

Smile Lines (Nasolabial Folds) - Treatment Melbourne | Me Clinic

Canonical: <https://directory.meclinic.com.au/patient-concern-guides/facial-concerns/smile-lines-nasolabial-folds-treatment-melbourne-me-clinic/>

Description:

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

PROBLEM: Smile Lines (Nasolabial Folds) TARGET: Patients researching smile line treatment

TREATMENTS: Derma...

Details:

Quick Summary

****What causes smile lines:**** - Natural ageing and collagen breakdown - Repetitive facial expressions and muscle movement - Volume loss in cheeks and midface - Genetic predisposition and facial structure

****Treatment options available:**** - Non-surgical: Dermal fillers, anti-wrinkle injections, thread lift, laser skin resurfacing, radiofrequency treatments - Surgical: Facelift (for severe cases with significant skin laxity)

****Expected results:**** - Softened and smoothed nasolabial folds - Restored midface volume and youthful contours - Natural-looking rejuvenation without frozen appearance - Timeline: Immediate results with fillers, gradual improvement with energy-based treatments - Duration: 6-18 months for fillers, 1-2 years for energy treatments, 7-15 years for surgical options

****Cost range:**** - Non-surgical: \$600-\$3,500 per treatment - Surgical: \$12,000-\$20,000 - *Prices based on Me Clinic's transparent pricing policy*

****Next steps:**** - Book free consultation at Me Clinic - Discuss customised treatment plan - Review before/after gallery - Understand recovery timeline and realistic expectations

Understanding Smile Lines (Nasolabial Folds)

****What are smile lines?****

Smile lines, medically known as nasolabial folds, are the facial creases that run from the sides of the nose down to the corners of the mouth. While everyone has these natural folds to some degree, they become more pronounced with age, creating a parentheses-like appearance around the mouth.

A common misconception is that smile lines are caused solely by smiling too much. While facial expressions contribute to their development, the primary culprits are ageing-related volume loss and skin changes. Deep nasolabial folds can create a tired, aged appearance even when your face is at rest, which is why many patients seek treatment to restore a refreshed, youthful look.

Visually, mild smile lines appear as subtle creases visible mainly when smiling, while moderate to severe folds remain prominent even with a neutral expression, sometimes creating shadowing that accentuates their depth.

****What causes smile lines?****

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

As we age, several interconnected processes contribute to the formation and deepening of nasolabial folds:

- ****Collagen and elastin breakdown:**** From our mid-20s onwards, our skin produces progressively less collagen (about 1% less per year). Collagen provides structural support, while elastin allows skin to bounce back after movement. As these proteins diminish, skin loses its ability to resist the effects of gravity and repetitive movement.
- ****Muscle movement patterns:**** Every time you smile, laugh, or make facial expressions, the muscles around your nose and mouth contract, creating folds in the overlying skin. Over decades, these repetitive movements etch permanent creases into the skin, similar to how repeatedly folding paper creates a permanent crease.
- ****Fat redistribution:**** The youthful face has evenly distributed fat pads that provide smooth contours. With age, midface fat pads deflate and descend, creating hollowing in the cheek area and volume accumulation along the nasolabial fold line. This volume shift emphasises the fold's appearance.

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

Your genetics significantly influence when and how severely nasolabial folds develop:

- ****Hereditary predisposition:**** If your parents developed prominent smile lines at an early age, you're more likely to follow suit. Family facial structure, bone architecture, and skin aging patterns are inherited traits.
- ****Skin type considerations:**** People with thinner skin or less elastic skin (common in lighter skin types) may develop visible folds earlier than those with thicker, more resilient skin. However, all skin types eventually experience age-related changes.
- ****Facial bone structure:**** Those with flatter cheekbones, recessed cheeks, or prominent nasal bases may notice more pronounced nasolabial folds due to their underlying skeletal architecture.

