

Wrinkly Forehead - Treatment Options Melbourne | Me Clinic

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

Description:

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

PROBLEM: Wrinkly Forehead TARGET: Patients researching forehead wrinkle solutions

TREATMENTS: Anti-wrinkle ...

Details:

Quick Summary

****What causes wrinkly forehead:**** - Repeated facial expressions (raising eyebrows, frowning) - Natural ageing and collagen breakdown - Sun damage and environmental factors

****Treatment options available:**** - Non-surgical: Anti-wrinkle injections (Botox), dermal fillers, laser resurfacing, ultrasound therapy - Surgical: Brow lift (forehead lift)

****Expected results:**** - Smoother forehead appearance with reduced line depth - Timeline: Injectable results appear within 3-7 days; surgical results visible after 2-4 weeks - Duration: Injectables last 3-4 months; surgery provides results lasting 5-15 years

****Cost range:**** - Non-surgical: \$300-\$3,500 per treatment - Surgical: \$8,000-\$15,000 - *Prices based on Me Clinic's transparent pricing policy*

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

Understanding Wrinkly Forehead

****What are forehead wrinkles?***

Forehead wrinkles, also called forehead lines or worry lines, are horizontal creases that develop across the forehead. They typically run from one side of the forehead to the other and can vary from fine surface lines to deep grooves etched into the skin. Some people also develop vertical lines between the eyebrows (glabellar lines or "frown lines"), though these are technically a separate concern.

Many patients mistakenly believe forehead wrinkles are purely cosmetic imperfections, but they're actually a natural result of how we use our facial muscles throughout life. These lines form where the skin repeatedly folds as we raise our eyebrows, express surprise, or concentrate. While perfectly normal, pronounced forehead wrinkles can make some people appear older, tired, or perpetually worried—even when they're feeling relaxed and happy.

****What causes forehead wrinkles?***

Understanding why forehead wrinkles develop helps you make informed decisions about treatment. Multiple factors contribute to their formation:

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

As we age, our skin undergoes significant changes that make wrinkle formation inevitable:

- **Collagen and elastin breakdown:** These proteins give skin its firmness and elasticity. From our mid-20s onwards, production decreases by approximately 1% per year, whilst existing fibres become damaged and less effective.
- **Muscle movement patterns:** The frontalis muscle (the main forehead muscle) contracts thousands of times daily as we raise our eyebrows and make facial expressions. After decades of repeated folding, the skin "remembers" these creases, causing lines to remain even when the face is at rest.
- **Fat redistribution:** Facial fat pads thin and shift downward with age, reducing the cushioning effect that once kept the forehead smooth. This loss of underlying volume makes wrinkles more pronounced.
- **Cellular changes:** Skin cell turnover slows, moisture retention decreases, and the skin's natural repair mechanisms become less efficient.

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

Your genetic blueprint significantly influences when and how prominently forehead wrinkles develop:

- **Hereditary predisposition:** If your parents or siblings developed forehead wrinkles early, you're more likely to follow the same pattern. Family resemblance extends to wrinkling patterns.
- **Skin type considerations:** People with naturally thinner, fairer skin tend to show wrinkles earlier and more prominently than those with thicker, olive, or darker skin tones. This is because thicker skin has more collagen and better structural support.
- **Muscle structure:** Some people naturally have more active or stronger frontalis muscles, leading to deeper and earlier wrinkle formation.

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

Daily habits and environmental exposures accelerate forehead wrinkle development:

- **Sun exposure:** UV radiation is the single most significant external factor in premature ageing. It breaks down collagen and elastin, damages DNA in skin cells, and creates free radicals that cause oxidative stress. Australians face particularly high UV exposure, making sun protection essential.
- **Smoking:** Tobacco smoke contains thousands of chemicals that damage skin collagen and elastin, reduce blood flow to the skin, and impair healing. Smokers typically develop wrinkles 10-15 years earlier than non-smokers.
- **Facial expressions:** Highly expressive people who frequently raise their eyebrows or furrow their brows develop more pronounced lines. Whilst expressions are a natural part of communication, being aware of habitual facial tension can help.
- **Sleep position:** Sleeping face-down or on one side consistently can create compression lines that become permanent over time.
- **Stress:** Chronic stress increases cortisol levels, which breaks down collagen and impairs skin repair. It also leads to tension in facial muscles, potentially deepening expression lines.
- **Dehydration and poor nutrition:** Skin that lacks adequate hydration and nutrients loses elasticity and resilience more quickly.

