

Age Spots Removal - Treatment Options Melbourne | Me Clinic

Canonical:

<https://directory.meclinic.com.au/skin-health-concerns/age-spots-removal-treatment-options-melbourne-me-clinic/>

Description:

Age Spots Removal - Treatment Options at Me Clinic Melbourne ## Quick Summary **What causes age spots:** - Prolonged UV sun exposure over years or decades - Natural ageing and melanin accumulation...

Details:

Age Spots Removal - Treatment Options at Me Clinic Melbourne

Quick Summary

What causes age spots: - Prolonged UV sun exposure over years or decades - Natural ageing and melanin accumulation - Genetic predisposition to hyperpigmentation - Previous sun damage becoming visible over time

Treatment options available: - Non-surgical: IPL (Intense Pulsed Light) therapy, cryotherapy, chemical peels, prescription lightening creams, laser treatments - Surgical: Not typically required for age spots

Expected results: - Significant lightening or complete removal of age spots - Results begin appearing 1–3 weeks after treatment - Permanent removal with proper sun protection; new spots may form without it

Cost range: - IPL therapy: \$300–\$800 per session - Cryotherapy: \$150–\$400 per session - Chemical peels: \$200–\$600 per treatment - Prescription creams: \$80–\$200 (plus consultation) -

Prices based on Me Clinic's transparent pricing policy

Next steps: - Book a free consultation - Discuss a treatment plan tailored to your skin type - Review the before/after gallery - Understand prevention strategies

Understanding Age Spots

At Me Clinic, we know that noticing changes in your skin can feel unsettling. With over 35 years of experience in evidence-based cosmetic medicine, our team offers a range of age spot removal treatments tailored to your skin type, lifestyle, and goals.

What are age spots?

Age spots — also called liver spots, solar lentigines, or sun spots — are flat, brown, grey, or black marks that develop on skin that has been exposed to the sun over many years. Despite the name, they have nothing to do with liver function. They're purely the result of cumulative sun exposure and the natural ageing process.

Medically, these spots are harmless. Many people choose to reduce or remove them for cosmetic reasons, which is entirely understandable. Age spots typically range from freckle-size to about 13 millimetres across, and they can cluster together, making them more noticeable.

A few common misconceptions worth clearing up:

- **Myth:** Age spots signal liver problems. **Reality:** They're purely cosmetic and sun-related — no connection to liver function whatsoever. - **Myth:** They only appear in elderly people. **Reality:** Age spots can show up as early as your 30s or 40s, particularly with significant sun exposure. - **Myth:** Once removed, they never come back. **Reality:** Treatment removes existing spots, but new ones can form over time without consistent sun protection.

What causes age spots?

Prolonged UV exposure is the main driver. Years of sun exposure accelerate melanin production in certain areas, causing melanocytes — the pigment-producing cells in your skin — to multiply. Melanin gradually clumps together, forming the dark patches we recognise as age spots, and cumulative damage becomes more visible as the years pass.

The natural ageing process plays a role too. As we age, the skin's ability to repair UV damage diminishes, melanin distribution becomes less even, and previous sun exposure starts to show. Skin renewal slows, allowing pigmentation to persist longer.

Genetics also matter. Fair-skinned individuals tend to be more susceptible, and a family history of age spots meaningfully increases your likelihood of developing them. Celtic and Northern European ancestry is associated with higher predisposition, and some skin types develop hyperpigmentation more readily than others.

Lifestyle factors round out the picture. Outdoor occupations or hobbies increase cumulative sun exposure, living in a sunny climate like Australia accelerates spot formation, tanning bed use contributes to pigmentation changes, and inconsistent sun protection allows UV damage to build over time.

Who gets age spots?

Age spots most commonly become noticeable after 40, though they can appear earlier in people with significant sun exposure histories. They're more prevalent among:

- Fair-skinned individuals (Fitzpatrick skin types I–III)
- People with a history of sunburns, particularly in childhood or early adulthood
- Those who've spent extensive time outdoors without adequate protection
- Residents of sunny climates — and as Australians, we know this experience well
- Both men and women equally, though women tend to seek treatment more frequently

Here in Melbourne and across Australia — one of the highest-UV countries in the world — age spots are particularly common. Many Australians first notice them on the backs of their hands, forearms, face, shoulders, and upper back: all the areas that have soaked up years of sunshine.

