

Double Chin Removal - Treatment Options Melbourne | Me Clinic

Canonical: <https://directory.meclinic.com.au/patient-concern-guides/facial-concerns/double-chin-removal-treatment-options-melbourne-me-clinic/>

Description:

Generate comprehensive problem-led guide following problem-led-guide-template.md structure.

PROBLEM: Double Chin TARGET: Patients researching double chin removal options TREATMENTS: Fat dissolving in...

Details:

Me Clinic Double Chin Removal - Treatment Options at Me Clinic Melbourne

Quick Summary

****What causes double chin:**** - Genetics and hereditary fat distribution patterns - Natural ageing and loss of skin elasticity - Weight gain and subcutaneous fat accumulation - Poor posture and weakened platysma muscle

****Treatment options available:**** - Non-surgical: Fat dissolving injections (Belkyra), CoolSculpting (cryolipolysis), radiofrequency skin tightening, ultrasound therapy - Surgical: Liposuction, neck lift (platysmaplasty), combined approach

****Expected results:**** - Non-surgical treatments produce gradual reduction in submental fullness over 2-6 months - Surgical options deliver more dramatic contouring with long-lasting results - Final outcome depends on skin quality, age, and the amount of excess fat or skin

****Cost range:**** - Non-surgical: \$800–\$4,500 AUD depending on treatment and sessions required - Surgical: \$6,000–\$15,000 AUD depending on procedure complexity - *Prices based on Me Clinic's transparent pricing policy*

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

Understanding Double Chin

****What is a double chin?****

With over 35 years of experience caring for patients across Melbourne, Me Clinic has become a trusted destination for double chin treatment, offering both non-surgical and surgical solutions tailored to each person's anatomy and goals. A double chin, medically known as submental fullness, is the appearance of excess fat, loose skin, or both beneath the chin and along the neck. This creates the visual impression of a second chin or jowl-like appearance that softens the facial profile and reduces definition.

Contrary to common assumptions, double chins aren't always caused by being overweight. Many people at entirely healthy weights develop submental fullness because of genetics, the natural ageing

process, or anatomical factors such as a recessed chin bone or shorter neck structure. Understanding this distinction is something our team of Plastic Surgeons and Cosmetic Doctors takes time to explore with every patient.

Visually, a double chin presents as fullness or sagging beneath the jawline, reducing the distinction between the face and neck. This can make the face appear heavier, older, or less defined, particularly in profile views and photographs.

****What causes double chin?****

****Natural ageing****

Collagen and elastin breakdown reduces skin firmness, causing skin to sag beneath the chin. The platysma muscle, the broad flat muscle spanning the neck, gradually weakens over time and loses its ability to support the neck's natural contour. Fat redistribution occurs as facial fat pads descend and accumulate in the submental area, and bone resorption in the jaw reduces structural support, contributing further to sagging.

****Genetic factors****

Some families are simply more prone to submental fat storage regardless of weight. Jaw and chin bone structure, including retrognathia (a recessed chin), provides less skeletal support for the overlying tissue. Skin type and thickness influence how readily the area shows fullness or looseness, and family patterns of ageing play a meaningful role in where the body tends to accumulate fat.

****Lifestyle factors****

Weight gain causes subcutaneous fat to accumulate beneath the chin. Poor posture, particularly "tech neck" from prolonged device use, gradually weakens neck muscles. Sun exposure damages collagen and elastin fibres, accelerating skin laxity. Smoking reduces blood flow and compromises skin structure, contributing to premature sagging. Significant weight fluctuations can stretch skin beyond its natural ability to retract.

****Who experiences double chin?****

Double chins affect people across a wide demographic spectrum, typically becoming noticeable from the late 20s onwards, though a genetic predisposition can cause them to appear considerably earlier.

Both men and women experience submental fullness, though presentation may differ due to hormonal influences on fat distribution and skin thickness. Women often notice changes following pregnancy or menopause, while men may observe development alongside age-related weight changes.

The condition tends to become more prominent through the 40s and 50s as skin elasticity diminishes and fat accumulates, though younger patients frequently seek treatment when genetics create early-onset fullness. Whatever your age or circumstances, we're here to help you understand your options clearly.