****Who experiences forehead wrinkles?****

Forehead wrinkles affect nearly everyone eventually, though timing and severity vary:

- **Typical age range:** Fine lines may begin appearing in the late 20s or early 30s, particularly in people with high sun exposure or very expressive faces. Most people notice forehead wrinkles becoming more prominent in their 40s and 50s.
- **Gender prevalence:** Both men and women develop forehead wrinkles, though patterns may differ slightly. Men sometimes develop deeper lines due to thicker skin and stronger facial muscles, whilst women may notice changes accelerate during menopause due to hormonal shifts affecting skin quality.
- **When it becomes noticeable:** Dynamic lines (visible only during expressions) typically appear first. Over time, these transition to static lines (visible even at rest). This progression usually becomes noticeable to patients in their late 30s to mid-40s.

****Why it matters****

Beyond pure aesthetics, forehead wrinkles can impact how you feel about your appearance and how others perceive you:

- ****Impact on appearance:**** Prominent forehead lines can add years to your perceived age. Research shows that people with smooth foreheads are consistently judged as younger than their actual age, whilst those with deep lines are perceived as older. - ****Psychological considerations:**** Many patients report feeling that their forehead wrinkles don't match how youthful they feel internally. Some become self-conscious about looking "tired," "angry," or "worried" when they feel none of these emotions. This disconnect between internal feeling and external appearance can affect confidence in social and professional settings. - ****When to seek treatment:**** There's no "right" age or severity level for seeking treatment. Some patients prefer to address wrinkles early with preventative treatments, whilst others wait until lines become more established. The best time is when the wrinkles begin to bother you personally—not when someone else thinks you should do something about them.

Treatment Options Comparison

Me Clinic offers a comprehensive range of forehead wrinkle treatments, from quick, non-invasive procedures to surgical solutions for significant rejuvenation. The right choice depends on your wrinkle severity, lifestyle, budget, and desired outcome duration.

Non-Surgical Treatments

****1. Anti-Wrinkle Injections (Botox)****

Anti-wrinkle injections remain the gold standard for forehead wrinkles and represent our most frequently requested treatment for this concern.

- ****How it works:**** Botulinum toxin temporarily relaxes the frontalis muscle that causes horizontal forehead lines. By preventing the muscle from contracting with full force, the overlying skin remains smooth rather than bunching into wrinkles. The treatment is highly precise—your injector can adjust which areas of the muscle are relaxed and to what degree, allowing for natural movement whilst reducing unwanted lines.

- ****Best for:**** Dynamic wrinkles (lines that appear with facial expressions) and early static wrinkles. Most effective for patients in their 30s-50s with mild to moderate forehead lines. Also excellent as a preventative treatment for younger patients who want to slow wrinkle development.

- ****Procedure time:**** 10-15 minutes. This is genuinely a "lunchtime" procedure requiring no special preparation.

- ****Downtime:**** None to minimal. Most patients return to work immediately. Minor temporary redness at injection sites resolves within 30 minutes. Bruising is uncommon (occurs in fewer than 10% of patients) and typically resolves within 2-3 days if it does occur.

- ****Results appear:**** 3-7 days. Initial softening of lines begins within 48-72 hours, with peak effect at 10-14 days.

- ****Results last:**** 3-4 months typically. With regular treatments, some patients find results begin lasting longer (4-5 months) as the muscle becomes trained to relax. The effects gradually and naturally fade—there's no sudden "wearing off."

- ****Cost range:**** \$300-\$600 per treatment area. Forehead treatment typically requires 10-20 units of product.

- ****Pros:**** - Quick procedure with no downtime - Predictable, natural-looking results when performed by experienced injectors - Reversible (effects fade naturally) - Can prevent wrinkles from deepening over time - Minimal discomfort—most patients describe a slight pinching sensation - Can be combined with other facial treatments

- **Cons:** - Temporary results requiring maintenance treatments - Requires skilled injector to avoid complications (heavy brow, uneven results) - Small risk of mild headache in first 24 hours - Not suitable during pregnancy or breastfeeding - Results not immediate

****2. Dermal Fillers****

Whilst anti-wrinkle injections address wrinkles by relaxing muscles, dermal fillers work by restoring lost volume beneath the skin.

- **How it works:** Hyaluronic acid-based fillers are carefully injected beneath deeper forehead wrinkles to "fill in" the depression and lift the skin to the level of the surrounding area. This literally fills the wrinkle from underneath, creating a smoother surface. Fillers can also restore volume loss in the temples and upper face that contributes to forehead aging.

- **Best for:** Deep static wrinkles (visible even at rest) that have become etched into the skin. Often used in combination with anti-wrinkle injections for optimal results—the injection relaxes the muscle whilst the filler fills the established groove.

- **Procedure time:** 20-30 minutes, including numbing time if required.

- **Downtime:** Minor swelling and occasional bruising for 1-3 days. Most patients can resume normal activities immediately with minor swelling that others may not even notice.

