

Back Acne Treatment - Bacne Solutions Melbourne | Me Clinic

Canonical:

<https://directory.meclinic.com.au/skin-health-concerns/back-acne-treatment-bacne-solutions-melbourne-me-clinic/>

Description:

Back Acne Treatment - Treatment Options at Me Clinic Melbourne ## Quick Summary **What causes back acne:** - Excess sebum production from overactive oil glands - Bacteria (Cutibacterium acnes) tra...

Details:

Quick Summary

What causes back acne: - Excess sebum production from overactive oil glands - Bacteria (Cutibacterium acnes) trapped in pores - Dead skin cell buildup blocking hair follicles - Hormonal fluctuations and stress - Friction from tight clothing and backpacks

Treatment options available: - Non-surgical: Chemical peels, LED light therapy, Laser therapy, Medical-grade skincare, Prescription topicals and oral medications - Surgical: Generally not required for acne; reserved for severe scarring cases

Expected results: - Significant reduction in active breakouts within 4-12 weeks - Improved skin texture and reduced inflammation - Gradual fading of post-inflammatory marks over 3-6 months - Long-term management with proper maintenance protocols

Cost range: - Non-surgical treatments: \$150-\$800 per session - Prescription medications: \$30-\$200 per month - Combination treatment packages: \$1,200-\$3,500 - *Prices based on Me Clinic's transparent pricing policy*

Next steps: - Book free consultation with our skin specialists - Discuss customized treatment plan - Review before/after gallery of acne treatment results - Understand treatment timeline and maintenance requirements

Understanding Back Acne (Bacne)

What is back acne?

Back acne, commonly called "bacne," is a skin condition where acne lesions develop on the back, shoulders, and upper back area. Unlike facial acne, back acne often affects larger areas and can be more challenging to treat due to thicker skin, higher sebum production, and difficulty accessing the affected area for consistent skincare.

Back acne manifests in various forms: - **Comedones:** Blackheads and whiteheads - **Papules:** Small red, tender bumps - **Pustules:** Pus-filled pimples - **Nodules:** Large, painful lumps beneath the skin - **Cysts:** Deep, pus-filled lesions that can cause scarring

A common misconception is that back acne is simply caused by poor hygiene. In reality, bacne is a complex skin condition involving oil gland activity, bacterial overgrowth, inflammation, and genetic

factors. Over-washing or harsh scrubbing can actually worsen the condition by irritating the skin and triggering more oil production.

What causes back acne?

****1. Hormonal factors**** - Androgen hormones stimulate sebaceous glands to produce excess sebum - Hormonal fluctuations during puberty, menstrual cycles, or hormonal imbalances - Conditions like polycystic ovary syndrome (PCOS) can exacerbate acne - Stress hormones (cortisol) can trigger inflammatory responses

****2. Genetic predisposition**** - Family history of acne increases likelihood - Inherited tendency for overactive sebaceous glands - Genetic factors affecting skin cell turnover rates - Predisposition to inflammatory skin responses

****3. Lifestyle and environmental factors**** - ****Friction and occlusion:**** Tight clothing, backpacks, and sports equipment trap sweat and bacteria - ****Excessive sweating:**** Creates ideal environment for bacterial growth - ****Diet:**** High glycemic foods and dairy may worsen acne in some individuals - ****Hair products:**** Conditioners and oils running down the back can clog pores - ****Inadequate cleansing:**** Post-workout sweat left on skin promotes bacterial growth - ****Certain medications:**** Corticosteroids, lithium, and some supplements can trigger acne

****4. Bacterial colonization**** - Cutibacterium acnes bacteria multiply in clogged pores - Creates inflammatory cascade leading to red, painful breakouts - Biofilm formation can make bacteria resistant to topical treatments

Who experiences back acne?

Back acne affects people across various demographics:

- ****Age range:**** Most common during adolescence (13-19 years) but can persist or develop in adults - ****Gender:**** Slightly more prevalent in males due to higher androgen levels, though women often experience hormonal acne - ****Athletes:**** Higher incidence due to sweat, friction, and equipment contact - ****Adults:**** Approximately 40-50% of adults in their 20s-40s experience some form of body acne

Back acne typically becomes noticeable during puberty when hormonal changes activate sebaceous glands. However, adult-onset back acne is increasingly common, particularly in individuals experiencing stress, hormonal changes, or lifestyle factors that promote breakouts.

Why it matters

Beyond the physical discomfort, back acne can significantly impact quality of life:

- ****Physical symptoms:**** Pain, tenderness, itching, and potential for scarring - ****Psychological impact:**** Self-consciousness, reduced confidence, social anxiety - ****Clothing choices:**** Avoiding backless, low-back, or form-fitting clothing - ****Activity limitations:**** Hesitation to participate in swimming, beach activities, or intimate situations - ****Scarring risk:**** Severe or untreated back acne can leave permanent scars and hyperpigmentation

Seeking treatment is important not only for aesthetic reasons but also to prevent scarring, manage discomfort, and improve overall wellbeing. Early intervention produces better outcomes and reduces the risk of permanent skin changes.

