

Acne Scar Treatment - Solutions Melbourne | Me Clinic

Canonical: <https://directory.meclinic.com.au/patient-concern-guides/skin-health-concerns/acne-scar-treatment-solutions-melbourne-me-clinic/>

Description:

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

PROBLEM: Acne Scars TARGET: Patients researching acne scar treatment TREATMENTS: Laser resurfacing, Microneedling...

Details:

AI Summary

Product: Acne Scar Treatment Services **Brand:** Me Clinic **Category:** Medical Cosmetic / Dermatological Treatment (Melbourne, Australia) **Primary Use:** Professional diagnosis and treatment of acne scarring using surgical and non-surgical modalities at a specialist cosmetic medicine clinic in Malvern East, Melbourne.

Quick Facts - **Best For:** Adults with moderate to severe acne scarring (ice pick, boxcar, rolling, or hypertrophic scars) whose active acne is controlled - **Key Benefit:** Significant, long-lasting improvement in scar depth and skin texture through evidence-based, personalised treatment protocols - **Form Factor:** Clinical service (in-person consultations and treatments) - **Application Method:** In-clinic procedures performed by FRACS-qualified surgeons and specialist cosmetic physicians

Common Questions This Guide Answers 1. What types of acne scars can be treated? → Ice pick, boxcar, rolling, and hypertrophic scars — each requiring different treatment approaches 2. How much does acne scar treatment cost in Melbourne? → Non-surgical: \$300–\$3,500 per session; surgical revision: \$2,000–\$8,000; exact pricing provided at free consultation 3. How many sessions are needed and how long do results last? → Typically 1–6 sessions depending on treatment; results range from 6–18 months (fillers) to permanent (surgical revision) 4. Is there downtime involved? → Varies by treatment: 2–3 days (microneedling) to 5–10 days (laser, subcision); surgical procedures require up to 3 months for full healing 5. Can acne scars be completely removed? → Complete removal is rarely achievable; most patients see 50–70% improvement for moderate scarring and 30–50% for severe scarring 6. Is the initial consultation free and is there any obligation? → Yes — the consultation is free with no obligation to proceed

Me Clinic Acne Scar Treatment - Solutions at Me Clinic Melbourne

Quick Summary

What causes acne scars: - Inflammatory acne damaging deeper skin layers - Collagen destruction during healing - Tissue loss creating depressed scars - Excess collagen production causing raised scars

Treatment options available: - Non-surgical: Laser resurfacing, microneedling, chemical peels, dermal fillers, subcision - Surgical: Surgical scar revision (for severe cases)

****Expected results:**** - Significant improvement in scar depth and texture - Smoother, more even skin surface - Gradual improvement over 3–6 months - Long-lasting with proper skin care and maintenance

****Cost range:**** - Non-surgical: \$300–\$3,500 per session (depending on treatment) - Surgical: \$2,000–\$8,000 - *Prices based on Me Clinic's transparent pricing policy*

****Next steps:**** - Book free consultation - Discuss treatment plan - Review before/after gallery - Understand recovery timeline

Understanding acne scars

****What are acne scars?****

With over 35 years of experience, Me Clinic has become Melbourne's go-to clinic for acne scar treatment — a place where patients feel heard, carefully assessed, and guided through one of the most common and confidence-affecting skin concerns they may face. Acne scars are permanent textural changes and indentations that follow severe acne. Unlike temporary marks or post-inflammatory hyperpigmentation that fade over time, true acne scars involve structural changes to the skin's collagen and tissue, appearing as depressions, pitted areas, or occasionally raised bumps.

Many people arrive unsure whether what they're seeing is true scarring or simply the red or brown marks that linger after a breakout. Those post-inflammatory changes typically fade within months on their own. True acne scarring, though, is permanent damage to the skin's underlying architecture — and that's where professional evaluation and evidence-based treatment make a real difference.