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

External factors can accelerate the development of smile lines:

- ****Sun exposure:**** UV radiation is responsible for up to 80% of visible facial ageing. Sun damage breaks down collagen and elastin fibres, accelerating skin sagging and fold formation. Australians, with high UV exposure, are particularly susceptible.
- ****Smoking:**** Tobacco smoke contains thousands of chemicals that damage collagen and elastin, reduce blood flow to skin, and directly contribute to premature facial ageing. Smokers typically develop smile lines 5-10 years earlier than non-smokers.
- ****Weight fluctuations:**** Significant weight loss, particularly after age 40, can accelerate facial volume loss and make nasolabial folds more apparent. Conversely, weight gain followed by loss creates a cycle that stresses skin elasticity.
- ****Sleep position:**** Consistently sleeping on your side or stomach can create compression creases that, over years, become permanent facial lines including nasolabial folds.

****Who experiences smile lines?****

Nasolabial folds are a universal feature of human facial anatomy, but their prominence varies:

- ****Age range:**** Most people begin noticing deepening smile lines in their 30s and 40s. By age 50, the majority have moderate to deep folds. However, some individuals develop prominent folds as early as

their late 20s due to genetic factors or lifestyle influences.

- **Gender considerations:** Both men and women develop smile lines, though women often seek treatment earlier. This isn't because women experience more severe folds, but rather because cosmetic concerns are more socially acceptable for women to address. Men's thicker skin may delay visible fold formation by a few years.

- **When it becomes noticeable:** Smile lines typically progress from dynamic (visible only during expression) to static (visible at rest). This transition usually occurs during the fourth decade of life.

Why it matters

While smile lines are a natural part of ageing, their impact extends beyond physical appearance:

- **Appearance impact:** Deep nasolabial folds can add years to your perceived age. Studies show that prominent smile lines are strongly associated with older age perception, sometimes more so than crow's feet or forehead wrinkles.

- **Psychological considerations:** Many patients report that their deepening smile lines make them appear tired, sad, or stern, even when they feel energetic and happy. This discrepancy between internal feelings and external appearance can affect self-confidence and social interactions.

- **When to seek treatment:** There's no "right" age to address smile lines. Consider treatment when the folds bother you personally, when they don't match how you feel inside, or when you notice them affecting your confidence. Early intervention with preventative treatments can slow progression, while established folds can be significantly improved at any age.

Treatment Options Comparison

Non-Surgical Treatments

1. Injectable Treatments

Dermal Fillers

Dermal fillers are the gold-standard treatment for nasolabial folds and the most commonly requested solution at Me Clinic.

- **How it works:** Hyaluronic acid-based fillers (such as Juvederm, Restylane, or Belotero) are injected directly into the nasolabial fold and often into the cheek area to restore lost volume. The filler material plumps the fold from beneath, while strategically placed cheek injections provide lifting support that reduces the fold's appearance.

- **Best for:** Moderate to deep static folds, volume loss in the midface, anyone seeking immediate improvement without surgery.

- **Procedure time:** 20-40 minutes including consultation and numbing cream application.

- **Downtime:** Minor swelling and potential bruising for 1-3 days. Most patients return to normal activities immediately, though we recommend avoiding intense exercise for 24 hours.

- **Results appear:** Immediate visible improvement, with final results evident after 2 weeks once any swelling subsides and the product fully settles.

- **Results last:** 9-18 months depending on the product used, individual metabolism, and the treated area. Cheek fillers typically last longer than direct fold treatment.

- **Cost range:** \$700-\$1,500 per treatment (typically 1-3ml of product required).

- **Pros:** Immediate results, minimal downtime, natural-looking when done properly, reversible with hyaluronidase if needed, can be adjusted at follow-up appointments.

- **Cons:** Temporary results requiring maintenance treatments, potential for bruising, slight risk of lumps or asymmetry (usually correctable), rare but serious vascular complications if performed by inexperienced injectors.

Anti-Wrinkle Injections (Around the Nasolabial Area)

While anti-wrinkle injections (botulinum toxin) aren't typically injected directly into nasolabial folds, they can complement filler treatment.

- **How it works:** Strategic injections around the nose and upper lip can relax muscles that pull downward on the nasolabial fold, slightly softening its appearance. This is often combined with filler treatment for optimal results.