- **Results appear:** Immediate. You'll see the smoothing effect as soon as the filler is placed, though final settling occurs over 1-2 weeks as any swelling resolves.

- **Results last:** 6-12 months for forehead applications. Duration depends on the specific product used, how much movement occurs in the treatment area, and individual metabolism.

- **Cost range:** \$600-\$900 per syringe. Deep forehead wrinkles typically require 0.5-1.5 syringes depending on severity.

- **Pros:** - Immediate visible improvement - Natural-looking when performed by experienced injectors - Can address wrinkles that don't respond well to anti-wrinkle injections alone - No downtime required - Reversible with an enzyme if needed

- **Cons:** - Temporary results requiring maintenance - Higher cost than anti-wrinkle injections - Slight risk of visible lumps if not injected properly (rare with experienced injectors) - Potential for minor bruising or swelling - Requires precise technique in the forehead area to avoid unnatural appearance

****3. Laser Therapy****

Laser treatments resurface the skin, improving texture, tone, and fine wrinkles through controlled skin injury and healing.

- **How it works:** Laser energy creates microscopic wounds in the skin, triggering your body's natural healing response. This stimulates new collagen production and removes damaged surface layers. Fractional lasers treat only a fraction of skin surface area, leaving surrounding tissue intact to speed healing. Different wavelengths and intensities allow customisation to your skin type and concern severity.

- **Best for:** Fine to moderate wrinkles with accompanying skin texture concerns like sun damage, pigmentation, or dullness. Excellent for patients who want overall skin quality improvement rather than just wrinkle reduction.

- **Treatment sessions:** Typically 1-3 sessions spaced 4-6 weeks apart, depending on laser type and intensity. Maintenance treatments annually or biannually help preserve results.

- **Downtime:** Varies by laser type: - Non-ablative (no skin removal): 1-2 days of redness - Fractional ablative (partial skin removal): 5-7 days of pinkness and peeling - Fully ablative (complete surface layer removal): 10-14 days of significant recovery
- **Results appear:** Gradual improvement over 2-6 months as new collagen forms. Initial redness and swelling resolve within days, but the regenerative process continues for months.
- **Results last:** 2-5 years depending on treatment intensity, skin care routine, and sun protection habits.
- **Cost range:** \$500-\$3,500 per session depending on laser type and treatment area size.
- **Pros:** - Addresses multiple concerns simultaneously (wrinkles, texture, pigmentation) - Stimulates natural collagen production for lasting improvement - Can treat areas that injections cannot easily address - Results continue improving for months post-treatment
- **Cons:** - Requires downtime (amount depends on laser intensity) - Multiple sessions typically needed for optimal results - Higher upfront cost than injectables - Risk of pigmentation changes in darker skin types (requires experienced practitioner) - Sun protection essential during healing and long-term

4. Ultrasound Therapy (Ultherapy)

This non-invasive treatment uses focused ultrasound energy to lift and tighten skin from within.

- **How it works:** Ultrasound energy is delivered deep into the skin at precise depths (1.5mm, 3.0mm, and 4.5mm), heating tissue to 60-70°C. This thermal injury triggers your body's natural collagen repair process. Unlike lasers that work from the surface inward, ultrasound works from deep layers outward, tightening the foundational layers that surgeons address during a surgical lift.
- **Best for:** Mild to moderate skin laxity with wrinkles, particularly for patients who want subtle lifting without surgery or injectables. Ideal for patients in their 40s-60s who aren't ready for a brow lift but want more than injectables alone can provide.
- **Treatment sessions:** Usually 1 session, with results lasting 1-2 years. Some patients opt for maintenance treatments every 12-18 months.
- **Downtime:** None to minimal. Temporary mild swelling, redness, or tenderness typically resolves within hours. Most patients return to normal activities immediately.
- **Results appear:** Gradual improvement over 2-3 months as new collagen forms. Some patients notice subtle "lift" sooner, but optimal results develop slowly.
- **Results last:** 1-2 years. Skin continues aging naturally, but the collagen generated during treatment provides lasting structural support.
- **Cost range:** \$2,500-\$4,500 for full face and brow treatment.
- **Pros:** - Non-invasive with no downtime - Works on deep structural layers like surgery (without incisions) - Natural-looking gradual improvement - Single treatment session required - Can be combined with other treatments
- **Cons:** - Higher cost than injectables - Results not immediate—requires patience - Mild discomfort during treatment (described as deep warming or tingling) - Not suitable for severe skin laxity or very deep wrinkles - Limited effectiveness in patients with very thin skin

5. Chemical Peels

Chemical peels use acid solutions to remove damaged outer skin layers, revealing fresher, smoother skin beneath.