Why it matters

Age spots are medically harmless, but they can carry real emotional weight. They may make your skin appear older than you feel, create an uneven skin tone that's difficult to conceal with makeup, affect your confidence day to day, or occasionally be mistaken for more serious skin conditions — which can cause understandable concern.

Beyond the cosmetic side, age spots are a visible reminder of cumulative sun damage. The same UV exposure that causes them also contributes to skin cancer risk, which is why we recommend a two-step approach:

1. Have a comprehensive skin check to rule out anything concerning 2. Implement consistent sun protection going forward 3. Consider treatment if spots are affecting your confidence or wellbeing 4. Build an ongoing relationship with a trusted skin care professional

At Me Clinic, your safety comes first. We assess every spot thoroughly before recommending any cosmetic treatment.

Treatment Options

Non-Surgical Treatments

1. IPL (Intense Pulsed Light) Therapy

IPL uses broad-spectrum light energy to target melanin within age spots. That energy heats and breaks down pigmented cells, which your body then eliminates over the following weeks. Unlike lasers — which use a single wavelength — IPL delivers multiple wavelengths simultaneously, making it a versatile option for a range of pigmentation concerns.

- **Best for:** Multiple age spots, larger treatment areas, patients who want overall skin rejuvenation alongside spot reduction - **Procedure time:** 20–30 minutes, depending on the treatment area - **Downtime:** Minimal; treated spots may temporarily darken before flaking away - **Results appear:** 1–2 weeks as darkened spots fade and peel - **Sessions needed:** Typically 2–4 treatments spaced 3–4 weeks apart - **Results last:** Permanent for treated spots; ongoing sun protection is essential to prevent new ones - **Cost range:** \$300–\$800 per session - **Pros:** Treats multiple spots at once, improves overall skin texture and tone, minimal discomfort, no incisions - **Cons:** May require multiple sessions; temporary darkening before fading; not suitable for darker skin tones due to risk of hypopigmentation

2. Cryotherapy (Freezing)

Liquid nitrogen is applied to individual age spots, freezing the pigmented cells with precision. The extreme cold destroys excess melanin-producing cells. The treated area then blisters, forms a scab, and heals — revealing lighter skin beneath.

- **Best for:** Individual, well-defined spots; smaller, isolated areas - **Procedure time:** 5–10 minutes for multiple spots - **Downtime:** 1–2 weeks as treated areas heal - **Results appear:** 2–4 weeks as scabs fall away and fresh skin emerges - **Sessions needed:** Usually 1–2 treatments per spot - **Results last:** Permanent for treated spots - **Cost range:** \$150–\$400 per session - **Pros:** Quick procedure with a well-established track record; effective for individual spots - **Cons:** Risk of hypopigmentation (permanent light patches); potential for scarring; temporary discomfort during freezing; less suited to facial spots

3. Chemical Peels

A chemical solution is applied to the skin, creating a controlled exfoliation. As the damaged outer layers peel away, they take excess pigmentation with them. Deeper peels can reach the dermal layer, where more stubborn pigmentation sits.

Depth options: - Light peels (glycolic, lactic acid): Target surface-level pigmentation with minimal disruption - Medium peels (TCA): Penetrate deeper for more persistent spots - Deep peels: Rarely needed for age spots alone

- **Best for:** Age spots combined with sun damage, fine lines, and uneven skin texture - **Downtime:** Light peels — 3–5 days of mild peeling; medium peels — 7–14 days of more noticeable peeling and redness - **Sessions needed:** Light peels: 4–6 treatments; medium peels: 1–3 treatments - **Results appear:** Progressive improvement over several weeks as skin renews - **Results last:**

Several months to years, depending on your commitment to sun protection - **Cost range:** \$200–\$600 per treatment - **Pros:** Addresses multiple skin concerns at once; improves overall complexion; depth is customisable - **Cons:** Requires sun avoidance during healing; multiple sessions needed for lighter peels; temporary redness and peeling

****4. Prescription Lightening Creams****

Prescription-strength creams containing hydroquinone, tretinoin, or combined formulas work by inhibiting melanin production and accelerating skin cell turnover. Used consistently, they gradually fade age spots over several months.

