duration: long-lasting with good skin maintenance - Often used to enhance results from laser or microneedling

****Cost range:**** \$300–\$500 AUD per session

****Pros:**** - Minimal downtime - Safe for all skin types - Improves overall skin quality - Can treat large areas - No risk of burns or pigmentation changes

****Cons:**** - Requires numerous treatments - Less studied than laser therapy - Improvement is generally modest - Unusual sensation during treatment

****5. Topical treatments****

Over-the-counter products cannot remove established stretch marks, but prescription-strength topicals can provide modest improvement when used consistently.

****Evidence-based options:**** - Tretinoin (prescription retinoid): the most studied topical option; may improve early stretch marks by 20–30% - Prescription-strength vitamin C serums: support collagen production - Silicone sheets/gels: may improve texture and moisture retention - Hyaluronic acid: improves skin hydration and plumpness

****Best for:**** - Very early stretch marks (still red/purple) - Maintenance after professional treatments - Prevention during pregnancy (some products only) - Patients wanting a modest starting point

****Treatment protocol:**** - Daily application for a minimum of 3–6 months - Must be used consistently for any benefit - Best results when combined with professional treatments

****Important limitations:**** - Cannot remove established (white) stretch marks - Improvement is modest at best, around 15–20% reduction - Tretinoin cannot be used during pregnancy or breastfeeding - Results take months to become visible

****Cost range:**** \$50–\$150 AUD per month for prescription products

Surgical treatment

****Abdominoplasty (tummy tuck)****

Surgery is the only way to completely remove stretch marks, though this applies only to those within the excised skin area. Our FRACS-qualified plastic surgeons bring decades of experience to this procedure, with patient safety always the priority.

****What it is:**** Abdominoplasty surgically removes excess skin and fat from the lower abdomen, tightening the remaining skin and repairing separated abdominal muscles. Stretch marks on the lower abdomen below the belly button are excised and permanently removed. Marks above the belly button remain but may appear less prominent as the skin is pulled down and tightened.

****Best for:**** - Significant lower abdominal stretch marks after pregnancy or weight loss - Patients with excess abdominal skin requiring removal - Those wanting permanent removal of marks in the excised area - Patients who clearly understand the surgical risks and recovery involved

****Treatment protocol:**** - Procedure time: 2–4 hours - Anaesthesia: general anaesthesia - Hospital stay: day surgery or overnight observation - Surgical approach: horizontal incision above the pubic area, typically hip-to-hip

****Recovery timeline:**** - Drains: usually 1–2 weeks - Restricted activity: 2–3 weeks - Return to work: 2–4 weeks depending on job type - Exercise: 6–8 weeks for full activity - Final results: 6–12 months as swelling resolves and scars mature

****Results:**** - Complete removal of lower abdominal stretch marks within excised tissue - Removed stretch marks will not return - A low horizontal scar remains, concealed by underwear or swimwear - Stretch marks above the belly button remain but may appear less prominent

****Cost range:**** \$12,000–\$18,000 AUD

****Pros:**** - The only treatment that completely removes stretch marks (in the excised area) - Addresses excess skin and muscle separation at the same time - Permanent improvement - Significant transformation for appropriate candidates

****Cons:**** - Invasive surgery with inherent risks - Significant recovery period - Permanent scarring, though strategically placed - Only removes lower abdominal marks - Not suitable for patients planning future pregnancies

****Important:**** Abdominoplasty is major surgery undertaken primarily for excess skin removal. Stretch mark removal is a secondary benefit, limited to the tissue that's excised. This is a body contouring procedure, not a stretch mark treatment per se. Our surgeons will make sure you understand this distinction clearly before proceeding.

Choosing the right treatment

****Consider non-surgical treatments if:****

- You want to improve stretch mark appearance without surgery - You have stretch marks on multiple body areas beyond the abdomen - You prefer minimal to moderate downtime - You're willing to commit to multiple treatment sessions - You understand that improvement, not complete removal, is the realistic goal - You'd like to explore conservative options first - You may become pregnant in the future

****Consider surgical treatment if:****

- You have significant excess abdominal skin requiring removal - Stretch marks are primarily on the lower abdomen - You've completed childbearing - You want permanent removal of marks in the excised area - You're prepared for a significant recovery period - Non-surgical treatments don't address your skin excess

****Combination approach:****

Many patients get their best results by combining treatments. Effective combinations include:

- Laser therapy and microneedling with PRP: addresses both colour and texture through complementary mechanisms, often delivering better results than either alone - Chemical peels and topical tretinoin: professional treatments supported by home care maintenance - Abdominoplasty and laser therapy: surgery removes lower abdominal marks; laser treats remaining upper abdominal or hip stretch marks post-healing - Carboxytherapy alongside any other treatment: improves skin quality and circulation, potentially enhancing primary treatment results

Your Me Clinic surgeon or cosmetic physician will assess your individual situation and recommend the most appropriate approach during your consultation, taking into account stretch mark age, location, severity, skin type, medical history, and your personal goals.