****What causes acne scars?****

1. ****Inflammatory acne damage**** - Deep, inflamed acne (cysts and nodules) destroys skin tissue - The inflammatory response damages collagen fibres - More severe inflammation increases scarring likelihood - Picking or squeezing acne worsens tissue damage
2. ****Abnormal healing response**** - Some people produce too little collagen during healing, creating depressed scars - Others produce excess collagen, forming raised hypertrophic scars - Genetic factors influence how the skin heals - Darker skin types are more prone to certain scar types
3. ****Delayed or inadequate treatment**** - Untreated severe acne increases scarring risk - Prolonged inflammation causes more tissue damage - Early intervention reduces scarring likelihood - Professional acne management is important for prevention

****Types of acne scars****

Understanding your scar type is the foundation of choosing the right treatment — something our team assesses carefully during your initial consultation.

****Ice pick scars**** are deep, narrow, pitted scars that extend into the dermis, resembling small puncture marks. They're among the most difficult to treat and typically require targeted approaches like TCA CROSS or punch excision.

****Boxcar scars**** are wider depressions with sharp, defined edges — shallow or deep, similar in appearance to chickenpox scars. They respond well to resurfacing treatments, fillers, and subcision.

****Rolling scars**** are wide depressions with sloped, gentle edges that create a wave-like appearance. They form when fibrous bands tether the skin to deeper structures. Subcision works particularly well for these.

****Hypertrophic scars**** are raised, thick scars caused by excess collagen during healing. More common on the chest, back, and shoulders, they need a different approach than depressed scars.

****Who experiences acne scars?****

About 30% of people with moderate to severe acne develop scarring. While it can happen at any age, it's most common in people who experienced severe inflammatory acne (cystic or nodular), delayed treatment, a habit of picking at lesions, or a genetic predisposition to scarring.

Scars typically become most noticeable in the late teens to early thirties, though they can develop whenever severe acne occurs. Men and women are equally affected, though treatment-seeking behaviour differs.

****Why it matters****

Acne scarring is far more than a cosmetic issue. Beyond the physical texture changes, visible facial scarring affects self-confidence, social interactions, professional opportunities, and mental health. That's well documented — and it's something we take seriously.

Modern treatments can dramatically improve acne scarring, making professional evaluation worthwhile for anyone who feels burdened by their scars. Complete removal isn't always possible, and we'll always be honest about that. But significant, meaningful improvement is achievable with the right approach. Patient wellbeing comes first in every conversation at Me Clinic.

Treatment options comparison

Non-surgical treatments

****1. Laser resurfacing****

Laser treatments are among the most effective options for acne scarring, using focused light energy to stimulate collagen production and resurface damaged skin. Our cosmetic physicians select and calibrate each treatment to suit your skin type and scarring pattern.

Fractional CO2 laser - How it works: Creates thousands of microscopic treatment zones in the skin, triggering healing and collagen remodelling while leaving surrounding tissue intact for faster recovery - Best for: Moderate to severe atrophic scars (ice pick, boxcar, rolling), overall skin texture improvement - Procedure time: 30–60 minutes - Downtime: 5–7 days of redness and peeling - Results appear: Gradual improvement over 3–6 months - Results last: Several years with proper skin care - Sessions needed: 1–3 treatments, 4–6 weeks apart - Cost range: \$1,500–\$3,500 per session - Pros: Dramatic results, long-lasting improvement, treats multiple scar types at once - Cons: Requires downtime, risk of hyperpigmentation in darker skin tones, multiple sessions often needed

Fractional erbium laser - How it works: Similar to CO2 but gentler, with less depth and heat - Best for: Mild to moderate scarring, darker skin types, patients who can't accommodate significant downtime - Procedure time: 30–45 minutes - Downtime: 3–5 days - Results appear: Gradual over 2–4 months - Results last: 1–3 years - Sessions needed: 3–5 treatments - Cost range: \$800–\$1,500 per session - Pros: Gentler than CO2, lower hyperpigmentation risk, less downtime - Cons: More sessions required, less dramatic per-session improvement

****2. Microneedling with radiofrequency****

Microneedling combines tiny needles that create controlled micro-injuries with radiofrequency energy delivered at precise depths — stimulating collagen production without damaging the skin's surface. It's a treatment our team has refined over many years of clinical practice.