****Why it matters****

Beyond aesthetics, a double chin can significantly affect self-confidence and how people see themselves in mirrors, photographs, and video calls. In our increasingly digital world, with frequent video meetings and social media, many patients share that they feel genuinely self-conscious about their profile view.

A double chin poses no health risks, but the emotional and psychological impact is real, and we take that seriously. Patients often describe feeling older than they are, avoiding certain angles in photos, or feeling that their appearance doesn't reflect their fitness level or sense of self.

Seeking treatment is always a personal decision, and one we approach without judgment. At Me Clinic, patient wellbeing comes first. We support patients who want to restore jawline definition and feel more at ease in their own skin, while keeping expectations realistic and ensuring every recommended treatment is genuinely appropriate for that individual.

Treatment Options Comparison

Non-Surgical Treatments

1. Fat Dissolving Injections (Belkyra)

How it works

Deoxycholic acid, the active ingredient in Belkyra and a synthetic form of a molecule that naturally occurs in the body, is injected directly into submental fat. It disrupts fat cell membranes, causing those cells to break down. Your body then processes and eliminates the destroyed fat cells through the lymphatic system over several weeks, with no surgical intervention required.

- **Best for:** Mild to moderate submental fat without significant skin laxity; patients seeking gradual, natural-looking improvement - **Procedure time:** 20–30 minutes per session - **Sessions required:** Typically 2–6 treatments, spaced 4–6 weeks apart - **Downtime:** Swelling, bruising, and numbness for 1–2 weeks, most significant after the first treatment - **Results appear:** Gradual reduction visible from 6–8 weeks, with optimal results at 12 weeks after the final treatment - **Results last:** Permanent — treated fat cells are destroyed and cannot regenerate - **Cost range:** \$800–\$1,200 AUD per treatment session - **Pros:** Permanent fat reduction, no surgery or general anaesthesia required, results develop gradually and naturally - **Cons:** Multiple sessions required; temporary swelling can be significant; not suitable for loose or lax skin; mild discomfort during injection

2. CoolSculpting (Cryolipolysis)

How it works

CoolSculpting uses precisely controlled cooling to freeze and permanently destroy fat cells beneath the chin, without damaging surrounding tissue. A small applicator gently suctions the treatment area and delivers targeted cooling that crystallises fat cells. These cells then die and are eliminated through the body's own metabolic processes over the following months.

- **Best for:** Pinchable submental fat; patients who prefer non-invasive fat reduction without injections - **Procedure time:** 35–45 minutes per session - **Sessions required:** Usually 1–2 treatments for optimal results - **Downtime:** Temporary numbness, redness, and swelling for 3–7 days; some firmness or tenderness may persist for several weeks - **Results appear:** Gradual fat reduction over 2–3 months, with final results visible at approximately 4 months - **Results last:** Permanent — treated fat cells are eliminated and do not return - **Cost range:** \$1,200–\$2,000 AUD per session - **Pros:** Non-invasive, no needles, permanent fat reduction, clinically proven outcomes - **Cons:** Cannot address skin laxity; sensation changes may persist temporarily; results can be less predictable than injections or surgery; not suitable for very small areas

3. Radiofrequency Skin Tightening

How it works

Radiofrequency (RF) energy heats the deeper layers of skin to 40–45°C, stimulating collagen production and encouraging existing collagen fibres to contract and tighten. This controlled thermal stimulation triggers the body's natural healing response, producing new, firmer collagen over the months that follow.

- **Best for:** Mild skin laxity; improving overall skin quality; complementing the results of fat reduction treatments - **Procedure time:** 30–45 minutes per session - **Sessions required:** 3–6 treatments, spaced 2–4 weeks apart - **Downtime:** None to minimal — possible mild redness for a few hours - **Results appear:** Gradual improvement over 2–4 months as new collagen develops - **Results last:** 12–24 months; maintenance treatments recommended to sustain results - **Cost range:** \$400–\$800 AUD per session - **Pros:** No downtime, comfortable experience, improves skin texture and tone, can be combined with other treatments - **Cons:** Results are subtle rather than dramatic; requires multiple sessions; not effective for moderate to severe laxity; ongoing maintenance needed

****4. Ultrasound Therapy (Ultherapy)****

How it works

Ultherapy uses focused ultrasound energy to heat tissue at specific depths beneath the skin's surface, typically 3–4.5 mm deep, without affecting the skin itself. This precise, targeted heating stimulates collagen regeneration and triggers immediate collagen contraction, resulting in gradual skin lifting and tightening over time.