What to expect at Me Clinic

1. Initial consultation (free)

Your first appointment is an unhurried conversation about your concerns and your goals. During this time, we:

- Assess your stretch marks: examine location, age (red vs white), severity, and skin quality
- Listen to what bothers you most and what meaningful improvement would look like for you
- Review your medical history to identify any factors affecting treatment suitability, including pregnancy plans, medical conditions, and medications
- Explain which treatments are most appropriate for your situation, and why
- Set realistic expectations: an honest discussion about achievable results, improvement rather than perfection
- Show before/after examples from cases similar to yours
- Provide transparent pricing with no hidden fees
- Answer every question you have

We will always be honest if your stretch marks are unlikely to improve significantly with available treatments. Our Responsible Cosmetic Medicine™ approach means we recommend against treatment when expectations can't realistically be met.

2. Treatment planning

Once you decide to proceed, we create a plan that fits your life:

- A customised protocol tailored to your stretch mark characteristics, skin type, and goals
- A clear treatment schedule: number of sessions, spacing, total timeline
- Pre-treatment preparation instructions (sun avoidance, medications, skin products)
- Final pricing with payment options explained
- A detailed consent process covering realistic outcomes, risks, and aftercare

For multiple-session treatments such as laser, microneedling, and peels, we photograph your stretch marks at each visit to track progress objectively. Improvement can be gradual, and photos help both you and your practitioner assess your response with clarity.

3. The Me Clinic difference

Responsible Cosmetic Medicine™

This ethical framework guides every treatment decision we make:

- Evidence-based only: we offer treatments with proven efficacy in peer-reviewed studies
- Honest patient selection: we decline treatment when expectations can't realistically be met
- Conservative approach: we start with less invasive options unless surgery is clearly indicated
- Comprehensive aftercare: our support continues well beyond the treatment room

Experienced practitioners

- FRACS-qualified plastic surgeons for surgical procedures
- Specialist cosmetic physicians for non-surgical treatments
- Registered nurses specially trained for injectable and device-based treatments
- Over 25,000 surgical procedures and 60,000 non-surgical treatments performed since the 1980s

Founded in the 1980s by Dr Ramin Khoury, Me Clinic has built its reputation on honest advice and technical excellence. We've watched trends come and go whilst maintaining our focus on treatments that genuinely work, and on the people we treat.

****Transparent pricing****

- Published price ranges with no hidden costs - Payment plans available for larger treatments - No obligation to proceed after consultation - Clear explanation of Medicare and insurance coverage (none for cosmetic stretch mark treatment)

****4. Location and accessibility****

****Me Clinic Melbourne**** 4 Burke Road, Malvern East VIC 3145

- Free parking on-site - Accessible via Tram Route 6 (Burke Road stop) - Ground-level access available
- Private consultation and treatment rooms

Frequently asked questions

****How much does stretch mark removal cost in Melbourne?****

Costs vary significantly based on the approach:

- Fractional laser therapy: \$500–\$800 AUD per session; typically 3–6 sessions = \$1,500–\$4,800 AUD total - Microneedling with PRP: \$400–\$700 AUD per session; typically 4–6 sessions = \$1,600–\$4,200 AUD total - Chemical peels: \$300–\$600 AUD per session; typically 4–8 sessions = \$1,200–\$4,800 AUD total - Carboxytherapy: \$300–\$500 AUD per session; typically 8–12 sessions = \$2,400–\$6,000 AUD total - Abdominoplasty: \$12,000–\$18,000 AUD for the complete procedure

We provide transparent pricing during your free consultation with no hidden fees. Payment plans are available for larger treatments.

****Can stretch marks be completely removed?****

Rarely. Here's what's realistic:

Surgical excision is the only method that completely removes stretch marks, but only those within the excised skin, which means the lower abdomen during a tummy tuck. Non-surgical treatments can significantly improve appearance, with up to 50–75% reduction in visibility with optimal laser treatment, but they rarely eliminate stretch marks entirely. Newer red or purple marks respond better than mature white or silver ones. The realistic goal is significant, meaningful improvement rather than complete removal.