- **Best for:** Dynamic lines contributing to fold appearance, bunny lines on the nose, downturned mouth corners that accentuate folds.

- **Procedure time:** 10-15 minutes.

- **Downtime:** None to minimal; occasional minor bruising.

- **Results appear:** 3-7 days, with full effects at 14 days.

- **Results last:** 3-4 months.

- **Cost range:** \$350-\$600 per treatment area.

- **Pros:** Quick procedure, no downtime, can enhance filler results.

- **Cons:** Not a primary treatment for smile lines, temporary results, won't address volume loss.

2. Thread Lift

Thread lifts offer a middle ground between non-surgical fillers and surgical facelifts.

- **How it works:** Medical-grade dissolvable threads with tiny cones or barbs are inserted under the skin through small needle punctures. These threads physically lift sagging tissue, reducing the appearance of nasolabial folds. Over time, the threads stimulate collagen production before naturally dissolving.

- **Best for:** Mild to moderate folds with associated cheek sagging, patients seeking more lift than fillers provide but who aren't ready for surgery.

- **Procedure time:** 45-90 minutes.

- **Downtime:** Mild swelling and bruising for 3-7 days. Some patients experience temporary dimpling or puckering that resolves within weeks.

- **Results appear:** Immediate lifting effect, with continued improvement over 2-3 months as collagen forms around the threads.

- **Results last:** 12-18 months, though collagen stimulation effects may extend beyond this period.

- **Cost range:** \$2,500-\$4,500 depending on the number of threads used.

- **Pros:** More dramatic lifting than fillers alone, stimulates natural collagen, longer-lasting than injectables.

- **Cons:** More invasive than fillers, higher risk of visible threads or dimpling, results aren't as dramatic as surgical facelift, not suitable for severe sagging.

3. Energy-Based Treatments

****Laser Skin Resurfacing****

Laser treatments improve the skin quality around nasolabial folds but don't address underlying volume loss.

- ****Types:**** Fractional CO2 lasers and erbium lasers are most effective for perioral rejuvenation.
- ****How it works:**** Laser energy creates controlled micro-injuries in the skin, stimulating collagen remodeling and skin tightening. This can soften fine lines around the mouth and improve skin texture, making folds less apparent.
- ****Best for:**** Fine wrinkles around the mouth, skin texture concerns, mild folds, or as a complementary treatment to fillers.
- ****Treatment sessions:**** Typically 1-3 sessions depending on the laser intensity and desired results.
- ****Downtime:**** 5-14 days of redness, peeling, and social downtime depending on treatment intensity.
- ****Results last:**** 2-5 years with proper sun protection and skincare.
- ****Cost range:**** \$800-\$2,500 per session.

****Radiofrequency and Ultrasound Treatments****

- ****Examples:**** Profound RF, Ultherapy, Thermage.
- ****How it works:**** These treatments deliver energy beneath the skin's surface to heat deep tissue layers, stimulating new collagen and elastin production. This creates a subtle lifting and tightening effect that can reduce the appearance of nasolabial folds.
- ****Best for:**** Mild to moderate folds, preventative treatment, patients seeking gradual improvement without injectables.
- ****Treatment sessions:**** Usually 1-2 treatments.
- ****Downtime:**** None to minimal; possible redness and swelling for 1-3 days.
- ****Results appear:**** Gradual improvement over 2-6 months as new collagen forms.
- ****Results last:**** 1-2 years.
- ****Cost range:**** \$1,500-\$4,500 per treatment depending on the technology used.

****4. Skin Resurfacing Treatments****

****Chemical Peels****

Medium to deep chemical peels can improve perioral skin quality and reduce the appearance of fine lines around the mouth.

- ****Best for:**** Superficial line reduction, skin texture improvement, sun damage correction around the mouth area.
- ****Downtime:**** 3-14 days depending on peel depth.
- ****Cost range:**** \$400-\$1,500 per treatment.
- ****Effectiveness for nasolabial folds:**** Limited. Peels improve skin quality but don't address the volumetric component of deep folds.