- How it works: Fine needles penetrate to set depths while delivering radiofrequency energy, triggering collagen and elastin production - Best for: All scar types, particularly rolling scars; safe for darker skin tones - Procedure time: 45–60 minutes (including numbing) - Downtime: 2–3 days of redness and

minor swelling - Results appear: Gradual over 3–6 months - Results last: 1–2 years - Sessions needed: 3–6 treatments, 4–6 weeks apart - Cost range: \$500–\$900 per session - Pros: Minimal downtime, suitable for all skin types, lower hyperpigmentation risk, can treat delicate areas - Cons: Multiple sessions required, gradual improvement, less dramatic than ablative lasers

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

Medical-grade chemical peels use controlled acid solutions to remove damaged skin layers and stimulate new collagen. When administered by experienced practitioners, these are carefully calibrated to your skin's specific needs.

TCA peels (medium depth) - How it works: Trichloroacetic acid penetrates to the papillary dermis, removing damaged skin and triggering collagen remodelling - Best for: Superficial boxcar scars, overall skin texture, hyperpigmentation - Downtime: 5–7 days of peeling - Sessions needed: 3–6 treatments - Cost range: \$300–\$600 per session - Pros: Improves both texture and pigmentation, relatively affordable - Cons: Multiple sessions needed, downtime required, risk of hyperpigmentation

TCA CROSS (Chemical Reconstruction of Skin Scars) - How it works: High-concentration TCA (70–100%) applied directly into individual ice pick scars, causing controlled injury and collagen formation from the base upward - Best for: Deep ice pick scars specifically - Downtime: Minimal (localised crusting for 5–7 days) - Sessions needed: 2–4 treatments, 4–6 weeks apart - Cost range: \$400–\$800 per session - Pros: Highly effective for ice pick scars, minimal overall downtime, targeted approach - Cons: Only suitable for ice pick scars, requires precision application

****4. Dermal fillers****

Injectable fillers provide immediate volume to elevate depressed scars to the level of surrounding skin — a visible improvement while other longer-term treatments continue working beneath the surface.

- How it works: Hyaluronic acid or other biocompatible materials are injected beneath scars to lift them, while also stimulating some collagen production - Best for: Boxcar and rolling scars with good skin elasticity, as a temporary solution or between other treatments - Procedure time: 20–30 minutes - Downtime: Minor swelling 1–2 days, possible bruising - Results appear: Immediate - Results last: 6–18 months depending on product and area - Cost range: \$600–\$1,200 per syringe - Pros: Immediate improvement, minimal downtime, can be combined with other treatments - Cons: Temporary, requires maintenance, not suitable for ice pick scars, ongoing cost

****5. Subcision****

A minor surgical procedure where a needle is inserted beneath scars to break up fibrous bands tethering the skin downward. In experienced hands, it can produce genuinely transformative results for the right patient.

- How it works: A specialised needle is inserted parallel to the skin's surface beneath rolling scars, breaking fibrous bands and creating space for collagen formation and natural lifting - Best for: Rolling scars and some boxcar scars - Procedure time: 20–30 minutes - Downtime: Bruising for 5–10 days, swelling for 2–3 days - Results appear: Initial improvement within weeks, continued improvement for 3–6 months - Results last: Long-term, though some scars may need repeat treatment - Sessions needed: 1–3 treatments - Cost range: \$500–\$1,200 per session - Pros: Highly effective for rolling scars, long-lasting results, can be combined with fillers for enhanced results - Cons: Bruising is common, may require multiple sessions, not suitable for all scar types

****6. Platelet-rich plasma (PRP)****

Often combined with microneedling, PRP uses your own blood's growth factors to enhance healing and collagen production — a naturally derived approach that fits well with our commitment to patient wellbeing and evidence-based care.

- How it works: Your blood is processed to concentrate platelets and growth factors, which are then applied to microneedled skin or injected to accelerate healing and collagen synthesis - Best for: Enhancing results of other treatments, mild scarring, skin rejuvenation - Procedure time: 60–75 minutes (including blood draw and processing) - Downtime: 2–3 days - Results appear: Gradual over 3–6 months - Sessions needed: 3–6 treatments - Cost range: \$700–\$1,200 per session - Pros: Natural, uses your own biology, minimal reaction risk, enhances other treatments - Cons: Variable results, expensive, not covered by insurance, multiple sessions required

Surgical treatments

Surgical scar revision

For severe, isolated scars that don't respond adequately to non-surgical methods, surgery may be the most appropriate path. Our FRACS-qualified plastic surgeons bring decades of experience to these procedures, ensuring every patient receives thorough, honest guidance.