- **How it works:** Carefully selected acids (such as glycolic, lactic, salicylic, or TCA) are applied to dissolve bonds between dead skin cells and trigger controlled exfoliation. Deeper peels also stimulate collagen remodeling in the dermis. Depth is controlled by acid type, concentration, and application time.
- **Best for:** Fine forehead lines with accompanying texture concerns like sun damage, pigmentation, or dullness. Light to medium peels improve skin quality and very fine wrinkles; deeper peels can address more established lines.
- **Treatment depth options:**
 - Light peels: Superficial exfoliation, minimal downtime, subtle results. Often done in a series of 4-6 treatments.
 - Medium peels: Penetrate into the upper dermis, noticeable peeling for 5-7 days, more significant wrinkle improvement.
 - Deep peels: Rarely used on the forehead due to risk of pigmentation changes; typically reserved for lower face.
- **Downtime:**
 - Light: 1-3 days of mild flaking
 - Medium: 5-7 days of visible peeling
 - Deep: 10-14 days of significant shedding and redness
- **Results last:** Light peels provide temporary glow (4-6 weeks); medium peels offer longer improvement (6-12 months) with proper maintenance.
- **Cost range:** \$150-\$300 for light peels, \$600-\$1,200 for medium peels per session.
- **Pros:**
 - Improves overall skin quality alongside wrinkle reduction
 - Can be tailored to individual tolerance and schedule
 - Relatively affordable, especially light peels
 - Can address pigmentation and texture issues simultaneously
- **Cons:**
 - Multiple sessions needed for optimal results
 - Visible peeling period (social downtime)
 - Limited effect on deeper wrinkles
 - Sun protection absolutely essential post-treatment
 - Risk of pigmentation changes if not done correctly

Surgical Treatment

Brow Lift (Forehead Lift)

For patients with significant forehead wrinkles, skin laxity, and brow drooping, surgical correction provides the most dramatic and long-lasting results.

- **What it is:** A brow lift surgically repositions sagging brow tissues, removes excess skin if needed, and can modify the underlying muscles that create wrinkles. Modern techniques use small incisions hidden within the hairline or endoscopic approaches with minimal scarring. The procedure lifts the entire forehead region, smoothing wrinkles whilst creating a more alert, youthful appearance.
- **Best for:** Patients with moderate to severe forehead wrinkles, pronounced skin laxity, and brow ptosis (drooping). Ideal for those seeking a long-term solution and willing to undergo surgery and recovery. Often recommended for patients in their 50s-70s, though appropriate candidates can be younger or older depending on individual anatomy.
- **Procedure time:** 1.5-3 hours depending on technique (endoscopic brow lift is quicker; open techniques take longer).
- **Anaesthesia:** Typically general anaesthesia, though some surgeons use twilight sedation with local anaesthesia for endoscopic approaches.
- **Hospital stay:** Usually day surgery. Most patients go home the same day after a few hours of observation.
- **Recovery time:**
 - 7-10 days before most patients feel comfortable in public
 - 2 weeks until bruising and obvious swelling resolve
 - 4-6 weeks until all swelling subsides and results become apparent
 - 3-6 months for incision lines to fade and final results to settle

- **Results appear:** Initial improvement visible immediately, though swelling obscures final result. True outcome apparent at 3-6 months when all tissues have settled.

- **Results last:** 10-15 years typically. The ageing process continues, but you'll always look younger than if you hadn't had the procedure. Many patients never require a second brow lift.

- **Cost range:** \$8,000-\$15,000 depending on surgical technique, surgeon's experience, anaesthesia fees, and facility costs.

- **Surgical approach options:** - **Endoscopic brow lift:** Several small incisions behind hairline. Least invasive surgical option with shorter recovery. Best for mild to moderate concerns. - **Coronal brow lift:** Incision across the top of the head from ear to ear, hidden in hair. Provides maximum correction but longer recovery and risk of numbness. - **Temporal (lateral) brow lift:** Incisions at temples. Lifts outer brow area specifically. Often combined with eyelid surgery.

- **Pros:** - Dramatic, comprehensive improvement - Long-lasting results (10+ years) - Addresses multiple concerns simultaneously (wrinkles, sagging, brow position) - Can be combined with other facial surgery for complete rejuvenation - Natural appearance when performed by skilled surgeon

- **Cons:** - Invasive procedure with surgical risks - Significant recovery time (1-2 weeks until presentable) - Higher cost than non-surgical options - Potential for temporary numbness or altered sensation in forehead - Risk of hair loss along incision lines (rare with modern techniques) - Requires general anaesthesia or heavy sedation - Results permanent (cannot be reversed like injectables)

Choosing the Right Treatment - Decision Guide

Selecting the optimal forehead wrinkle treatment depends on your individual concerns, lifestyle, and goals. Use this guide to narrow your options before your consultation.