Surgical Treatment

****Facelift (Rhytidectomy)****

For severe nasolabial folds accompanied by significant facial sagging, a surgical facelift provides the most comprehensive and long-lasting solution.

- **What it is:** A facelift surgically repositions descended facial tissues, removes excess skin, and restores youthful facial contours. Modern techniques focus on lifting the SMAS (superficial musculoaponeurotic system) layer, which provides deeper, more natural-looking, and longer-lasting results than older skin-only lifts.

- **Best for:** Severe nasolabial folds with significant midface descent, jowling, neck laxity, patients seeking permanent improvement (10-15 years), those who haven't achieved satisfactory results with non-surgical treatments.

- **Procedure time:** 3-5 hours depending on technique and whether additional procedures (neck lift, fat grafting) are combined.

- **Anaesthesia:** General anaesthesia or deep sedation with local anaesthesia.

- **Hospital stay:** Day surgery or overnight stay for monitoring.

- **Recovery time:** - Initial recovery: 10-14 days before most patients return to work - Swelling and bruising: 2-3 weeks for majority to resolve - Final results: 3-6 months as swelling fully resolves and scars mature

- **Results appear:** Immediate improvement visible despite swelling, with final outcome evident at 3-6 months.

- **Results last:** 10-15 years. While ageing continues, patients maintain a more youthful appearance than if surgery hadn't been performed.

- **Cost range:** \$15,000-\$25,000 depending on technique and combined procedures.

- **Pros:** Most dramatic and long-lasting results, addresses multiple ageing concerns simultaneously, comprehensive rejuvenation of midface and lower face, natural results when performed by experienced surgeons.

- **Cons:** Invasive surgery with associated risks, significant downtime, higher cost, permanent scars (though well-hidden), requires general anaesthesia, results vary based on surgeon skill and individual healing.

Fat Grafting (Often Combined with Facelift)

Fat grafting involves harvesting fat from the patient's body (typically abdomen or thighs) and precisely injecting it into facial areas that have lost volume, including the midface area above nasolabial folds.

- **Best for:** Restoring facial volume naturally, combined with facelift for optimal results, patients with adequate donor fat.

- **Advantages:** Uses your own tissue (no foreign material), natural feel and appearance, permanent results for fat that successfully establishes blood supply (typically 50-70% of transferred fat survives).

- **Cost:** Usually \$3,000-\$6,000 when combined with facelift; may be included in surgical package pricing.

Choosing the Right Treatment - Decision Guide

Consider non-surgical treatments if:

✓ You have mild to moderate nasolabial folds ✓ Your folds are primarily due to volume loss rather than severe skin laxity ✓ You prefer minimal to no downtime ✓ You want to trial treatments gradually before

considering surgery ✓ You're not ready for surgical intervention ✓ You want reversible or adjustable options ✓ Budget is a consideration and you prefer staged treatments ✓ You're younger (under 50) with good skin elasticity

****Consider surgical treatment (facelift) if:****

✓ You have severe nasolabial folds with significant skin laxity ✓ Non-surgical fillers require excessive amounts of product ✓ You have concurrent jowling and neck sagging ✓ Previous non-surgical treatments haven't achieved your goals ✓ You're seeking long-lasting results (10-15 years) ✓ You can accommodate 2-3 weeks of recovery time ✓ You're willing to invest in a comprehensive, permanent solution ✓ You're typically over 50 with advanced facial ageing

****Combination approach:****

Many Me Clinic patients achieve optimal results by combining treatments strategically:

- ****Facelift + fat grafting:**** Surgical lifting addresses skin laxity while fat grafting restores volumetric loss, creating comprehensive midface rejuvenation.
- ****Dermal fillers + radiofrequency treatments:**** Fillers provide immediate volume restoration while RF treatments improve skin quality and provide subtle tightening, extending filler results.
- ****Thread lift + dermal fillers:**** Threads provide mechanical lifting while fillers address remaining volume deficits, offering significant improvement without surgery.
- ****Laser resurfacing post-facelift:**** After surgical healing is complete (3-6 months), laser treatments can refine skin texture and tone, maximising the overall rejuvenation outcome.