Punch excision - What it is: Individual scars (particularly ice pick) are surgically removed with a small punch tool and the area is closed with fine sutures or allowed to heal naturally - Best for: Deep ice pick scars, selected boxcar scars - Procedure time: 30–60 minutes depending on number of scars - Anaesthesia: Local anaesthetic - Recovery time: Sutures removed in 5–7 days, full healing 2–3 months - Results appear: 2–3 months for final result - Results last: Permanent - Cost range: \$1,500–\$4,000 depending on number of scars - Pros: Permanent removal of severe scars, highly effective for ice pick scars - Cons: May leave small flat scars, requires healing time, often combined with resurfacing treatments

Punch elevation - What it is: The base of boxcar scars is surgically lifted to the level of surrounding skin - Best for: Deep boxcar scars with good surrounding skin - Similar recovery and cost parameters to punch excision - Often combined with laser resurfacing for optimal results

Choosing the right treatment

Every patient deserves a personalised approach, not a one-size-fits-all solution. The following guide helps orient your thinking, though your Me Clinic practitioner will always provide recommendations based on a thorough assessment of your specific situation.

****Consider laser resurfacing if:**** ✓ You have moderate to severe scarring affecting larger areas ✓ You can accommodate 5–7 days of social downtime ✓ You want the most dramatic improvement per session ✓ Your skin type is suitable (lighter skin tones for CO2, all types for erbium) ✓ You're looking for long-lasting results

****Consider microneedling with RF if:**** ✓ You have a darker skin tone with higher hyperpigmentation risk ✓ You prefer gradual improvement with minimal downtime ✓ You have rolling or shallow boxcar scars ✓ You want to combine with PRP for enhanced results ✓ You're looking for a lower-risk option

****Consider TCA CROSS if:**** ✓ You primarily have ice pick scars ✓ You want targeted treatment without overall skin downtime ✓ You've tried other treatments that didn't address deep scars ✓ You prefer a precise, scar-by-scar approach

****Consider subcision if:**** ✓ You have rolling scars or tethered boxcar scars ✓ You can tolerate bruising for a week or two ✓ You want long-lasting improvement in scar depth ✓ You're willing to combine with fillers for immediate enhancement

****Consider fillers if:**** ✓ You want immediate temporary improvement ✓ You're between more permanent treatments ✓ You have isolated boxcar scars with good elasticity ✓ You want to see what improvement might look like before committing to longer-term options

****Consider surgical revision if:**** ✓ You have severe, isolated scars (particularly ice pick) ✓ Non-surgical options haven't achieved the improvement you're after ✓ You're willing to undergo minor surgery with healing time ✓ You want permanent correction of specific problem scars

****Combination approaches****

Most patients achieve their best outcomes through a carefully designed combination of treatments. Common effective combinations include:

- ****Subcision + dermal fillers:**** Subcision releases tethered scars while fillers provide immediate lift and stimulate additional collagen. Particularly effective for rolling scars.
- ****Laser resurfacing + microneedling:**** Laser provides strong overall improvement, followed by microneedling sessions to refine results and maintain collagen production.
- ****TCA CROSS + laser resurfacing:**** TCA CROSS addresses deep ice pick scars while laser resurfacing improves overall texture and treats broader areas of boxcar and rolling scars.
- ****Surgical excision + laser resurfacing:**** Severe ice pick scars are surgically removed, then laser resurfacing blends and refines the treated area with surrounding skin.

Your Me Clinic practitioner will assess your scarring pattern and recommend a customised plan, often combining modalities for better results. We take the time to understand your goals, your lifestyle, and your concerns — because a plan that works for you is one you feel genuinely confident in.

What to expect at Me Clinic

****1. Initial consultation (free)****

Your journey starts with a comprehensive, unhurried consultation. We want you to feel at ease from the moment you arrive.