Consider non-surgical treatments if:

✓ You have mild to moderate forehead wrinkles ✓ You prefer minimal to no downtime ✓ You want to try treatments gradually without permanent commitment ✓ You're not ready for surgery or want to delay surgical intervention ✓ Budget is a primary concern and you prefer lower initial investment ✓ You want reversible options ✓ You're seeking subtle, natural-looking improvement ✓ You respond well to injectable treatments (if you've tried them elsewhere)

Consider surgical treatment if:

✓ You have severe forehead wrinkles with significant skin excess ✓ Your brows have dropped, creating a tired or heavy appearance ✓ You want long-lasting results (10+ years) ✓ Non-surgical options haven't achieved your desired improvement ✓ You can accommodate 2+ weeks of recovery time ✓ You're willing to invest in a comprehensive, one-time solution ✓ You're planning other facial surgery (brow lift combines well with eyelid or facelift surgery) ✓ You understand and accept surgical risks

Combination approach:

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

- **Anti-wrinkle injections + dermal fillers:** Injections relax the muscle creating the wrinkle, whilst filler fills deep grooves that remain. This combination addresses both the cause and the effect of forehead lines.

- **Laser resurfacing + anti-wrinkle injections:** Laser improves skin texture and stimulates collagen, whilst injections prevent new wrinkle formation. Many patients undergo laser treatment first, then maintain results with periodic injections.

- **Brow lift + anti-wrinkle injections:** Surgery provides the foundation by lifting and smoothing the forehead, whilst post-operative injections maintain results and prevent new dynamic wrinkles from

forming.

- ****Staged approach:**** Some patients begin with injectables in their 30s-40s, progress to laser or ultrasound therapy in their 50s, and eventually consider surgery in their 60s or beyond. This gradual escalation allows you to maintain results whilst postponing more invasive procedures.

Your Me Clinic surgeon or cosmetic physician will recommend the best approach during your consultation, taking into account your wrinkle severity, skin quality, age, lifestyle, and aesthetic goals.

What to Expect at Me Clinic

We've refined our consultation and treatment process over four decades to ensure every patient receives personalised care, realistic expectations, and optimal results.

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

Your journey begins with a comprehensive, obligation-free consultation at our Malvern East clinic.

- ****Comprehensive facial assessment:**** Your practitioner examines your forehead wrinkles in detail, assessing depth, distribution, and how they change with facial expressions. We also evaluate surrounding structures (brows, eyelids, temples) to understand the complete picture.

- ****Discussion of your concerns and goals:**** We want to understand what bothers you about your forehead wrinkles and what "success" looks like to you. Are you seeking subtle softening or dramatic improvement? Do you want to look refreshed but still like yourself?

- ****Medical history review:**** We review your general health, previous cosmetic treatments, medications, allergies, and any medical conditions that might affect treatment options or outcomes.

- ****Treatment options explained:**** Your practitioner presents suitable options for your specific situation, explaining how each works, what to expect, and realistic outcomes. We believe in informed consent—you should understand your choices fully.

- ****Realistic expectations set:**** We're committed to honest communication. If your expectations cannot be met with available treatments, we'll tell you. If non-surgical options are unlikely to provide the improvement you seek, we'll recommend surgical consultation.

- ****Transparent pricing provided:**** You'll receive clear, itemised pricing for recommended treatments with no hidden fees or surprise costs. We publish our price ranges and stand by them.

- ****Before/after gallery review:**** We'll show you relevant examples of previous patients' results to help you visualise potential outcomes for your situation.

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

Once you decide to proceed, we create your personalised treatment plan.

- ****Customised treatment plan designed:**** Your plan is tailored to your anatomy, goals, budget, and schedule—not a one-size-fits-all protocol.

- ****Timeline and sessions explained:**** You'll know exactly how many sessions are recommended (if applicable), when results will appear, how long they'll last, and when maintenance is needed.

- ****Pre-treatment instructions:**** We provide clear guidelines for preparation (avoiding certain medications, skincare adjustments, etc.) to optimise safety and results.

- ****Cost breakdown provided:**** Final pricing is confirmed before proceeding, including any multiple-area discounts or package options.

- ****Questions answered:**** We encourage questions and won't rush you. This is your face—you deserve complete clarity before proceeding.

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

What sets Me Clinic apart in Melbourne's competitive cosmetic medicine landscape?