During your consultation, we'll show you before/after photos of similar cases so you can see typical results and make a genuinely informed decision.

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

Non-surgical treatment results are generally long-lasting once collagen remodelling occurs. The improved stretch marks won't reappear, though new ones can form with weight changes or pregnancy. Occasional maintenance sessions, annually or every two years, can enhance and prolong results. Surgically removed stretch marks will not return, though new ones could form in remaining skin with weight changes. Natural ageing affects all skin over time, including treated areas.

****Is there any downtime with stretch mark treatments?****

Downtime varies by treatment:

- Fractional laser: 3–7 days redness; up to 2 weeks full healing - Microneedling: 1–3 days redness; minimal impact on daily activities - Chemical peels: 1–10 days depending on peel depth - Carboxytherapy: minimal; most patients return to activities immediately - Abdominoplasty: 2–3 weeks restricted activity; 6–8 weeks to full recovery

Most patients schedule non-surgical treatments around their work and social calendar. We provide detailed pre- and post-treatment instructions to minimise downtime and support healing.

****Will treatments work on old white stretch marks?****

White or silver stretch marks (striae albae) are harder to treat than newer red or purple marks (striae rubrae), but meaningful improvement is still possible. White stretch marks are mature scars where inflammation has resolved and blood vessels have disappeared. Fractional laser therapy is the most effective option, though improvement is more modest than with red marks, typically 30–50% versus 50–75% reduction. The focus shifts to texture improvement and skin quality rather than complete colour matching, and mature marks often need more sessions than newer ones.

During your consultation, we'll assess your stretch marks honestly and tell you what level of improvement is realistically achievable for your situation.

****Can I treat stretch marks during pregnancy or whilst breastfeeding?****

Generally, no. Most stretch mark treatments are not recommended during pregnancy, and the focus during this time should be on prevention with safe moisturisers and controlled weight gain. Most treatments should also wait until after breastfeeding concludes. After delivery, wait at least 3–6 months before pursuing treatment. If you're planning pregnancy within 1–2 years, it may be worth postponing treatment, as pregnancy can create new stretch marks.

****Does Medicare or private health insurance cover stretch mark treatment?****

No. Stretch mark treatment is considered cosmetic and is not covered by Medicare or private health insurance. Even with abdominoplasty, only specific functional components might attract partial rebates, not the cosmetic aspects. All stretch mark treatments are patient-funded. Me Clinic offers flexible payment options to make treatment as accessible as possible.

****What are the risks of stretch mark treatments?****

All treatments carry some degree of risk. Your practitioner will discuss these thoroughly before any treatment proceeds.

Fractional laser: temporary redness and swelling (expected); hyperpigmentation or hypopigmentation (rare, higher risk in darker skin); infection (rare with proper aftercare); scarring (very rare with appropriate settings).

Microneedling with PRP: redness and swelling (temporary, expected); bruising at the blood draw site; infection (rare); allergic reaction (extremely rare, as the treatment uses your own blood).

Chemical peels: redness and peeling (expected); hyperpigmentation, especially with medium or deep peels in darker skin; prolonged healing in rare cases; cold sore activation if prone.

Carboxytherapy: temporary crackling sensation under skin; mild bruising at injection sites; gas embolism (extremely rare; proper technique eliminates this risk).

Abdominoplasty: infection, bleeding, seroma, haematoma; anaesthesia risks; permanent scarring (though strategically placed); prolonged numbness; blood clots (rare).

****When will I see results from treatment?****

Timelines vary by treatment, and patience matters with stretch mark improvement.

Fractional laser: initial improvement at 4–6 weeks; progressive improvement over 3–6 months as collagen remodels; final results at 6 months after the last session.

Microneedling with PRP: initial improvement at 6–8 weeks; progressive improvement over 3–4 months; final results at 4–6 months after the last session.

Chemical peels: surface texture improvement visible after healing; progressive improvement over 4–8 weeks as collagen increases; best results after multiple sessions.

Carboxytherapy: noticeable improvement after 4–6 treatments, with continued improvement throughout the course.

Abdominoplasty: stretch marks in excised tissue are gone immediately; initial results visible at 2–4 weeks as swelling reduces; final results at 6–12 months as scars mature.

Collagen remodelling is a biological process that can't be rushed. We track your progress at each visit and discuss what we're seeing together.

****Can men get stretch mark treatment?****

Yes. Men commonly develop stretch marks from rapid muscle building on the shoulders, arms, and chest; weight fluctuations; adolescent growth spurts on the back and thighs; and corticosteroid use. All treatments available to women are equally effective for men. Men's skin tends to be thicker with more collagen, which can sometimes mean a particularly good response to treatment.