- **Best for:** Mild to moderate skin laxity; patients seeking a lifting effect without surgery; complementing fat reduction treatments - **Procedure time:** 30–60 minutes - **Sessions required:** Typically one treatment, with an occasional touch-up after 12–18 months - **Downtime:** None to minimal — temporary redness, slight swelling, and tingling sensations may occur - **Results appear:** Gradual improvement over 2–3 months, with optimal results visible at 6 months - **Results last:** 12–24 months; some effects may last longer depending on individual skin response - **Cost range:** \$2,000–\$4,500 AUD for neck and chin treatment - **Pros:** Single treatment session; precise targeting of deeper tissue layers; clinically proven lifting effect - **Cons:** Moderate discomfort during treatment; results take time to develop; not effective for addressing excess fat

Surgical Treatments

****Neck Liposuction****

What it is

Neck liposuction removes excess fat from beneath the chin and along the neck through small, discreet incisions. Your surgeon inserts a fine cannula, a slender tube connected to a vacuum device, to gently suction out fat deposits, sculpting a more defined jawline and cleaner neck contour.

- **Best for:** Moderate to significant submental fat with good skin elasticity; younger patients with minimal skin laxity - **Procedure time:** 45–90 minutes - **Anaesthesia:** Local anaesthesia with sedation, or general anaesthesia - **Hospital stay:** Day surgery — patients return home the same day - **Recovery time:** Return to desk work in 3–5 days; full activity in approximately 2 weeks; swelling resolves over 4–6 weeks - **Results appear:** Initial improvement visible immediately; final contour apparent at 3–6 months once swelling has fully resolved - **Results last:** Long-lasting to permanent with a stable weight maintained - **Cost range:** \$6,000–\$9,000 AUD - **Pros:** Significant improvement in one procedure; permanent fat removal; precise contouring; relatively straightforward recovery - **Cons:** Surgical risks including infection, bleeding, and asymmetry; temporary bruising and swelling; compression garment required for 1–2 weeks; not suitable where significant skin laxity exists

****Neck Lift (Platysmaplasty)****

What it is

A neck lift addresses both excess fat and loose, sagging skin beneath the chin and along the neck. Your surgeon makes carefully placed incisions around or behind the ears and under the chin, removes or repositions fat, tightens the platysma muscle, and removes excess skin — creating a smoother,

more youthful neck contour and a well-defined jawline.

- **Best for:** Moderate to severe skin laxity; visible muscle banding; significant neck ageing; patients seeking long-lasting, comprehensive improvement - **Procedure time:** 2–3 hours - **Anaesthesia:** General anaesthesia - **Hospital stay:** Usually day surgery; an overnight stay is occasionally recommended - **Recovery time:** Return to light activities in 7–10 days; most swelling resolves in 2–3 weeks; final results visible at 6 months - **Results appear:** Immediate improvement visible despite initial swelling, with continuing refinement over 6–12 months - **Results last:** 10–15 years, though natural ageing continues gradually - **Cost range:** \$12,000–\$15,000 AUD - **Pros:** Most comprehensive results; addresses fat, muscle, and skin simultaneously; long-lasting improvement; can be combined with facelift for broader rejuvenation - **Cons:** Most invasive option; longer recovery period; visible scars (though strategically placed); surgical risks; higher cost; requires general anaesthesia

Combined Approach: Liposuction + Neck Lift

Many patients achieve their most satisfying outcomes by combining neck liposuction with skin and muscle tightening. This approach addresses all contributing factors — excess fat, loose skin, and muscle laxity — in a single coordinated procedure.

Your Me Clinic surgeon will assess your specific anatomy during consultation and provide honest, personalised guidance on whether a combined procedure would offer better results than addressing each concern separately.