During your consultation, we will: - Perform a detailed skin assessment and scar classification - Listen carefully to your concerns, goals, and previous treatment experiences - Review your medical history and current skincare routine - Explain appropriate treatment options for your scar types - Set realistic expectations based on your specific scarring - Provide transparent pricing with no hidden fees - Share before/after photos of similar cases - Answer all your questions without any pressure to proceed

****2. Treatment planning****

Once you decide to proceed — entirely at your own pace — we develop your customised treatment plan together: - Design a staged treatment protocol if multiple modalities are needed - Explain the timeline and number of sessions required - Provide detailed pre-treatment instructions - Outline expected downtime for each treatment phase - Discuss skincare adjustments to support your healing - Arrange your treatment schedule around your commitments - Ensure you feel fully informed and comfortable before beginning

****3. The Me Clinic difference****

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

Our Responsible Cosmetic Medicine™ philosophy shapes everything we do. In practice, this means: - Evidence-based treatments only — we use proven modalities with a strong clinical foundation - Realistic expectations — we never promise complete scar removal, but we're committed to achieving meaningful improvement - A conservative approach — we start with less aggressive treatments where appropriate, always prioritising your safety - Honest patient selection — if we don't believe we can achieve meaningful improvement for you, we'll tell you - Comprehensive aftercare — we stay with you

throughout healing and maintenance, because our care doesn't end when your treatment does

****Experienced practitioners****

Your treatment is performed by a team of qualified professionals: - FRACS-qualified plastic surgeons for surgical procedures - Specialist cosmetic physicians for advanced laser and injectable treatments - Registered nurses trained in medical-grade skin treatments - Practitioners with extensive experience in acne scar revision

Since the 1980s, Me Clinic has performed over 25,000 surgical procedures and more than 60,000 non-surgical treatments. That depth of experience means our team understands how different scar types respond to various treatments — and how to adapt your plan based on your individual healing response.

****Transparent pricing****

We believe you should always know where you stand, financially and clinically: - Published price lists for all treatments - No hidden fees or surprise charges - Package pricing available for multiple-session treatments - Payment plans to make treatment accessible - Clear explanation of what's included in each treatment

****Location and convenience****

Our Malvern East clinic at 4 Burke Road offers: - Easy access from across Melbourne - Convenient parking - Modern, comfortable treatment rooms - Current technology and equipment

Frequently asked questions

****How much does acne scar treatment cost in Melbourne?****

Costs vary based on the approach and extent of scarring. Here's a general guide: - Microneedling with RF: \$500–\$900 per session (typically 3–6 sessions) - Chemical peels: \$300–\$800 per session (typically 3–6 sessions) - TCA CROSS: \$400–\$800 per session (typically 2–4 sessions) - Fractional laser resurfacing: \$1,500–\$3,500 per session (typically 1–3 sessions) - Dermal fillers: \$600–\$1,200 per syringe (temporary, requires maintenance) - Subcision: \$500–\$1,200 per session (typically 1–3 sessions) - Surgical revision: \$1,500–\$4,000 depending on number of scars

We provide transparent, customised pricing during your free consultation. Most patients benefit from combination treatments, and we'll give you a complete, itemised cost estimate for your specific plan — no surprises, no pressure.

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

It depends on the treatment: - Laser resurfacing: Several years with proper skin care and sun protection - Microneedling: 1–2 years; maintenance sessions extend results - Subcision: Long-term, though some scars may partially recur - Fillers: 6–18 months depending on product and area - Surgical revision: Permanent correction of treated scars - Chemical peels: 1–2 years; ongoing maintenance recommended

The collagen remodelling triggered by most treatments continues for months after your last session. Protecting your skin from sun damage and maintaining a good skincare routine significantly extends your results — and our team will guide you through exactly how to do that.

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

Downtime varies by treatment: - Microneedling with RF: 2–3 days of redness - TCA CROSS: Localised crusting for 5–7 days on treated scars - Chemical peels: 5–7 days of peeling - Subcision: 5–10 days of

bruising - Fractional CO2 laser: 5–7 days of redness and peeling - Fractional erbium laser: 3–5 days - Surgical excision: Suture removal at 5–7 days; full healing 2–3 months

Many patients plan treatments around quieter periods in their social or professional calendar. Your practitioner will provide specific downtime expectations and detailed aftercare instructions to minimise disruption to your daily life.

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

Yes — and this matters to us. The goal of acne scar treatment is to improve your skin's natural texture, not to create an artificial or overdone result. Me Clinic's approach is guided by: - Gradual, natural-looking improvement - Maintaining the skin's natural character - Avoiding over-treatment - Creating smoother texture while preserving what makes your skin yours

Most treatments aim for 50–75% improvement rather than an unattainable standard of perfection. That creates natural-looking results that genuinely improve confidence without looking like you've had work done.