****What should I do to prepare for treatment?****

We provide personalised preparation guidelines at your consultation, but here's a general overview:

For all treatments: avoid sun exposure and tanning for 4 weeks before; stay well-hydrated; ensure skin is healthy with no active infections or rashes; disclose all medications and supplements.

For laser and peel treatments: avoid retinoids for 7 days before; no other professional treatments for 2 weeks before; arrive with clean skin, no lotions or makeup on the treatment area.

For microneedling and carboxytherapy: avoid blood thinners if medically safe (aspirin, ibuprofen, fish oil) for 5 days; inform your practitioner of any bleeding disorders.

For surgery: obtain medical clearance if indicated; stop smoking at least 4 weeks before and after; arrange post-operative support and transport; fast as directed, typically from midnight before surgery.

****Are there any stretch marks that cannot be treated?****

Some situations make treatment less effective or inappropriate. Very mature (decades-old) white marks may show minimal improvement even with more intensive treatment. Widespread stretch marks over large body areas can make treating all areas impractical or prohibitively expensive. Active skin infections require postponing treatment until resolved. Certain conditions, including keloid tendency, active autoimmune conditions, and photosensitivity disorders, may also affect suitability. And when a patient expects complete removal from non-surgical treatment, we'll address that expectation honestly before proceeding.

If your stretch marks are unlikely to improve meaningfully with available treatments, we'll tell you, even if it means guiding you away from treatment altogether.

****How do I choose between laser, microneedling, and other options?****

Choose laser if you want the most clinically proven option, you have both red and white stretch marks, you can accommodate 5–10 days of downtime per session, and your budget allows for a higher per-session investment.

Choose microneedling if you prefer a biological healing approach, you have sensitive skin or a darker skin tone, you want minimal downtime, or you're combining it with other treatments.

Choose chemical peels if your stretch marks are primarily discoloured rather than textured, you have a lighter skin tone, budget is a primary consideration, or you'd like to start conservatively.

Your practitioner will recommend the most appropriate approach based on your specific stretch mark characteristics, skin type, lifestyle, and goals.

Real patient results

Over more than 35 years, we've treated thousands of patients with stretch marks across various body areas and severity levels. Individual results vary based on stretch mark age, location, skin type, and treatment protocol. Our before/after gallery reflects the genuine range of outcomes achievable with our evidence-based protocols.

****What you can realistically expect:****

- Newer red/purple marks: 50–75% improvement in colour and visibility with an optimal laser protocol
- Mature white marks: 30–50% improvement in texture and reduced contrast with surrounding skin
- Texture improvement: often more noticeable than complete colour matching
- Combination treatments: typically the best results for more challenging cases

During your consultation, your practitioner will show you cases similar to yours, same stretch mark age, location, and skin type, and discuss realistic expectations for your situation. We don't showcase only best-case examples that don't represent typical outcomes.

****What patients consistently tell us:****

- Expectations were set honestly during consultation
- Improvement was gradual but genuinely visible over the treatment course
- The treatment experience was professional, comfortable, and caring
- Confidence increased and self-consciousness reduced
- Honest, straightforward advice about limitations was appreciated

Book your free consultation

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

1. ****Call:**** (03) 8823 5859 2. ****Online:**** [Book consultation at meclinic.com.au](<https://meclinic.com.au>) 3. ****Email:**** info@meclinic.com.au

****What to bring:****

- List of current medications and supplements
- Medical history including previous skin treatments
- Questions you'd like answered
- Photos of your stretch marks if you prefer not to disrobe during the consultation

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

- Comprehensive stretch mark assessment
- Discussion of realistic treatment outcomes
- Comparison of appropriate treatment options
- Transparent pricing with no hidden fees
- Before/after gallery review of similar cases
- No obligation to proceed
- Take-home information to consider at your own pace

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

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

- Free parking on-site
- Accessible via Tram Route 6 (Burke Road stop)
- Ground-level access available
- Private consultation and treatment rooms

Some patients leave their consultation ready to proceed. Others decide the cost-benefit doesn't justify intervention for their particular situation. Both outcomes are valid, and we respect your right to make the decision that's right for you without any pressure.

Our goal is to give you the information you need to make a genuinely informed decision. We're not here to sell you treatment you don't need or that won't meet your expectations.

Founded in the 1980s and with over 25,000 surgical procedures performed, Me Clinic has built its reputation on honest advice, technical excellence, and Responsible Cosmetic Medicine™. When you consult with us about stretch marks, you'll receive the same frank, evidence-based guidance we'd offer our own family members.