Your Me Clinic surgeon or cosmetic physician will assess your specific facial anatomy, degree of ageing, lifestyle factors, and aesthetic goals to recommend the most appropriate treatment plan during your consultation.

What to Expect at Me Clinic

****1. Initial Consultation (Complimentary)****

Your journey begins with a thorough consultation with one of our experienced practitioners:

- ****Comprehensive facial assessment:**** Your practitioner examines your nasolabial folds in detail, assessing depth, length, associated volume loss, skin quality, and facial proportions.
- ****Discussion of your concerns and goals:**** We explore what specifically bothers you about your smile lines, when you first noticed them, and what you hope to achieve with treatment.
- ****Medical history review:**** We review relevant medical history, previous cosmetic treatments, allergies, medications, and any contraindications to specific treatments.
- ****Treatment options explained:**** Based on your assessment, we present suitable treatment options with honest pros, cons, expected outcomes, and timeline for each approach.
- ****Realistic expectations set:**** We show you comparable before-and-after photos from our gallery and clearly communicate what results are achievable for your specific situation. We never over-promise outcomes.
- ****Transparent pricing provided:**** You receive clear, itemised pricing for recommended treatments with no hidden fees. We explain any additional costs (such as multiple sessions) upfront.

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

Once you decide to proceed, we develop your customised treatment plan:

- **Customised treatment approach:** Your plan is tailored to your unique facial anatomy, not a one-size-fits-all protocol.
- **Timeline and sessions explained:** We outline exactly how many treatments you'll need, spacing between sessions, and when to expect final results.
- **Pre-treatment instructions:** Depending on your chosen treatment, we provide specific preparation guidelines (avoiding blood thinners, alcohol, certain supplements).
- **Cost breakdown provided:** Complete financial transparency including total investment, payment plan options if applicable, and maintenance treatment costs.
- **Comprehensive question time:** We encourage questions and ensure you feel completely informed and comfortable before proceeding.

3. The Me Clinic Difference

Responsible Cosmetic Medicine™

Me Clinic's approach to treating nasolabial folds prioritises:

- **Evidence-based treatments only:** We only offer treatments with proven safety and efficacy records. We don't chase trends or use experimental procedures.
- **Ethical patient selection:** Not everyone is a suitable candidate for every treatment. If we believe you won't achieve satisfactory results with a particular treatment, we'll tell you honestly rather than proceed with your money.
- **Natural-looking results prioritised:** Our philosophy centers on refreshed, natural appearance that looks like "you on a great day," not an overdone or obviously treated look.
- **Conservative approach first:** We prefer to start conservatively and add more product or pursue additional treatments later rather than over-correct initially.
- **Comprehensive aftercare:** Your relationship with Me Clinic doesn't end when you leave the clinic. We provide detailed aftercare instructions and are available to address any concerns during your recovery.

Experienced Practitioners

Your smile line treatment will be performed by highly qualified professionals:

- **FRACS-qualified plastic surgeons:** Our surgical team holds Fellowship of the Royal Australasian College of Surgeons (FRACS) qualification, the gold standard in Australian surgical training.
- **Specialist cosmetic physicians:** Our non-surgical practitioners are specialist doctors with advanced training in cosmetic injectables and aesthetic medicine.
- **Registered nurses:** Our nursing team assists in procedures and provides patient education and support throughout your treatment journey.
- **Proven track record:** Since the 1980s, Me Clinic has performed over 25,000 surgical procedures and 60,000+ non-surgical aesthetic treatments.

Transparent Pricing

Unlike many cosmetic clinics, Me Clinic publishes indicative pricing:

- **No hidden fees:** Our quoted price is what you pay. No surprise additional charges for "extras."
- **Written quotes:** You receive detailed written quotes you can take home to review.

- ****Payment plans available:**** For larger investments like surgical procedures, we offer payment plan options to make treatment accessible.

- ****Medicare rebates explained:**** Where applicable (rare in cosmetic procedures), we clearly explain any potential Medicare item numbers and expected rebates.