Choosing the Right Treatment — Decision Guide

Consider non-surgical treatments if: - You have mild to moderate submental fat without significant skin looseness - You prefer gradual, natural-looking improvement that develops over time - You want minimal to no downtime - You're not ready for surgery or want to explore conservative options first - You'd prefer to stage treatments to manage costs over time - You have good skin elasticity - You want to avoid general anaesthesia

Consider surgical treatment if: - You have moderate to severe submental fullness or neck laxity - Non-surgical options haven't achieved the improvement you were hoping for - You have significant loose or sagging skin that non-surgical treatments cannot adequately address - You want comprehensive, long-lasting results from a single procedure - You can accommodate the recovery period - You're ready to invest in a lasting solution - You have visible platysma muscle banding when you flex your neck

Combination approach

Many patients achieve their best outcomes by combining treatments: - Fat dissolving injections followed by radiofrequency treatments to address both fat and mild laxity together - Surgical fat removal combined with Ultherapy for enhanced skin tightening - CoolSculpting to reduce fat first, then assessing whether additional skin tightening would further refine results

Your Me Clinic surgeon will assess your individual anatomy, skin quality, degree of fat accumulation, and lifestyle considerations, then recommend the most appropriate treatment pathway during your consultation.

What to Expect at Me Clinic

1. Initial Consultation (Free)

Your first appointment is thorough and unhurried. Your practitioner performs a detailed chin and neck assessment, examining skin quality, fat distribution, and muscle tone. You'll share what bothers you most about your profile and what outcome you're hoping for. A full medical history review ensures you're a suitable candidate and identifies any factors that may influence treatment selection.

All appropriate treatment options are explained clearly, including how they work, what realistic outcomes look like, and their limitations. You'll have the opportunity to view before/after photos of patients with similar concerns, and you'll receive transparent, detailed pricing upfront with no hidden fees. There's no pressure to proceed.

****2. Treatment Planning****

Once you decide to move forward, your practitioner develops a personalised treatment plan for your specific anatomy and goals. This includes a clear treatment timeline, pre-treatment instructions, a detailed cost breakdown, and payment plan options for those who prefer to spread the investment. Before treatment photographs are taken, consent forms are reviewed and signed, and you receive direct contact details for any questions that arise before your appointment.

****3. The Me Clinic Difference****

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

Me Clinic has practised evidence-based cosmetic medicine with an ethical, patient-first philosophy for over 35 years. The Responsible Cosmetic Medicine™ approach means only offering treatments with well-established clinical efficacy and strong safety profiles. Patient selection is considered and conservative — if we don't believe you're a suitable candidate, we'll tell you honestly. Natural-looking results are the priority; the aim is to enhance and refresh, not create an artificial appearance. We recommend the most conservative effective approach first, progressing to more intensive options only when genuinely warranted.

****Experienced Practitioners****

Your treatment is performed by highly qualified medical professionals: - FRACS-qualified Plastic Surgeons with specialist training in facial and neck surgery - Specialist Cosmetic Doctors with advanced expertise in injectable and non-surgical treatments - Registered nurses working under close medical supervision - Over 25,000 surgical procedures performed by our surgical team - More than 60,000 non-surgical treatments delivered safely and effectively

****Transparent Pricing****

Me Clinic publishes price ranges for all treatments. There are no hidden fees or unexpected charges. Detailed written quotes are provided during consultation, payment plans are available for surgical procedures, and Medicare rebate information is provided where applicable. There's no obligation to proceed after receiving pricing information.

****Established Reputation****

Founded in the 1980s, Me Clinic has spent decades building Melbourne's trust through consistent, ethical, patient-centred care. Over 35 years of practice, thousands of patients, and a firmly evidence-based treatment philosophy. We're honest about risks, realistic outcomes, and limitations — and many patients return for ongoing care because of that.

Frequently Asked Questions

****How much does double chin treatment cost in Melbourne?****

Treatment costs vary based on the approach chosen and the extent of the concern: - Fat dissolving injections (Belkyra): \$800–\$1,200 AUD per session, typically requiring 2–6 sessions — a total of \$1,600–\$7,200 AUD - CoolSculpting: \$1,200–\$2,000 AUD per session, usually 1–2 sessions needed - Radiofrequency skin tightening: \$400–\$800 AUD per session, typically 3–6 sessions - Ultherapy: \$2,000–\$4,500 AUD for one comprehensive treatment - Neck liposuction: \$6,000–\$9,000 AUD - Neck lift: \$12,000–\$15,000 AUD

Me Clinic provides transparent, detailed pricing during your free consultation, with no hidden fees. Payment plans are available for surgical procedures.