- **Best for:** Patients who prefer a gradual, at-home approach; mild to moderate age spots; ongoing maintenance after procedural treatments - **Application:** Nightly to affected areas - **Downtime:** None, though mild initial irritation may occur as your skin adjusts - **Results appear:** 6–12 weeks with consistent use - **Duration of use:** 3–6 months for meaningful improvement - **Results last:** Maintained with continued use; spots may gradually return if treatment is discontinued - **Cost range:** \$80–\$200 for the prescription cream (plus consultation fee) - **Pros:** Convenient at-home treatment; no procedure required; affordable; can help prevent new spot formation alongside fading existing ones - **Cons:** Results develop slowly; requires daily commitment; potential for skin irritation; hydroquinone isn't suited to long-term continuous use

****5. Laser Treatments****

Q-Switched Nd:YAG Laser

This technology delivers short, high-energy pulses that shatter melanin clusters without damaging surrounding tissue. The fragmented pigment particles are then absorbed and cleared by your body's immune system.

- **Best for:** Stubborn, dark age spots that haven't responded adequately to other treatments - **Treatment sessions:** Usually 1–3 sessions spaced 4–6 weeks apart - **Downtime:** 7–10 days; treated spots form protective crusts before healing - **Results appear:** 2–4 weeks after crusts have fallen away - **Results last:** Permanent for successfully treated lesions - **Cost range:** \$400–\$900 per session - **Pros:** Highly targeted and precise; effective for resistant pigmentation; permanent results for treated spots - **Cons:** Requires a healing period; risk of temporary hyperpigmentation; not suitable for all skin tones

Surgical Treatments

Age spots respond well to non-surgical methods, and surgical intervention isn't typically recommended or necessary. In the rare circumstance where a spot appears atypical or raises concern, an excisional biopsy may be performed — but that's a diagnostic measure to protect your health, not a cosmetic treatment.

Choosing the Right Treatment

Navigating treatment options can feel overwhelming. Our team is here to guide you, but this may help you start thinking about which approach suits you best.

Consider IPL therapy if: - You have multiple age spots across larger areas such as the hands, décolletage, or face - You'd like to improve your overall skin tone and texture at the same time - You have fair to medium skin tones (Fitzpatrick I–III) - You prefer a gentler treatment with minimal recovery time - You're comfortable committing to a series of treatments for optimal results

****Consider cryotherapy if:**** - You have a small number of isolated, well-defined age spots - Spots are located on less visible areas such as the hands or arms - You'd like a cost-effective option that may require only a single session - You can accommodate temporary crusting during the healing process

****Consider chemical peels if:**** - You'd like to address age spots alongside fine lines and skin texture concerns - You have broader sun damage beyond isolated spots - You prefer a comprehensive approach to facial ageing - You can accommodate several days of visible peeling in your schedule

****Consider prescription creams if:**** - Your age spots are mild to moderate - You prefer a gradual, at-home approach - You'd like to prevent new spots from forming while fading existing ones - You want to start with the most conservative option first

****Consider laser treatment if:**** - You have dark, stubborn spots that haven't responded to other treatments - You want highly targeted, precise treatment with permanent results - You can accommodate the associated healing time

****A combination approach****

Many patients get their best results by combining treatments. For example:

- IPL + prescription cream: IPL addresses existing spots while the cream helps prevent new ones -
- Chemical peel + maintenance cream: The peel removes visible spots while the cream maintains results
- Laser spot treatment + IPL maintenance: Laser targets stubborn individual spots while periodic IPL supports overall skin quality

Your Me Clinic practitioner will recommend the right approach for you during your consultation, taking into account your skin type, the number and location of spots, your timeline, and your budget.

What to Expect at Me Clinic

****1. Initial Consultation (Free)****

Your consultation is comprehensive and unhurried. During this time, we will:

- Examine your age spots and assess your overall skin condition - Confirm that spots are benign — and refer you for biopsy if any concern exists - Assess your skin type and suitability for the various treatment options - Listen to your goals and the timeline you have in mind - Review your medical history and identify any contraindications - Explain recommended treatment options clearly, with realistic expectations - Share before/after photos from similar cases - Provide transparent pricing with no hidden costs - Answer every question you have, with no pressure to proceed

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

Once you're ready to move forward, we create a personalised treatment plan:

- A customised protocol based on your skin and goals - A clear timeline for when to expect results - Pre-treatment instructions (sun avoidance, skincare adjustments) - A detailed cost breakdown - Scheduling that fits your lifestyle - A thorough explanation of what to expect during and after each treatment

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

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

At Me Clinic, we practise conservative, evidence-based medicine guided by our Responsible Cosmetic Medicine™ philosophy. This means:

- We don't recommend treatments that aren't genuinely necessary or appropriate - Natural-looking results are always the goal - Your safety and long-term skin health are the highest priorities - We'll turn away patients when a treatment isn't right for them - Long-term skin health takes precedence over short-term outcomes

****An experienced team****

- FRACS-qualified plastic surgeons - Specialist cosmetic physicians - Experienced dermal therapists and registered nurses - Over 25,000 surgical procedures performed - Over 60,000 non-surgical treatments delivered - Continuous training in the latest techniques and technology

****Transparent pricing****

- Published price lists for all treatments - No hidden fees or unexpected charges - Payment plans available for larger treatment investments - Clear explanations of everything included

****Comprehensive aftercare****

- Detailed aftercare instructions tailored to your treatment - Direct access to our practitioners if any concerns arise - Follow-up appointments included as part of your care - Ongoing skin care advice to help you maintain and protect your results - Education on sun protection strategies

Frequently Asked Questions

****How much does age spot removal cost in Melbourne?****

Treatment costs vary based on the approach and extent of treatment required:

- IPL therapy: \$300–\$800 per session (typically 2–4 sessions) - Cryotherapy: \$150–\$400 per session - Chemical peels: \$200–\$600 per treatment - Prescription creams: \$80–\$200 plus consultation - Laser treatments: \$400–\$900 per session

At Me Clinic, we provide fully transparent pricing during your free consultation. Your total investment depends on the number of spots, the size of the treatment area, and which approach best suits your skin and goals.

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

Once age spots are successfully treated, those specific lesions are permanently removed and typically don't return. That said, new age spots can form if your skin continues to be exposed to UV radiation without adequate protection.

Treatment removes the visible evidence of past sun damage, but it doesn't prevent future damage. Consistent sun protection — SPF 50+, protective clothing, and seeking shade — is essential to preserve your results. Prescription lightening creams can also play a useful role in preventing new spot formation over time.

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

Downtime varies by treatment:

- ****IPL:**** Minimal; slight redness for a few hours. Treated spots temporarily darken before flaking away over 1–2 weeks. - ****Cryotherapy:**** Treated areas form blisters and crusts that heal over 1–2 weeks. Spots may look a little worse before they improve. - ****Chemical peels:**** Light peels involve 3–5 days of mild flaking; medium peels require 7–14 days of more noticeable peeling. - ****Prescription creams:**** No downtime, though mild redness or irritation may occur initially. - ****Laser treatments:**** 7–10 days of healing as crusts form and fall away.

Your practitioner will give you specific expectations during your consultation and help you choose treatment timing that fits your life.

****Will treatment look natural?****

Yes. The goal is to restore an even, healthy skin tone — helping your skin look naturally clearer and more youthful. When performed by experienced practitioners, results look completely natural. People may notice your skin looks fresher, but they won't know you've had treatment unless you tell them.

Our Responsible Cosmetic Medicine™ approach means we treat only what's genuinely necessary, avoid over-treatment, and respect your skin's natural characteristics.

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

There's no specific age limit. We've cared for patients from their 30s through to their 80s, and we approach each person individually.

What actually matters:

- Whether the spots are affecting your confidence or wellbeing
- Your overall skin health
- The absence of contraindications such as active infections or certain medications
- Realistic expectations about outcomes
- Your commitment to sun protection after treatment

Younger patients may develop age spots from outdoor occupations, sport, or tanning. Older patients may carry decades of accumulated sun damage. Both groups can benefit from treatment.

****Does Medicare cover age spot removal?****

Age spot removal is a cosmetic procedure and isn't covered by Medicare or private health insurance. All costs are out-of-pocket.

Me Clinic offers fully transparent pricing, payment plans for larger treatment investments, and a range of options at different price points.

Worth noting: if a spot appears concerning and requires biopsy to rule out skin cancer, that diagnostic procedure may attract Medicare rebates — but cosmetic removal of benign age spots does not. Your practitioner will always be clear about what applies to your situation.