Frequently Asked Questions

****How much does smile line treatment cost in Melbourne?****

Treatment costs vary significantly based on the approach selected:

- ****Dermal fillers:**** \$700-\$1,500 per treatment session (typically 1-3ml required). Most patients need touch-ups every 9-18 months. - ****Thread lift:**** \$2,500-\$4,500 per treatment, lasting 12-18 months. - ****Radiofrequency/ultrasound treatments:**** \$1,500-\$4,500 per treatment, typically 1-2 sessions needed. - ****Laser resurfacing:**** \$800-\$2,500 per session, often 1-3 sessions recommended. - ****Surgical facelift:**** \$15,000-\$25,000, with results lasting 10-15 years.

At Me Clinic, we provide transparent, personalised pricing during your complimentary consultation with no obligation to proceed. Our written quotes include all associated costs so you can make an informed decision.

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

Result longevity depends on the treatment chosen:

- ****Injectable dermal fillers:**** 9-18 months. Factors affecting duration include the product used (some are designed to last longer), the amount injected, individual metabolism, and the treatment area (cheek fillers typically last longer than direct fold treatment). - ****Thread lifts:**** 12-18 months for the mechanical lifting effect, though collagen stimulation benefits may extend beyond thread dissolution. - ****Energy-based treatments (RF/ultrasound):**** 1-2 years, sometimes longer with optimal skincare and sun protection. - ****Laser resurfacing:**** 2-5 years for skin quality improvements. - ****Surgical facelift:**** 10-15 years. While you continue ageing after surgery, you maintain a more youthful appearance than if you hadn't had the procedure.

Individual results vary based on age, skin quality, lifestyle factors (sun exposure, smoking), and maintenance treatments.

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

Downtime varies dramatically by treatment:

- ****Dermal fillers:**** Minimal. Most patients experience mild swelling and potential bruising for 1-3 days. You can typically return to work immediately, though we recommend avoiding intense exercise for 24 hours. - ****Anti-wrinkle injections:**** None. Occasionally minor bruising at injection sites. - ****Thread lift:**** 3-7 days of visible swelling and bruising. Some restrictions on facial expressions and sleeping position for the first week. - ****Radiofrequency/ultrasound:**** None to minimal. Possible redness and swelling for 1-3 days. - ****Laser resurfacing:**** 5-14 days depending on intensity. Expect redness, peeling, and social downtime. - ****Surgical facelift:**** 10-14 days before most patients feel comfortable returning to work. Swelling and bruising take 2-3 weeks to largely resolve. Full recovery with final results takes 3-6 months.

Your practitioner will provide specific downtime expectations based on your chosen treatment during your consultation.

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

Natural results are the cornerstone of Me Clinic's Responsible Cosmetic Medicine™ philosophy. Our practitioners are trained to:

- Prioritise subtle enhancement over dramatic transformation - Respect your natural facial anatomy and proportions - Avoid overfilling or creating an obviously treated appearance - Use conservative product amounts initially with the option to add more - Select injection techniques that create smooth, blended results

The key to natural-looking smile line treatment is addressing the cause (volume loss in the midface) rather than just filling the fold itself. This creates a more youthful facial shape rather than simply plumping a crease.

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

There's no universal age limit for smile line treatment:

- ****Younger patients (20s-30s):**** May benefit from preventative treatments (skin care, light fillers, RF treatments) to slow progression of early folds. We assess whether intervention is truly needed or if you're being overly critical.

- ****Middle-aged patients (40s-50s):**** Typically ideal candidates for both non-surgical and surgical options. We'll recommend the most cost-effective, results-oriented approach based on your degree of ageing.

- ****Mature patients (60s+):**** Can absolutely achieve beautiful results. We assess overall health, skin quality, and realistic expectations. Sometimes surgical options provide better value and more satisfying results than ongoing non-surgical maintenance in this age group.

During consultation, we evaluate individual factors including skin condition, overall health, lifestyle, budget, and realistic expectations rather than making age-based decisions.