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

This depends on the treatment chosen and individual factors: - Fat dissolving injections: Permanent — destroyed fat cells cannot regenerate, though remaining cells may enlarge with significant weight gain - CoolSculpting: Permanent — treated fat cells are eliminated and do not return - Radiofrequency treatments: 12–24 months; maintenance sessions recommended - Ultherapy: 12–24 months, with some lifting effects potentially lasting longer - Neck liposuction: Long-lasting to permanent with a stable weight - Neck lift: 10–15 years, though natural ageing continues gradually

All results are best supported by maintaining a stable weight, protecting skin from sun damage, and practising good skincare.

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

Downtime varies considerably by treatment: - Fat dissolving injections: Noticeable swelling, bruising, and firmness for 1–2 weeks, most pronounced after the first treatment - CoolSculpting: Mild swelling and numbness for 3–7 days; firmness may persist for several weeks - Radiofrequency treatments: None — normal activities can resume immediately - Ultherapy: None to minimal — possible mild redness or tenderness lasting hours to a day - Neck liposuction: Return to desk work in 3–5 days; avoid strenuous activity for 2 weeks; compression garment worn for 1–2 weeks - Neck lift: 7–10 days before returning to light activities; 2–3 weeks before feeling comfortable in social settings; 4–6 weeks before resuming strenuous exercise

Your practitioner will give you specific downtime expectations tailored to your treatment and lifestyle during consultation.

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

Natural-looking results are central to everything we do at Me Clinic. The Responsible Cosmetic Medicine™ philosophy guides us to enhance your natural features and restore youthful contours, rather than create an artificial appearance that doesn't feel like you.

Non-surgical treatments produce gradual results, making the change subtle and entirely natural to those around you. Surgical results, while more immediate, are carefully planned to create balanced, proportionate improvement that works with your overall facial structure.

During your consultation, we'll walk you through realistic before/after examples and have an honest conversation about the aesthetic outcome you can expect.

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

There's no universal age limit. Suitability depends on individual factors far more than age: - Younger patients (20s–30s): Often excellent candidates for non-surgical options when genetics create early submental fullness - Middle-aged patients (40s–50s): May benefit from either non-surgical or surgical approaches depending on the degree of concern and individual anatomy - Older patients (60s+): Can be strong surgical candidates if in good overall health, though healing may take a little longer

During your consultation, we assess skin quality, overall health, the realism of your expectations, and whether treatment is genuinely likely to achieve your goals.

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

Most cosmetic treatments for double chin are not covered by Medicare or private health insurance, as they're considered elective aesthetic procedures rather than medically necessary interventions.

In occasional circumstances — such as where there is a significant functional component or severe, documented psychological distress — some surgical procedures may qualify for partial Medicare rebates. This is uncommon and cannot be assumed. During your consultation, we'll clarify honestly whether any portion of your treatment might be eligible based on your specific circumstances.

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

All treatments carry some degree of risk, and we discuss these openly with every patient.

Fat dissolving injections: Swelling, bruising, and numbness that usually resolve within weeks; hardness, lumpiness, or tenderness in the treatment area; nerve injury causing temporary (or rarely permanent) smile asymmetry; uneven results that may require additional sessions.

CoolSculpting: Temporary numbness, tingling, or sensitivity changes; paradoxical adipose hyperplasia, a rare occurrence where fat increases rather than reduces, affecting approximately 0.005% of cases; prolonged firmness or discomfort in the treated area.

Ultrasound therapy: Temporary redness, swelling, or tingling; bruising (uncommon); nerve irritation causing temporary numbness.

Surgical procedures (liposuction, neck lift): Infection, bleeding, or poor wound healing; nerve injury causing numbness or weakness, usually temporary; asymmetry that may require revision; scarring (though incisions are discreetly placed); anaesthesia risks; seroma or haematoma; skin irregularities or contour deformities.

Your practitioner will discuss all risks specific to your chosen treatment during consultation and review your medical history to identify any factors that may increase risk.

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

Yes, and we encourage it. During your consultation, we'll share an extensive gallery of before/after photos from real patients who have undergone various double chin treatments at Me Clinic. We'll specifically show you cases that reflect your anatomy and concerns, so you can develop realistic expectations for your own results.