****Can acne scars be completely removed?****

Rarely, and we'll always be straight with you about that. Most treatments achieve: - 50–70% improvement for moderate scarring - 30–50% improvement for severe scarring - Better results for rolling and boxcar scars than deep ice pick scars - Improved texture, though complete smoothness may not be achievable for every patient

The goal is significant, noticeable improvement — the kind that makes scarring far less apparent in everyday life. Before/after photos during your consultation will give you an honest picture of realistic outcomes for your scar type.

****What age should I start treating acne scars?****

Treatment can begin once: - Active acne is controlled (treating scars while still breaking out is ineffective) - Skin has stabilised — typically 6–12 months after the last major breakout - You feel ready and have realistic expectations

There's no upper age limit. Younger patients (teens to thirties) tend to respond particularly well because of stronger healing capacity and collagen production — but we successfully treat acne scars in patients of all ages.

****Does Medicare cover acne scar treatment?****

Acne scar treatment is classified as cosmetic and is not covered by Medicare or private health insurance in most cases. In rare circumstances — where scarring is extremely severe and causing documented psychological distress — a partial Medicare rebate may apply to certain surgical procedures. We'll clarify your specific situation during your consultation.

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

All treatments carry some risk, and our team will discuss these with you openly before you make any decisions.

Laser treatments: Redness, swelling, and peeling are expected and part of the healing process. Less commonly, hyperpigmentation or hypopigmentation can occur. Scarring is rare but possible, particularly in darker skin types or with sun exposure during healing.

Microneedling: Redness, minor swelling, and pin-point bleeding are typical. Bruising and temporary hyperpigmentation are less common. Infection and scarring are rare.

Chemical peels: Redness and peeling are expected. Prolonged redness or hyperpigmentation is less common. Scarring and infection are rare.

Subcision: Bruising (5–10 days) and swelling are common. Bleeding and temporary numbness are less common. Infection and uneven results are rare.

Fillers: Swelling, bruising, and minor asymmetry are common. Lumpiness or visible product is less common. Vascular complications are rare but serious.

Your practitioner will discuss the specific risks relevant to your skin type and chosen treatments in detail. We take extensive measures to minimise risk through proper technique, appropriate technology settings, and thorough aftercare — because your safety is always the first consideration.

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

Yes, and we actively encourage it. During your consultation, we'll show you before/after galleries featuring cases similar to yours. This helps you develop realistic expectations and understand the kind of improvement that's genuinely achievable.

We maintain a comprehensive photo library organised by scar type and treatment protocol — actual clinical results relevant to your situation, not a curated highlight reel.

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

Preparation varies by treatment, and our team will walk you through everything you need to know. General guidelines include:

Universal guidelines: - Ensure active acne is well controlled - Establish a good skincare routine (cleanser, moisturiser, SPF) - Avoid sun exposure 2–4 weeks before treatment - Stop retinoids 5–7 days before treatment - Inform us of any medications, especially blood thinners

For laser treatments: - Avoid sun tanning for 4 weeks prior - No self-tanner for 2 weeks - Consider antiviral medication if you have a history of cold sores

For peels and microneedling: - Pre-treatment with gentle acids may be recommended - Stop active ingredients (retinoids, acids) 5–7 days before

For subcision or surgical procedures: - Avoid anti-inflammatory medications and blood-thinning supplements - Arrange transport if sedation is used - Plan for healing time at home

Your practitioner will provide detailed, personalised pre-treatment instructions specific to your plan.

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

Results timing varies by treatment:

Immediate (but not final): Fillers provide an immediate lift, though final settling takes about 2 weeks.

Days to weeks: Chemical peels show improvement after peeling completes (7–10 days).

Weeks to months: Microneedling improves gradually as collagen builds (3–6 months for full results). Subcision shows initial improvement within 2–4 weeks, with continued improvement over 3–6 months.

Months: Laser resurfacing continues improving for 3–6 months as collagen remodels. Surgical revision reaches its final appearance at 2–3 months.

Most treatments work by encouraging your body's own collagen production — a process that unfolds gradually over time. Multiple sessions build on previous improvements, with optimal results typically visible 3–6 months after completing your treatment series.