****What are the risks of age spot removal?****

Serious complications are rare when care is delivered by qualified practitioners, but all treatments carry some degree of risk.

****IPL risks:**** Temporary hyperpigmentation or hypopigmentation; mild burns if settings aren't properly calibrated; temporary redness and swelling; rarely, blistering or scarring.

****Cryotherapy risks:**** Hypopigmentation (permanent light patches); scarring if healing is disrupted; temporary discomfort during freezing; rarely, nerve damage in thin-skinned areas.

****Chemical peel risks:**** Temporary redness, peeling, and sensitivity; temporary hyperpigmentation, particularly in darker skin tones; rarely, infection or scarring; prolonged redness with deeper peels.

****Laser treatment risks:**** Temporary hyperpigmentation or hypopigmentation; blistering or crusting during healing; rarely, scarring; elevated risk with darker skin tones, which is why thorough assessment matters.

****Prescription cream risks:**** Skin irritation, redness, or dryness; increased sun sensitivity; rarely, allergic reaction.

Your practitioner will discuss all relevant risks during your consultation, taking into account your skin type and the treatment being considered.

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

Yes. During your consultation, we'll share our before/after gallery featuring cases similar to yours. Our gallery shows:

- The range of improvement possible across different cases
- Results across different skin types and tones
- Various treatment approaches and their outcomes
- The typical timeline for results to develop
- The natural-looking outcomes we consistently achieve

Individual results vary, but the gallery gives you an honest picture of what experienced care can deliver.

****How do I prepare for age spot removal?****

Preparation varies by treatment, but these guidelines apply to most approaches:

****2–4 weeks before:**** Avoid sun exposure and tanning beds; discontinue retinoids or harsh exfoliants (your practitioner will advise specifically); avoid treatments that may irritate the skin, such as waxing or aggressive peels.

****1 week before:**** Avoid blood-thinning medications if medically safe (aspirin, ibuprofen, fish oil); don't schedule other facial treatments; keep your skin well-moisturised; continue diligent sun protection.

****On the day:**** Arrive with clean skin (no makeup for facial treatments); avoid caffeine before IPL or laser treatments, as it can increase sensitivity; bring a hat for sun protection when you leave.

Your practitioner will provide specific pre-treatment instructions tailored to your chosen treatment and skin type.

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

Results develop on a timeline that varies by treatment:

- ****IPL:**** Spots darken immediately after treatment, then fade over 1–3 weeks; full results become visible after 2–4 sessions (approximately 3–4 months total)
- ****Cryotherapy:**** Initial healing takes 1–2 weeks; meaningful lightening becomes apparent over the following month
- ****Chemical peels:**** Progressive improvement over 4–8 weeks as skin regenerates; multiple treatments deliver optimal results
- ****Prescription creams:**** Gradual fading over 6–12 weeks with consistent use
- ****Laser treatments:**** Crusts fall away after 7–10 days; full lightening becomes visible 2–4 weeks after treatment

Significant sun damage accumulated over years can't be erased overnight, and we're honest about that. Your practitioner will set realistic timeline expectations during your consultation.

****Can age spots come back after treatment?****

The specific spots that are successfully treated are permanently removed — those pigmented cells are gone. However, new age spots can develop over time if your skin continues to be exposed to UV radiation without adequate protection.

Treatment is a meaningful reset: it removes existing damage, but your skin remains susceptible to new damage from ongoing sun exposure. Prevention is key:

- Daily SPF 50+ sunscreen, even on cloudy days
- Reapplication every two hours when outdoors
- Protective clothing, wide-brimmed hats, and sunglasses
- Seeking shade during peak UV hours (10am–2pm)
- Avoiding deliberate tanning

Many patients use prescription creams as an ongoing maintenance strategy to protect their results and prevent new spot formation.

****What's the difference between age spots and skin cancer?****

This is one of the most important questions you can ask. While the vast majority of brown spots are harmless age spots, some skin cancers can present similarly — and assumptions can be dangerous.

Age spots typically are: - Evenly coloured (tan, brown, or black) - Flat with clearly defined borders - Round or oval in shape - Symmetrical - Stable and unchanged over time

Spots that warrant prompt attention may be: - Irregular in colour, with multiple shades, or areas of red, white, or blue - Changing in size, shape, or colour - Asymmetrical - Bordered by irregular or poorly defined edges - Raised, scaly, or bleeding

At Me Clinic, we always perform a thorough skin assessment before proceeding with any cosmetic treatment. If any spot appears atypical or raises concern, we refer you for proper evaluation and biopsy without hesitation. Your safety comes before cosmetic outcomes — always.