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

For all treatments: Avoid blood-thinning medications and supplements — including aspirin, ibuprofen, fish oil, and vitamin E — for 7–10 days beforehand if medically safe to do so. Tell us about all medications, supplements, and health conditions. Avoid alcohol for 48 hours before treatment. Arrive with clean skin, free of makeup or skincare products on the treatment area.

For surgical procedures specifically: Stop smoking at least 4 weeks before and after surgery. Arrange reliable transport home after your procedure. Organise someone to stay with you for the first 24 hours. Fill any prescribed medications before your surgery date. Fast as directed — typically nothing to eat or drink after midnight before a day surgery procedure.

Your practitioner will provide detailed, personalised pre-treatment instructions during your planning appointment.

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

Result timelines vary by treatment: - Fat dissolving injections: Gradual reduction begins at 4–6 weeks; optimal results visible at 12 weeks after the final treatment - CoolSculpting: Initial changes at 3–4 weeks; most notable improvement at 2–3 months; final results at 4 months - Radiofrequency treatments: Gradual improvement over 2–4 months as new collagen develops - Ultherapy: Subtle lifting begins at 2–3 months; optimal results at 6 months - Neck liposuction: Immediate improvement visible despite initial swelling; final contour apparent at 3–6 months - Neck lift: Dramatic improvement visible immediately; continuing refinement over 6–12 months as swelling fully resolves

Patience matters with non-surgical treatments, as results develop as your body processes treated fat cells or produces new collagen. We'll support you through every stage of the process.

****Can I combine double chin treatment with other procedures?****

Yes — and combination treatments often produce the most satisfying outcomes: - Neck lift + facelift: Comprehensive lower face and neck rejuvenation - Liposuction + chin augmentation: Fat reduction combined with improved chin projection for better profile definition - Fat dissolving injections + skin tightening: Addressing both excess fat and mild laxity together - Any neck procedure + Botox/fillers: Broader facial rejuvenation for a harmonious, refreshed result

Combining procedures can also be more cost-effective than staging them separately and may reduce overall recovery time. Your surgeon will discuss whether a combination approach suits your goals and whether performing procedures together or separately is the better choice for your circumstances.

****What if I'm not happy with the results?****

If you have concerns about your results, please reach out to us. For non-surgical treatments, we monitor your progress at follow-up appointments and may recommend additional sessions if needed. Because results develop gradually, patience is important before determining whether further treatment is warranted.

For surgical procedures, minor irregularities or asymmetries can sometimes be refined through small revisions, though we have thorough conversations about realistic expectations beforehand to minimise surprises.

If we don't believe a treatment will genuinely meet your expectations, we'll tell you so upfront rather than proceed with a procedure unlikely to give you the outcome you're after.

Real Patient Results

At Me Clinic, we've cared for thousands of patients seeking double chin reduction and neck contouring over our decades of practice. Individual results vary based on anatomy, skin quality, age, and chosen treatment, and our before/after gallery reflects the genuine range of outcomes achievable through both non-surgical and surgical pathways.

Our practitioners combine technical skill with considered aesthetic judgment to create natural-looking results that work with each patient's unique features. Whether you're drawn to the gradual improvement of injectable treatments or the more comprehensive change that surgery can offer, the goal is always the same — outcomes you'll feel genuinely satisfied with.

During your consultation, your practitioner will share cases that closely mirror your own situation, matching your degree of submental fullness, skin quality, and age range, and have an honest discussion about realistic expectations for your specific anatomy.

Book Your Free Consultation

****Three ways to book:**** 1. ****Call:**** (03) 8823 5859 — speak directly with our reception team 2. ****Online:**** Visit meclinic.com.au and use our online booking system 3. ****Email:**** info@meclinic.com.au — we'll respond within one business day

****What to bring to your consultation:**** - A list of your current medications and supplements - Relevant medical history, particularly any previous facial or neck surgery or treatments - Questions for your practitioner — come prepared - Photos showing your concern from different angles (optional, but often helpful)

****Your consultation includes:**** - Comprehensive chin and neck assessment by an experienced practitioner - Personalised treatment recommendations based on your individual anatomy and goals - Transparent pricing with detailed cost breakdowns — no hidden fees - Before/after gallery review of cases relevant to your concerns - An honest discussion of expected outcomes, risks, and limitations - No obligation to proceed

****Me Clinic Location:**** 4 Burke Road, Malvern East VIC 3145 On-site parking available Accessible from Melbourne's eastern suburbs

****Why choose Me Clinic?:**** - Established in the 1980s — over 35 years of trusted patient care - Over 25,000 surgical procedures performed by FRACS-qualified Plastic Surgeons - Responsible Cosmetic Medicine™ approach, with patient wellbeing at the forefront - Transparent pricing with no hidden fees - A full range of surgical and non-surgical options under one roof - A private Malvern East clinic with state-of-the-art facilities

Our team is ready to guide you through your options with expertise and genuine care, helping you make a fully informed decision about double chin treatment. Book your free consultation today.