****Can treatment make scars worse?****

When performed by experienced practitioners using appropriate technology and calibrated settings, these treatments carry a very low risk of worsening scarring. The main considerations are: - Hyperpigmentation (temporary darkening), particularly in darker skin tones — preventable with proper preparation, appropriate settings, and diligent sun protection - Hypertrophic scarring in predisposed individuals — rare with modern fractional technologies - Infection if aftercare instructions aren't followed

This is precisely why choosing an experienced, ethical provider matters. Our practitioners adjust treatment parameters based on your skin type, healing response, and individual risk factors — always erring on the side of caution.

****What skincare should I use after treatment?****

Post-treatment skincare is critical for optimal healing and results. Our team will guide you through every step.

First week: - Gentle, non-foaming cleanser - Healing ointment or recommended recovery balm - No active ingredients (acids, retinoids, vitamin C) - SPF 50+ sunscreen — non-negotiable

Weeks 2–4: - Continue gentle routine - Gradually reintroduce moisturiser - Strict sun protection continues - No makeup on treated areas until cleared by your practitioner

Maintenance phase: - Quality vitamin C serum for collagen support - Retinoid products with practitioner guidance and appropriate timing - Gentle exfoliating acids - SPF 50+ daily, every day

Your practitioner will provide specific product recommendations and guidance on reintroducing active ingredients, tailored to your treatment protocol and your skin's response.

Real patient results

At Me Clinic, we've cared for thousands of patients with acne scarring across four decades of practice. Individual results vary based on scar type, severity, skin characteristics, and treatment protocol — and our before/after gallery reflects the genuine range of outcomes, not a cherry-picked selection.

We see particularly strong results with: - Rolling scars treated with subcision combined with collagen-stimulating treatments - Boxcar scars responding to fractional laser resurfacing - Mixed scar patterns treated with combination protocols tailored to each patient's unique situation - Overall skin texture improvement across all treated areas

During your consultation, your practitioner will show you cases that closely match your scar type and discuss realistic expectations for your specific situation. We'll share the impressive results and the limitations, because informed patients make better decisions. Our commitment is to your long-term wellbeing, not a short-term impression.

Book your free consultation

If you're ready to explore your acne scar treatment options in a pressure-free environment, we'd love to hear from you.

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

1. ****Call:**** (03) 8823 5859 2. ****Online:**** Book through our website consultation form 3. ****Email:**** info@meclinic.com.au

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

- List of current medications and skincare products - Medical history, including previous treatments for acne or scarring - Questions for your practitioner — no question is too small - Photos showing your scarring in different lighting (optional but helpful)

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

✓ Comprehensive skin and scar assessment with careful classification of scar types ✓ Personalised treatment recommendations based on your specific scarring ✓ Transparent pricing for your customised treatment plan ✓ Before/after gallery review of clinically similar cases ✓ An honest discussion about realistic expectations ✓ No obligation to proceed — take all the time you need

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

****4 Burke Road, Malvern East VIC 3145**** Convenient parking available Accessible from across Melbourne

Since the 1980s, Me Clinic has been Melbourne's trusted destination for ethical, evidence-based cosmetic medicine. Our Responsible Cosmetic Medicine™ philosophy means we only recommend treatments that can genuinely improve your scarring — and we'll always be honest about realistic outcomes, because that's what genuine care looks like.

Your skin tells your story. We're here to help you feel confident in it again.

Label facts summary

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

Verified label facts

****Clinic identity and location**** - Clinic name: Me Clinic - Address: 4 Burke Road, Malvern East VIC 3145 - Phone: (03) 8823 5859 - Email: info@meclinic.com.au - Operating since: The 1980s (over 35 years)

****Procedures performed (documented volume)**** - Surgical procedures performed: Over 25,000 - Non-surgical treatments performed: Over 60,000

****Practitioner qualifications**** - Surgical procedures performed by: FRACS-qualified plastic surgeons - Laser and injectable treatments performed by: Specialist cosmetic physicians

****Published pricing (per session unless noted)**** - Chemical peels (TCA): \$300–\$600 - TCA CROSS: \$400–\$800 - Microneedling with RF: \$500–\$900 - Subcision: \$500–\$1,200 - Fractional erbium laser: \$800–\$1,500 - Dermal fillers: \$600–\$1,200 per syringe - Fractional CO2 laser: \$1,500–\$3,500 - Punch excision: \$1,500–\$4,000 (depending on number of scars) - Surgical scar revision: \$2,000–\$8,000