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

This isn't just a tagline—it's our operational philosophy:

- ****Evidence-based treatments only:**** We offer treatments with proven safety and efficacy. No experimental procedures or unproven devices.
- ****Ethical patient selection:**** We turn away patients whose expectations cannot be met or who aren't suitable candidates. Short-term revenue loss is worthwhile for long-term patient satisfaction.
- ****Natural-looking results prioritised:**** We believe the best cosmetic results are the ones people don't notice as "work done." Our goal is to make you look like a refreshed version of yourself.
- ****Conservative approach first:**** When multiple options exist, we typically recommend starting with less invasive treatments, progressing to more aggressive options only if needed.
- ****Comprehensive aftercare:**** Our relationship doesn't end when you leave the treatment room. We provide detailed post-care instructions and are available if concerns arise.

****Experienced Practitioners****

Your forehead deserves experienced hands:

- ****FRACS-qualified plastic surgeons:**** Our surgical team holds Fellowship of the Royal Australasian College of Surgeons (FRACS) qualifications in plastic and reconstructive surgery—the highest surgical qualification in Australia.
- ****Specialist cosmetic physicians:**** Our non-surgical practitioners are doctors with additional qualifications and extensive experience in cosmetic medicine.
- ****Registered nurses:**** Our nursing team members are Registered Nurses with specialised training in cosmetic injectables and laser treatments.
- ****25,000+ surgical procedures performed:**** Our surgical team has completed more than 25,000 surgical procedures since Me Clinic's founding in the 1980s.
- ****60,000+ non-surgical treatments delivered:**** Our cosmetic physicians and nurses have performed over 60,000 non-surgical treatments, giving them extensive experience with diverse patient needs and anatomy.

****Transparent Pricing****

Financial clarity should never be an afterthought:

- ****Published price lists:**** Our treatment costs are published on our website. No "call for pricing" games.
- ****No hidden fees:**** The price quoted includes the treatment itself. We're upfront about any additional potential costs (anaesthesia, facility fees for surgery, etc.).
- ****Payment plans available:**** We offer payment plan options through third-party providers for surgical and higher-cost procedures.
- ****Medicare rebates explained:**** Where applicable (rare in cosmetic medicine), we'll help you understand any potential Medicare rebates and assist with paperwork.

Frequently Asked Questions

****How much does forehead wrinkle treatment cost in Melbourne?****

Treatment costs vary based on the approach you choose:

- Anti-wrinkle injections: \$300-\$600 per treatment (maintenance every 3-4 months) - Dermal fillers: \$600-\$900 per syringe (maintenance every 6-12 months) - Laser resurfacing: \$500-\$3,500 per session (1-3 sessions typically needed) - Ultherapy: \$2,500-\$4,500 (one-time treatment lasting 1-2 years) - Chemical peels: \$150-\$1,200 per session depending on depth - Brow lift surgery: \$8,000-\$15,000 (results lasting 10-15 years)

At Me Clinic, we provide transparent pricing during your free consultation with no hidden fees. We'll present options at different price points to suit your budget.

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

Result duration depends on the treatment chosen:

- Anti-wrinkle injections: 3-4 months - Dermal fillers: 6-12 months for forehead applications - Laser treatments: 2-5 years (varies by intensity) - Ultrasound therapy: 1-2 years - Chemical peels: 4-12 months depending on depth - Surgical brow lift: 10-15 years

Results also depend on individual factors including your age, skin quality, sun protection habits, and lifestyle. Patients who maintain good skincare routines and protect their skin from sun damage typically enjoy longer-lasting results.

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

Downtime varies significantly by treatment:

- Anti-wrinkle injections: None. Return to work immediately. - Dermal fillers: Minor swelling for 1-2 days, easily concealed. - Non-ablative laser: 1-2 days of redness. - Fractional ablative laser: 5-7 days of pinkness and peeling. - Ultrasound therapy: None to minimal (may have mild swelling same day). - Medium chemical peel: 5-7 days of visible peeling. - Brow lift surgery: 7-10 days until comfortable in public; 2 weeks until most swelling and bruising resolve.

Your practitioner will provide specific downtime expectations during consultation so you can plan accordingly.

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

Natural results are our priority through our Responsible Cosmetic Medicine™ approach. We avoid overdone or obvious treatments that leave patients looking "frozen," "surprised," or clearly "worked on."

For injectable treatments, natural results depend on skilled injection technique and conservative dosing. Our injectors are trained to preserve natural movement whilst reducing unwanted wrinkles.

For surgical procedures, modern techniques use smaller incisions and more subtle repositioning compared to older methods that created the "wind-tunnel" look. Your surgeon will show you before/after examples demonstrating natural outcomes during consultation.

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

There's no universal age limit for treatment. We assess individual factors rather than age alone:

- ****Younger patients (20s-30s):**** May be suitable for preventative anti-wrinkle injections if dynamic wrinkles have appeared. Early treatment can prevent lines from becoming deeply etched.