If you notice any spots that are changing or feel concerning, arrange a comprehensive skin check before pursuing cosmetic treatment.

****Will removing age spots make me look younger?****

Age spots can add years to your appearance by creating the impression of sun-damaged, uneven skin. Removing them often results in a more even skin tone, a visible reduction in the signs of sun damage, improved confidence, and a fresher overall look.

That said, age spots are just one part of the skin's ageing story. For a more comprehensive approach, many patients combine age spot treatment with:

- Anti-wrinkle injections to address dynamic lines - Dermal fillers to restore lost volume - Skin resurfacing to improve texture - Daily sun protection and a quality skincare routine

During your consultation, we'll have an honest conversation about whether addressing age spots alone will meet your goals, or whether a combined approach might serve you better.

****Is the treatment painful?****

Discomfort levels vary by treatment and individual sensitivity:

- ****IPL:**** Feels like mild rubber band snaps against the skin; well-tolerated by most patients - ****Cryotherapy:**** A brief stinging or burning sensation during freezing; lasts only seconds per spot - ****Chemical peels:**** A tingling to burning sensation depending on peel depth; usually very manageable - ****Laser:**** Similar to IPL; brief discomfort during treatment - ****Prescription creams:**** No pain involved, though mild initial irritation is possible

For most treatments, any discomfort is brief and manageable without anaesthesia. If you're particularly sensitive, topical numbing cream can be applied beforehand.

Real Patient Results

Over the years, we've cared for thousands of Melbourne patients seeking help with age spots and sun damage. Our before/after gallery reflects the range of outcomes we've achieved across different skin types, varying degrees of spot severity, and a variety of treatment approaches.

Results our patients commonly experience include:

- 70–90% lightening of age spots following an IPL series - Complete spot removal with laser or cryotherapy - Significant overall improvement in skin tone with chemical peels - Prevention of new spot formation with ongoing prescription cream maintenance

Individual results vary — influenced by skin type, spot depth, and how closely post-treatment guidance is followed. During your consultation, your practitioner will share cases similar to yours and discuss realistic expectations specific to your skin and situation.

Book Your Free Consultation

If you're ready to explore your age spot removal options, our team is here to help — with no pressure, no obligations, and genuine care for your wellbeing.

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

1. ****Call:**** (03) 8823 5859 (Mon–Fri 9am–5pm) 2. ****Online:**** Visit meclinic.com.au and click "Book Consultation" 3. ****Email:**** info@meclinic.com.au

****What to bring:**** - A list of your current medications and supplements - Relevant medical history (including any skin conditions or previous treatments) - Questions for your practitioner — bring as many as you like - Photos showing areas of concern (optional, but often helpful)

****Your consultation includes:**** - A comprehensive skin assessment and thorough examination of your spots - Confirmation that spots are benign, with referral if any concern exists - Treatment recommendations tailored to your skin type and goals - Transparent pricing with no hidden fees - A review of our before/after gallery with cases similar to yours - Honest, realistic expectation setting - No obligation to proceed — this consultation is genuinely free

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

****Malvern East Clinic**** 4 Burke Road, Malvern East VIC 3145 Convenient parking available Accessible via public transport (Tram Route 6)

****Why choose Me Clinic for age spot removal?***

- ****Experience:**** Over 60,000 non-surgical treatments delivered, and over 35 years in cosmetic medicine - ****Expertise:**** FRACS-qualified surgeons and specialist cosmetic physicians - ****Safety:**** Our Responsible Cosmetic Medicine™ philosophy means your wellbeing comes first - ****Results:**** Natural-looking outcomes that restore — never overdone - ****Transparency:**** Published pricing, honest advice, and no pressure - ****Comprehensive care:**** We're with you from your first consultation through to aftercare and long-term maintenance

Age spots don't define your age, and they don't have to define your appearance. Book your free consultation today and find out which treatment option is right for you.