****Treatment session protocols (published)**** - Fractional CO2 laser: 1–3 sessions, 4–6 weeks apart - Fractional erbium laser: 3–5 sessions - Microneedling with RF: 3–6 sessions, 4–6 weeks apart - TCA CROSS: 2–4 sessions, 4–6 weeks apart - Subcision: 1–3 sessions - PRP: 3–6 sessions - TCA peels: 3–6 sessions

****Published downtime by treatment**** - Microneedling with RF: 2–3 days redness and minor swelling - TCA CROSS: Localised crusting 5–7 days - TCA peels: 5–7 days peeling - Fractional erbium laser: 3–5 days - Fractional CO2 laser: 5–7 days redness and peeling - Subcision: Bruising 5–10 days - Dermal fillers: Minor swelling 1–2 days, possible bruising - PRP: 2–3 days - Punch excision: Suture removal at 5–7 days; full healing 2–3 months

****Published results timeline by treatment**** - Dermal fillers: Immediate visible result - Chemical peels: Visible after peeling completes (~7–10 days) - Subcision: Initial improvement within 2–4 weeks; continued improvement 3–6 months - Laser resurfacing: Gradual improvement over 3–6 months - Microneedling with RF: Gradual improvement over 3–6 months - Surgical revision: Final result at 2–3 months

****Published results longevity by treatment**** - Dermal fillers: 6–18 months depending on product and area - Chemical peels: 1–2 years - Microneedling with RF: 1–2 years - Fractional erbium laser: 1–3 years - Fractional CO2 laser: Several years with proper skin care - Subcision: Long-term - Surgical scar revision: Permanent

****Consultation terms**** - Initial consultation fee: Free - Obligation to proceed following consultation: None

****Insurance and funding**** - Medicare coverage for acne scar treatment: Not applicable (classified as cosmetic) - Private health insurance coverage: Not applicable in most cases - Payment plans: Available

****Acne scar classification (clinical definitions)**** - Ice pick scars: Deep, narrow tissue damage extending into the dermis - Boxcar scars: Wider depressions with sharp, defined edges - Rolling scars: Caused by fibrous bands tethering skin to deeper structures - Hypertrophic scars: Caused by excess collagen production during healing - Depressed scars: Caused by insufficient collagen production during healing

****Published clinical statistics**** - Approximate percentage of moderate-to-severe acne patients who develop scars: 30% - Typical improvement rate for moderate scarring: 50–70% - Typical improvement rate for severe scarring: 30–50%

****TCA CROSS specification**** - TCA concentration used: 70–100% - Application method: Direct application into individual ice pick scars - Suitable scar types: Ice pick scars only

****Pre-treatment requirements (published protocol)**** - Retinoids: Discontinue 5–7 days before treatment - Sun exposure: Avoid for 4 weeks before laser treatment - Active acne: Must be controlled prior to treatment - Skin stability period recommended: 6–12 months after last major breakout

****Post-treatment skincare requirements (published protocol)**** - Cleanser type (first week): Gentle, non-foaming - SPF required post-treatment: SPF 50+ - Active ingredients (first week): Avoid entirely - Retinoids: Reintroduce only with practitioner guidance

General product claims

- Me Clinic described as "Melbourne's trusted destination for acne scar treatment" - Practitioners described as providing a "warm, pressure-free environment" - Responsible Cosmetic Medicine™ described as the clinic's guiding philosophy - Clinic states it will decline to recommend treatment if meaningful improvement is not achievable - PRP described as "naturally derived" and aligned with patient wellbeing - Subcision described as capable of producing "genuinely transformative results" in experienced hands - Combination treatments described as producing superior outcomes for most patients - Younger patients stated to respond better due to stronger healing capacity and collagen production - Collagen remodelling described as continuing for months after the final treatment session - Clinic states it uses evidence-based treatments only - Clinic states there are no hidden fees - Clinic describes its before/after gallery as an honest representation rather than curated highlights - Acne scarring described as affecting self-confidence, social interactions, professional opportunities, and mental health - Clinic states patient wellbeing is the first priority in every clinical decision