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

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

Rare exceptions include surgical procedures that address functional concerns alongside cosmetic improvement. For example, if a facelift is combined with eyelid surgery (blepharoplasty) that improves vision obstruction, the eyelid component might qualify for partial Medicare rebate.

We'll clarify any potential Medicare item numbers and expected rebates during your surgical consultation. Most patients should plan to pay for smile line treatments privately.

****What are the risks and side effects?****

All aesthetic procedures carry some risk. Common risks specific to smile line treatments include:

****Injectable fillers:**** - Bruising and swelling (common, temporary, resolves in days) - Asymmetry requiring adjustment - Lumps or bumps (usually massaged out or dissolved) - Allergic reaction (rare with modern hyaluronic acid fillers) - Vascular occlusion (serious but rare; we use advanced injection techniques to minimise this risk)

****Thread lifts:**** - Bruising and swelling - Temporary dimpling or puckering - Visible or palpable threads (usually resolves; rarely requires removal) - Infection (rare)

****Energy-based treatments:**** - Redness and swelling - Temporary skin sensitivity - Burns (rare with experienced operators) - Paradoxical sagging (extremely rare)

****Surgical facelift:**** - Bleeding, hematoma formation - Infection - Scarring (scars are placed in discreet locations but are permanent) - Nerve injury causing temporary or permanent facial weakness (rare) - Anaesthesia risks - Skin necrosis (rare) - Asymmetry requiring revision

Me Clinic minimises risks through: - Thorough pre-treatment medical screening - Experienced, qualified practitioners - Sterile technique and premium products - Comprehensive aftercare protocols - Clear communication about warning signs

Your practitioner will discuss specific risks relevant to your chosen treatment during consultation, and you'll have the opportunity to ask questions before signing consent.

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

Absolutely. During your consultation, we'll show you extensive before-and-after galleries featuring patients with similar concerns to yours. These photos demonstrate the range of achievable results with different treatment approaches.

We maintain strict patient privacy and only display photos from patients who have provided written consent. We can't share photos electronically or on public websites due to Australian medical advertising regulations, but our consultation rooms have comprehensive galleries available for review.

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

Preparation varies by treatment type. General guidelines include:

****For injectable treatments:**** - Avoid blood-thinning medications and supplements (aspirin, ibuprofen, fish oil, vitamin E, garlic supplements) for 7 days before treatment if medically safe to do so - Avoid alcohol for 24-48 hours before treatment - Arrive with a clean face (no makeup) - Don't schedule treatment right before important events (allow 2 weeks for any swelling/bruising to resolve)

****For energy-based treatments:**** - Avoid sun exposure and tanning for 2-4 weeks before treatment - Discontinue retinoids and exfoliating products as directed - Arrive with clean skin

****For surgical procedures:**** - Stop smoking at least 4 weeks before surgery - Adjust medications as directed by your surgeon - Arrange transportation and aftercare support - Prepare your recovery space at home - Follow specific pre-operative fasting instructions

Your practitioner will provide detailed, personalised preparation instructions when you book your treatment.

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

Result timing varies by treatment:

- ****Dermal fillers:**** Immediate visible improvement, though final results become apparent after 2 weeks once any swelling subsides and the product fully integrates. - ****Anti-wrinkle injections:**** 3-7 days to notice effects, 10-14 days for full results. - ****Thread lift:**** Immediate lifting effect visible despite swelling, with continued improvement over 2-3 months as collagen forms. -

****Radiofrequency/ultrasound treatments:**** Gradual improvement over 2-6 months as new collagen develops. Patience is required for these treatments. - ****Laser resurfacing:**** Initial improvement visible once healing completes (2-3 weeks), with continued enhancement over 3-6 months. - ****Surgical facelift:**** Immediate dramatic change visible despite swelling, with final refined results at 3-6 months once all swelling resolves and scars mature.