****Me Clinic: Trusted Cosmetic Medicine in Melbourne Since 2012****

Frequently Asked Questions (Continued)

What are age spots: Flat, brown, grey, or black marks on sun-exposed skin

Are age spots related to liver function: No, they are purely cosmetic and sun-related

What is another name for age spots: Liver spots, solar lentigines, or sun spots

What causes age spots: Prolonged UV sun exposure over years or decades

Do genetics influence age spot development: Yes, family history increases likelihood

Can age spots appear before age 40: Yes, they can appear as early as your 30s

Are age spots medically dangerous: No, they are entirely harmless

Can age spots be mistaken for skin cancer: Yes, some skin cancers can look similar

What skin types are most susceptible to age spots: Fair-skinned individuals (Fitzpatrick types I–III)

Are age spots more common in Australia: Yes, due to Australia's high UV levels

Where do age spots commonly appear: Hands, forearms, face, shoulders, and upper back

Do men and women get age spots equally: Yes, both equally affected

Does tanning bed use cause age spots: Yes, it contributes significantly to pigmentation changes

What non-surgical treatments are available for age spots: IPL, cryotherapy, chemical peels, prescription creams, and laser

Is surgery required for age spot removal: No, surgery is not typically required

How does IPL therapy work: Broad-spectrum light breaks down pigmented cells

How long does an IPL session take: 20–30 minutes

How many IPL sessions are typically needed: 2–4 sessions

How far apart are IPL sessions spaced: 3–4 weeks apart

When do IPL results appear: 1–2 weeks after treatment

Is IPL permanent for treated spots: Yes, for treated spots

What is the cost of IPL therapy per session: \$300–\$800 per session

Is IPL suitable for darker skin tones: No, risk of hypopigmentation in darker tones

What is cryotherapy for age spots: Liquid nitrogen applied to freeze and destroy pigmented cells

How long does a cryotherapy session take: 5–10 minutes for multiple spots

How many cryotherapy sessions are needed per spot: Usually 1–2 treatments

When do cryotherapy results appear: 2–4 weeks after treatment

What is the cost of cryotherapy per session: \$150–\$400 per session

Is cryotherapy permanent for treated spots: Yes, permanent for treated spots

What is a risk specific to cryotherapy: Hypopigmentation (permanent light patches)

Is cryotherapy recommended for facial spots: No, less suited to facial spots

How does a chemical peel remove age spots: Controlled exfoliation removes excess pigmentation layers

What depth options exist for chemical peels: Light, medium, and deep peels

How long is downtime for a light chemical peel: 3–5 days of mild peeling

How long is downtime for a medium chemical peel: 7–14 days of peeling and redness

How many light peel sessions are needed: 4–6 treatments

What is the cost of chemical peels per treatment: \$200–\$600 per treatment

How do prescription lightening creams work: They inhibit melanin production and accelerate cell turnover

When do prescription cream results appear: 6–12 weeks with consistent use

How long should prescription creams be used: 3–6 months for meaningful improvement

What is the cost of prescription lightening creams: \$80–\$200 plus consultation fee

Is there downtime with prescription creams: No downtime required

What laser is used for stubborn age spots: Q-Switched Nd:YAG laser

How many laser sessions are typically needed: 1–3 sessions

How far apart are laser sessions spaced: 4–6 weeks apart

What is the downtime after laser treatment: 7–10 days of healing

What is the cost of laser treatment per session: \$400–\$900 per session

Is laser treatment permanent for treated spots: Yes, permanent for successfully treated lesions

Is laser suitable for all skin tones: No, not suitable for all skin tones

Can age spots return after treatment: Yes, new spots can form without sun protection

Does treatment prevent future age spots: No, it removes existing spots only

What SPF is recommended after age spot treatment: SPF 50+

When should sunscreen be reapplied outdoors: Every two hours

Does Me Clinic offer a free consultation: Yes, consultations are free

Does Medicare cover age spot removal: No, it is a cosmetic procedure

Is age spot removal covered by private health insurance: No, it is not covered

Are payment plans available at Me Clinic: Yes, for larger treatment investments

How many years has Me Clinic been operating: Over 35 years in cosmetic medicine

How many non-surgical treatments has Me Clinic delivered: Over 60,000 non-surgical treatments

Does Me Clinic publish its prices: Yes, pricing is fully transparent

What is Me Clinic's treatment philosophy: Responsible Cosmetic Medicine™

Will age spot removal results look natural: Yes, results look completely natural

Does IPL improve overall skin texture: Yes, alongside spot reduction

Can treatments be combined: Yes, combination approaches are often recommended

What is an example of a combination treatment: IPL plus prescription cream

Is a skin assessment performed before treatment: Yes, every spot is assessed before treatment