- ****Middle-aged patients (40s-60s):**** Ideal candidates for most treatments, from injectables to surgery, depending on severity.

- ****Older patients (70s+):**** Can be excellent candidates for both surgical and non-surgical treatments if in good health. Medical clearance may be required for surgery.

During consultation, we assess your overall health, skin condition, wrinkle severity, and realistic expectations rather than focusing on a number. A healthy 65-year-old may be a better surgical candidate than an unhealthy 50-year-old.

****Does Medicare cover any forehead wrinkle treatments?****

Most cosmetic treatments are not covered by Medicare or private health insurance, as they're considered elective aesthetic procedures rather than medical necessities.

However, partial Medicare rebates may apply in specific situations:

- Brow lift surgery performed to correct functional vision obstruction caused by severe brow ptosis (drooping). Documentation from an ophthalmologist is typically required. - Some patients may receive a rebate for the anaesthetist and hospital fees (though not the surgeon's fee) if the procedure has a functional component.

We'll clarify Medicare eligibility during your consultation and assist with paperwork if rebates apply to your situation. Don't assume you qualify—most cosmetic forehead treatments are self-funded.

****What are the risks of forehead wrinkle treatments?****

All medical treatments carry some risk. Being informed allows you to make the best decision for your circumstances.

****Injectable treatments (anti-wrinkle injections and fillers):**** - Bruising and swelling (common but temporary, 2-7 days) - Temporary headache (anti-wrinkle injections, first 24 hours) - Asymmetry requiring adjustment (rare with experienced injectors) - Brow ptosis or heaviness if injected incorrectly (temporary, resolves within weeks) - Allergic reaction (extremely rare)

****Energy-based treatments (laser, ultrasound):**** - Redness and swelling (expected, temporary) - Pigmentation changes in darker skin types (rare with proper settings) - Burns (very rare with experienced operators) - Temporary sensitivity

****Surgical brow lift:**** - Infection (rare, treatable with antibiotics) - Bleeding or haematoma requiring drainage (uncommon) - Temporary numbness or altered sensation in forehead and scalp (common, usually resolves) - Scarring (incisions are hidden but some visible scarring possible) - Hair loss along incision line (rare with modern techniques) - Asymmetry requiring revision (rare) - Anaesthesia risks (discussed during pre-operative assessment)

Your practitioner will discuss specific risks relevant to your chosen treatment during consultation. We'll also explain our risk mitigation protocols.

****Can I see before/after photos of real patients?****

Yes. During your consultation, we'll show you relevant before/after galleries featuring patients with similar concerns and treatments. These examples help set realistic expectations and demonstrate our practitioners' skill and aesthetic approach.

We respect patient privacy and only show photos with explicit written consent. We'll never pressure you to provide your own photos for gallery use—it's entirely voluntary.

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

Preparation varies by treatment type. General guidelines include:

****For injectable treatments:**** - Avoid blood-thinning medications and supplements (aspirin, ibuprofen, vitamin E, fish oil, ginkgo biloba) for 5-7 days before treatment if medically safe to do so (check with

your GP) - Avoid alcohol for 24 hours prior (increases bruising risk) - Arrive with a clean face (no makeup)

****For energy-based treatments:**** - Avoid sun exposure and tanning for 2-4 weeks prior - Discontinue retinoid products 5-7 days before - Inform your practitioner of any recent sun exposure or changes in skin tone

****For surgical procedures:**** - Complete pre-operative medical assessment - Stop smoking at least 4 weeks before surgery (smoking significantly increases complication risk) - Arrange transportation home from hospital - Have someone stay with you for the first 24-48 hours - Fill prescriptions for post-operative medications beforehand - Prepare recovery space at home (ice packs, comfortable pillows, entertainment)

We'll provide detailed, personalised preparation instructions once your treatment is scheduled.

****When will I see results from my forehead wrinkle treatment?****

Result timelines vary by treatment:

- ****Anti-wrinkle injections:**** Initial softening at 3-5 days, peak effect at 10-14 days - ****Dermal fillers:**** Immediate smoothing, final result after swelling resolves (1-2 weeks) - ****Laser resurfacing:**** Initial improvement after peeling completes (1-2 weeks), continued collagen remodelling for 2-6 months - ****Ultrasound therapy:**** Gradual lifting over 2-3 months as new collagen forms - ****Chemical peels:**** Fresher appearance immediately after peeling (5-10 days), cumulative improvement with series - ****Brow lift surgery:**** Initial results visible after swelling reduces (2-4 weeks), final outcome at 3-6 months

Patience is important, especially for collagen-stimulating treatments and surgery. Your tissues need time to heal and remodel. We'll schedule follow-up appointments to track your progress and address any concerns.