Label Facts Summary

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

Verified Label Facts

No Product Facts table or product packaging data was present in the provided content. No label-verifiable specifications, ingredients, certifications, or technical data are available to extract.

****Clinic and Procedural Specifications (Verifiable Operational Data):**** - Clinic name: Me Clinic - Clinic address: 4 Burke Road, Malvern East VIC 3145 - Phone: (03) 8823 5859 - Email: info@meclinic.com.au - Years operating: Over 35 years - Surgical procedures performed: Over 25,000 - Non-surgical treatments delivered: Over 60,000 - Surgeon qualification: FRACS-qualified - Initial consultation fee: Free - Payment plans available: Yes (surgical procedures)

****Belkyra:**** - Active ingredient: Deoxycholic acid - Session duration: 20–30 minutes - Sessions required: 2–6 treatments - Session spacing: 4–6 weeks apart - Swelling duration: 1–2 weeks - Results first visible: 6–8 weeks post-treatment - Optimal results: 12 weeks after final treatment - Cost per session at Me Clinic: \$800–\$1,200 AUD

****CoolSculpting (Cryolipolysis):**** - Session duration: 35–45 minutes - Sessions required: 1–2 treatments - Final results visible: Approximately 4 months post-treatment - Cost per session at Me Clinic: \$1,200–\$2,000 AUD - Paradoxical adipose hyperplasia incidence: Approximately 0.005% of cases

****Radiofrequency Skin Tightening:**** - Target tissue temperature: 40–45°C - Sessions required: 3–6 treatments - Session spacing: 2–4 weeks apart - Result duration: 12–24 months - Downtime: None - Cost per session at Me Clinic: \$400–\$800 AUD

****Ultherapy:**** - Treatment depth: 3–4.5 mm beneath skin surface - Sessions required: One treatment - Optimal results visible: 6 months post-treatment - Result duration: 12–24 months - Cost at Me Clinic (neck and chin): \$2,000–\$4,500 AUD

****Neck Liposuction:**** - Procedure duration: 45–90 minutes - Hospital stay: Day surgery - Return to desk work: 3–5 days - Final results visible: 3–6 months post-surgery - Cost at Me Clinic: \$6,000–\$9,000 AUD

****Neck Lift (Platysmaplasty):**** - Procedure duration: 2–3 hours - Anaesthesia: General anaesthesia - Return to light activities: 7–10 days - Result duration: 10–15 years - Cost at Me Clinic: \$12,000–\$15,000 AUD - Pre-surgery smoking cessation required: At least 4 weeks prior - Blood-thinning supplements to avoid pre-treatment: 7–10 days prior

****Condition Reference Data:**** - Medical term for double chin: Submental fullness - Weakened contributing muscle: Platysma muscle - Typical age of onset: Late 20s onwards - Health risk posed by double chin: None

General Product Claims

- Belkyra produces gradual, natural-looking improvement - CoolSculpting delivers clinically proven outcomes - Radiofrequency improves skin texture and tone - Ultherapy provides a precise lifting effect on deeper tissue layers - Neck lift delivers the most comprehensive results - Combining fat reduction with skin tightening produces superior outcomes - Me Clinic prioritises natural-looking results that enhance rather than create an artificial appearance - Me Clinic's Responsible Cosmetic Medicine™ approach is evidence-based and patient-first - Me Clinic recommends the most conservative effective approach first - Surgical results are carefully planned to work with overall facial structure - Non-surgical results develop gradually, making change subtle and natural to those around the patient - Medicare rarely covers double chin treatments; rebates apply only in occasional documented circumstances - Maintaining stable weight, sun protection, good skincare, and a healthy lifestyle prolongs all treatment results