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

****Clinic identity and location**** - Clinic name: Me Clinic - Address: 4 Burke Road, Malvern East VIC 3145 - Founded: 1980s - Founder: Dr Ramin Khoury - Ethical framework name: Responsible Cosmetic Medicine™ - Parking: free, on-site - Public transport: Tram Route 6 (Burke Road stop)

****Procedural specifications**** - Fractional laser: procedure time 30–60 minutes; sessions 3–6; spacing 4–6 weeks apart; anaesthesia topical numbing cream; cost per session \$500–\$800 AUD - Microneedling with PRP: procedure time 60–90 minutes; sessions 4–6; spacing 4–6 weeks apart; anaesthesia topical numbing cream; cost per session \$400–\$700 AUD - Chemical peels: procedure time 15–30 minutes; sessions 4–8; spacing 2–4 weeks apart; cost per session \$300–\$600 AUD - Carboxytherapy: procedure time 20–30 minutes; sessions 8–12; spacing weekly; anaesthesia not required; cost per session \$300–\$500 AUD - Abdominoplasty: procedure time 2–4 hours; anaesthesia general; cost \$12,000–\$18,000 AUD

****Documented recovery parameters**** - Fractional laser downtime: 3–7 days redness; full healing up to 2 weeks - Microneedling downtime: 1–3 days redness - Carboxytherapy downtime: minimal; most return to activities immediately - Abdominoplasty restricted activity: 2–3 weeks; return to exercise 6–8 weeks; final results visible 6–12 months

****Stated treatment costs (total course estimates)**** - Fractional laser full course: \$1,500–\$4,800 AUD - Microneedling with PRP full course: \$1,600–\$4,200 AUD - Carboxytherapy full course: \$2,400–\$6,000 AUD - Topical prescription products: \$50–\$150 AUD per month

****Clinic volume and credentials**** - Surgical procedures performed: over 25,000 - Non-surgical treatments performed: over 60,000 - Surgeons: FRACS-qualified - Initial consultation: free of charge - Medicare coverage for stretch mark treatment: none - Private health insurance coverage: none - Payment plans: available

****Clinical and anatomical facts**** - Medical term for stretch marks: striae distensae - Skin layer affected: dermis - Classification: a form of scarring - Prevalence in pregnant women: 50–90% - Prevalence in males during puberty: approximately 35% - Prevalence in females during puberty: approximately 25% - Stretch marks do not completely disappear on their own - Stretch marks fade from red/purple to white/silver over time without treatment - Topical creams alone cannot remove established stretch marks - Tretinoin cannot be used during pregnancy - Stretch mark treatment not recommended during pregnancy or breastfeeding - Recommended wait after delivery before treatment: at least 3–6 months - Abdominoplasty removes only stretch marks within the excised skin (lower abdomen, below belly button); upper abdominal marks are not removed - New stretch marks can form in remaining skin after

surgical removal

****Pre-treatment requirements (stated protocols)**** - Avoid sun exposure: 4 weeks prior to any treatment
- Avoid retinoids: 7 days before laser or peel treatments - Avoid blood thinners (if medically safe): 5 days before microneedling or carboxytherapy - Cease smoking: minimum 4 weeks before and after surgery

General product claims

- Fractional laser therapy described as "the gold standard" and most clinically effective non-surgical stretch mark treatment - Stated improvement rates: fractional laser 50–75%; microneedling with PRP 30–50%; chemical peels 20–40%; carboxytherapy 30–40%; topical tretinoin 20–30% - Complete stretch mark removal described as "rarely" achievable with non-surgical treatments - Surgical excision described as the only treatment that completely removes stretch marks - Me Clinic described as "Melbourne's trusted destination for evidence-based stretch mark treatment" - Clinic characterised as not using high-pressure sales tactics - Clinic states it will recommend against treatment when patient expectations are unrealistic - Combination treatments (e.g., laser and microneedling with PRP) described as typically yielding better results than single modalities - Microneedling with PRP described as safe for darker skin tones; chemical peels described as carrying pigmentation risk for darker skin - Carboxytherapy described as usable to enhance results from other treatments - Men's skin described as tending to be thicker with more collagen and sometimes responding particularly well to treatment - Results from non-surgical treatments described as generally long-lasting - Clinic states it shows before/after photos of similar cases, not only best-case examples, during consultation - Responsible Cosmetic Medicine™ described as an evidence-based, conservative, patient-first ethical framework - Abdominoplasty described as not recommended for patients planning future pregnancies