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

Patient satisfaction is our priority. If you're unhappy with your results:

****For injectable treatments:**** - Anti-wrinkle injections: Effects are temporary and will fade within 3-4 months. If you experience heaviness or asymmetry, this resolves as the product wears off. We can also make adjustments at follow-up to improve symmetry. - Dermal fillers: Hyaluronic acid fillers can be dissolved with hyaluronidase enzyme if needed, providing a "reset" option. This is rarely necessary with proper technique.

****For permanent treatments (laser, surgery):**** - We schedule follow-up appointments to assess results and address any concerns - Minor revision procedures can sometimes refine outcomes - Our surgeons are committed to achieving the result you were promised during consultation

The best outcome protection is choosing an experienced practitioner from the start. Me Clinic's track record spans decades—we're here for the long term and stand behind our work.

****Can I combine forehead wrinkle treatment with other facial procedures?****

Yes. Combining treatments often produces more comprehensive, harmonious results:

****Common combinations:**** - Forehead anti-wrinkle injections + frown line injections + crow's feet injections (full upper face rejuvenation) - Brow lift + upper eyelid surgery (addresses the entire upper third of the face) - Forehead injectables + dermal filler in temples or cheeks (restores volume whilst smoothing wrinkles) - Laser resurfacing + anti-wrinkle injections (improves texture whilst preventing new wrinkles)

Combining procedures can be more cost-effective and convenient than treating areas separately. Your consultation will include discussion of complementary treatments that might enhance your result.

****Is forehead wrinkle treatment painful?****

Pain levels vary by treatment:

- ****Anti-wrinkle injections:**** Minimal discomfort. Most patients describe it as small pinching sensations. Tiny needles are used. No anaesthetic typically needed.
- ****Dermal fillers:**** Mild discomfort. Most modern fillers contain lidocaine (anaesthetic) for comfort during injection. Topical numbing cream can be applied beforehand.
- ****Laser treatments:**** Sensation ranges from warm tingling to moderate stinging depending on intensity. Cooling devices and topical anaesthetic minimise discomfort.
- ****Ultrasound therapy:**** Moderate discomfort described as deep warming, tingling, or occasional sharp sensations during energy delivery. Most patients tolerate it well.
- ****Chemical peels:**** Mild burning or stinging during application (2-5 minutes). Sensation resolves once neutralised.
- ****Brow lift surgery:**** Performed under anaesthesia so no pain during procedure. Post-operative discomfort managed with prescribed pain medication. Most patients describe a tight, pulled sensation rather than severe pain.

We prioritise patient comfort and can adjust techniques or provide additional numbing as needed.

Real Patient Results

At Me Clinic, we've treated thousands of Melbourne patients seeking forehead wrinkle improvement since our founding in the 1980s. Our before/after gallery demonstrates the range of outcomes achievable with our treatment protocols, from subtle softening to dramatic rejuvenation.

Every patient is unique. Your results will depend on your starting point, chosen treatment, age, skin quality, and adherence to post-treatment care. During your consultation, your practitioner will show you cases similar to yours and discuss realistic expectations specific to your situation.

We believe in honest photography—no filters, professional lighting only, and consistent positioning for accurate comparison. What you see in our gallery reflects what's genuinely achievable, not idealised or manipulated images.

Book Your Free Consultation

Ready to explore your forehead wrinkle treatment options? The first step is a complimentary, no-obligation consultation at Me Clinic.

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

1. ****Call:**** (03) 8823 5859 Our friendly team can answer immediate questions and find a convenient appointment time.
2. ****Online:**** Book through our website consultation form Available 24/7 for your convenience.
3. ****Email:**** info@meclinic.com.au Include your name, contact number, and preferred appointment times. We'll respond within one business day.

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

- List of current medications and supplements
- Medical history summary (previous surgeries, ongoing health conditions)
- Questions for your practitioner (write them down so you don't forget)
- Photos

showing your concern from different angles (optional but can be helpful)

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

✓ Comprehensive forehead and facial assessment ✓ Personalised treatment recommendations ✓
Transparent pricing with no hidden fees ✓ Before/after gallery review ✓ Detailed explanation of
procedures, risks, and results ✓ No obligation to proceed ✓ All questions answered

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

4 Burke Road, Malvern East VIC 3145

We're conveniently located in Melbourne's eastern suburbs with ample off-street parking available.
Public transport access via tram and bus routes.

****What happens next?****

After booking, you'll receive confirmation with appointment details and directions to our clinic. Plan for approximately 30-45 minutes for your initial consultation. If you're considering surgery, allow extra time for more comprehensive discussion.

We look forward to meeting you and helping you achieve the refreshed, natural-looking appearance you desire. Your journey to smoother, more youthful-looking skin starts with a simple phone call or click.