****What about maintenance?****

Most non-surgical treatments require ongoing maintenance:

- ****Fillers:**** Touch-up treatments every 9-18 months to maintain results - ****Anti-wrinkle injections:**** Every 3-4 months - ****Thread lifts:**** Typically repeated every 18-24 months - ****Energy-based treatments:**** Annual maintenance treatments recommended - ****Surgical facelift:**** No maintenance required for the surgical result itself, though many patients eventually opt for touch-up filler treatments after 10-15 years, or pursue a secondary lift if desired

We'll discuss realistic maintenance requirements and long-term costs during your consultation so you can plan accordingly.

****Can treatments be combined?****

Yes, and combination approaches often achieve superior results. Common effective combinations include:

- Dermal fillers + anti-wrinkle injections for comprehensive facial rejuvenation - Thread lift + fillers for mechanical lifting plus volume restoration - Facelift + fat grafting for surgical lifting plus natural volume enhancement - Laser resurfacing following facelift recovery for skin texture refinement

Your practitioner will recommend the most effective treatment combination for your specific concerns and goals.

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

At Me Clinic, patient satisfaction is paramount. If you're not satisfied with your treatment outcome:

- ****Dermal fillers:**** Can be dissolved using hyaluronidase enzyme if the result is unsatisfactory. Touch-up appointments can adjust placement or add more product if needed. - ****Other treatments:**** We'll arrange a follow-up assessment and discuss options, which may include additional sessions, alternative approaches, or partial refunds in cases of genuine treatment failure.

We encourage open communication. If something doesn't feel right during your recovery, contact us immediately so we can address concerns promptly.

Real Patient Results

Since the 1980s, Me Clinic has treated thousands of Melbourne patients concerned about nasolabial folds. Our extensive experience spans the full spectrum from preventative treatment in younger patients to comprehensive surgical rejuvenation in mature patients.

While individual results vary based on age, skin quality, chosen treatment, and numerous other factors, our before-and-after gallery demonstrates the range of natural-looking outcomes achievable with our treatment protocols.

During your consultation, your practitioner will show you cases similar to yours—same age range, similar degree of fold depth, and comparable treatment approach—so you can form realistic expectations specific to your situation.

We believe in honest representation of results. Not every patient achieves dramatic transformation, and we'll never show you cherry-picked "best case" scenarios that don't represent typical outcomes.

Book Your Complimentary Consultation

Ready to explore your smile line treatment options with Melbourne's most experienced cosmetic medicine team?

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

1. ****Call:**** (03) 8823 5859 (Monday-Friday 9:00 AM - 5:00 PM, Saturday 9:00 AM - 3:00 PM) 2. ****Online:**** Visit meclinic.com.au/book-consultation 3. ****Email:**** info@meclinic.com.au

****What to bring to your consultation:****

- List of current medications and supplements - Relevant medical history information - Previous cosmetic treatment records if applicable - Photos showing your concern from different angles (optional but helpful) - Questions you want answered - Budget considerations

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

✓ Comprehensive facial assessment with detailed analysis of your nasolabial folds ✓ Personalised treatment recommendations based on your goals and anatomy ✓ Transparent, itemised pricing with no hidden fees ✓ Before/after gallery review of comparable cases ✓ Discussion of realistic expectations and timeline ✓ No obligation to proceed ✓ No consultation fee

****Me Clinic Location:****

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

- Convenient off-street parking available - Ground-floor accessibility - Public transport: Tram Route 6 stops nearby; Darling and Glenferrie train stations within walking distance - Easy access from all Melbourne suburbs

****Why choose Me Clinic for smile line treatment?****

- ****Four decades of experience**** treating Melbourne patients since the 1980s - ****25,000+ surgical procedures**** performed by our FRACS-qualified surgeons - ****60,000+ non-surgical treatments**** delivered with consistently natural results - ****Responsible Cosmetic Medicine™**** philosophy prioritising ethics and evidence - ****Transparent pricing**** with no hidden fees or pressure tactics - ****Comprehensive care**** from consultation through recovery and beyond

Take the first step toward refreshed, youthful-looking skin. Your complimentary consultation is completely pressure-free, informative, and the beginning of understanding what's possible for your unique situation.

We look forward to meeting you at Me Clinic Melbourne.