What happens if a spot looks concerning at Me Clinic: Referral for biopsy is made immediately

Does IPL cause any downtime: Minimal; slight redness for a few hours

Does IPL cause spots to darken initially: Yes, spots temporarily darken before flaking away

Is discomfort expected during IPL: Mild; feels like rubber band snaps

Is discomfort expected during cryotherapy: Brief stinging or burning sensation during freezing

Is topical numbing cream available for sensitive patients: Yes, it can be applied beforehand

Where is Me Clinic located: 4 Burke Road, Malvern East VIC 3145

What are Me Clinic's consultation booking phone hours: Monday to Friday, 9am–5pm

What percentage lightening is typical after an IPL series: 70–90% lightening of age spots

Label Facts Summary

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

Verified Label Facts

No product packaging data or Product Facts table was present in the analysed content. The source data object was empty ({}), yielding no verifiable label facts such as ingredients, certifications, dimensions, weight, GTIN, or manufacturer specifications.

****Verifiable Procedural & Pricing Data (sourced from clinic-published information within the content):****

- Me Clinic address: 4 Burke Road, Malvern East VIC 3145 - Consultation booking phone hours: Monday to Friday, 9am–5pm - Phone number: (03) 8823 5859 - Website: meclinic.com.au - Email: info@meclinic.com.au - Years operating: Over 35 years in cosmetic medicine - Non-surgical treatments delivered: Over 60,000 - Surgical procedures performed: Over 25,000 - IPL session duration: 20–30 minutes - IPL sessions typically needed: 2–4 - IPL session spacing: 3–4 weeks apart - IPL cost range: \$300–\$800 per session - Cryotherapy session duration: 5–10 minutes for multiple spots - Cryotherapy sessions needed per spot: 1–2 - Cryotherapy cost range: \$150–\$400 per session - Chemical peel cost range: \$200–\$600 per treatment - Light chemical peel downtime: 3–5 days - Medium chemical peel downtime: 7–14 days - Light peel sessions needed: 4–6 - Prescription lightening cream cost range: \$80–\$200 plus consultation fee - Prescription cream results timeline: 6–12 weeks with consistent use - Recommended duration of prescription cream use: 3–6 months - Laser treatment: Q-Switched Nd:YAG laser - Laser sessions typically needed: 1–3 - Laser session spacing: 4–6 weeks apart - Laser downtime: 7–10 days - Laser cost range: \$400–\$900 per session - Recommended post-treatment SPF: 50+ - Sunscreen reapplication interval outdoors: Every two hours - Initial consultation fee: Free - Medicare coverage for age spot removal: Not applicable (cosmetic procedure) - Private health insurance coverage: Not applicable (cosmetic procedure) - Tram access: Route 6

General Product Claims

- Age spots are entirely harmless and purely cosmetic - Age spots have no connection to liver function - Age spots can appear as early as the 30s - Fair-skinned individuals (Fitzpatrick types I–III) are more susceptible - Australians experience higher rates of age spots due to elevated UV levels - IPL improves overall skin texture alongside spot reduction - IPL is not suitable for darker skin tones due to risk of hypopigmentation - Cryotherapy is less suited to facial spots - Cryotherapy carries a risk of permanent hypopigmentation (light patches) - Combination treatments (e.g., IPL plus prescription cream) are often recommended - Treated age spots are permanently removed; new spots may form without sun protection - Results from IPL appear 1–2 weeks after treatment - Results from cryotherapy appear 2–4 weeks after treatment - Typical lightening achieved after an IPL series: 70–90% - Laser treatment delivers permanent results for successfully treated lesions - Laser is not suitable for all skin tones -

Treatment results look completely natural when performed by experienced practitioners - Me Clinic practises Responsible Cosmetic Medicine™ - Every spot is assessed before treatment; referral for biopsy is made if any concern exists - Surgery is not typically required for age spot removal - Payment plans are available for larger treatment investments - Me Clinic publishes fully transparent pricing with no hidden fees - Some skin cancers can resemble age spots in appearance - Peak UV hours cited as 10am–2pm for avoidance guidance