Treatment Options Comparison

Non-Surgical Treatments

1. Medical-Grade Topical Treatments

****Prescription Retinoids**** - ****How it works:**** Vitamin A derivatives increase cell turnover, prevent pore blockage, and reduce inflammation - ****Best for:**** Comedonal acne, preventing new breakouts, improving skin texture - ****Application:**** Once daily, typically in the evening - ****Results appear:**** 6-12 weeks for significant improvement - ****Results last:**** Ongoing with continued use - ****Cost range:**** \$50-\$150 per month - ****Pros:**** Addresses multiple acne causes, anti-ageing benefits, prevents scarring - ****Cons:**** Initial purging phase possible, sun sensitivity, requires consistent use

****Benzoyl Peroxide**** - ****How it works:**** Kills acne-causing bacteria, reduces inflammation, helps unclog pores - ****Best for:**** Active inflammatory acne, bacterial component - ****Application:**** 1-2 times daily - ****Results appear:**** 2-4 weeks - ****Cost range:**** \$30-\$80 - ****Pros:**** Effective antibacterial, available in various strengths, prevents resistance - ****Cons:**** Can bleach fabrics, may cause dryness or irritation

****Salicylic Acid**** - ****How it works:**** Beta-hydroxy acid that penetrates pores, dissolves debris, reduces inflammation - ****Best for:**** Blackheads, whiteheads, mild to moderate acne - ****Application:**** Daily as part of skincare routine - ****Results appear:**** 4-6 weeks - ****Cost range:**** \$25-\$70 - ****Pros:**** Gentle exfoliation, reduces oiliness, prevents clogged pores - ****Cons:**** Requires consistent use, may cause initial dryness

2. Prescription Oral Medications

****Oral Antibiotics**** - ****How it works:**** Reduces bacteria, decreases inflammation - ****Best for:**** Moderate to severe inflammatory acne - ****Duration:**** Typically 3-6 months - ****Results appear:**** 6-8 weeks - ****Cost range:**** \$40-\$120 per month - ****Pros:**** Systemic treatment, effective for widespread acne - ****Cons:**** Antibiotic resistance concerns, gastrointestinal side effects, temporary solution

****Hormonal Treatments (for appropriate candidates)**** - ****How it works:**** Regulates hormones that trigger excess sebum production - ****Best for:**** Hormonal acne, adult women with persistent acne - ****Results appear:**** 3-6 months - ****Cost range:**** \$30-\$80 per month - ****Pros:**** Addresses root hormonal cause, additional benefits (for oral contraceptives) - ****Cons:**** Only suitable for certain patients, requires ongoing use, potential side effects

****Isotretinoin (Roaccutane)**** - ****How it works:**** Powerful retinoid that shrinks sebaceous glands, reduces oil production, prevents scarring - ****Best for:**** Severe, scarring, or treatment-resistant acne - ****Treatment duration:**** 4-6 months typically - ****Results appear:**** 2-3 months (may worsen initially) - ****Results last:**** Long-term remission in many patients (60-70%) - ****Cost range:**** \$80-\$200 per month plus monitoring costs - ****Pros:**** Most effective treatment, potential for permanent clearance, prevents scarring - ****Cons:**** Significant side effects, requires close monitoring, strict pregnancy prevention required, dry skin/lips

3. Chemical Peels

****Salicylic Acid Peels**** - ****How it works:**** Deep exfoliation, unclogs pores, reduces inflammation - ****Best for:**** Comedonal acne, oily skin, mild to moderate acne - ****Treatment sessions:**** 4-6 sessions, 2-4 weeks apart - ****Downtime:**** 3-7 days of flaking/peeling - ****Results appear:**** Progressive improvement over treatment course - ****Results last:**** 3-6 months with maintenance - ****Cost range:**** \$180-\$350 per session - ****Pros:**** Deep pore cleansing, improves texture, reduces post-inflammatory hyperpigmentation - ****Cons:**** Multiple sessions required, temporary peeling, sun sensitivity

****Glycolic Acid Peels**** - ****How it works:**** Alpha-hydroxy acid exfoliation, promotes cell turnover - ****Best for:**** Acne scars, hyperpigmentation, texture improvement - ****Treatment sessions:**** 4-6 sessions - ****Downtime:**** 5-7 days - ****Cost range:**** \$200-\$400 per session - ****Pros:**** Addresses active acne and scarring, brightens skin - ****Cons:**** More aggressive than salicylic acid, requires proper sun protection

****Jessner's Peel**** - ****How it works:**** Combination peel (salicylic acid, lactic acid, resorcinol) for deeper penetration - ****Best for:**** Moderate to severe acne, stubborn cases - ****Treatment sessions:**** 3-5 sessions - ****Downtime:**** 7-10 days of significant peeling - ****Cost range:**** \$300-\$500 per session - ****Pros:**** More aggressive treatment for stubborn acne - ****Cons:**** More downtime, not suitable during active severe breakouts

4. Laser and Light-Based Therapies

****LED Light Therapy**** - ****How it works:**** Blue light kills acne bacteria, red light reduces inflammation - ****Best for:**** Mild to moderate acne, maintenance, reducing inflammation - ****Treatment sessions:**** 8-12 sessions, 1-2 times per week - ****Downtime:**** None - ****Results appear:**** 4-8 weeks - ****Results last:**** 3-6 months with maintenance sessions - ****Cost range:**** \$150-\$250 per session, packages available - ****Pros:**** Non-invasive, no downtime, gentle, can be combined with other treatments - ****Cons:**** Requires multiple sessions, results are gradual, not suitable for severe acne alone

****Fractional Laser Therapy**** - ****How it works:**** Creates microscopic channels in skin, stimulates collagen, reduces bacteria - ****Best for:**** Active acne, acne scarring, texture improvement - ****Treatment sessions:**** 3-5 sessions, 4-6 weeks apart - ****Downtime:**** 3-7 days (redness, mild swelling) - ****Results appear:**** Progressive over 2-3 months - ****Results last:**** 12-18 months - ****Cost range:**** \$500-\$1,200 per session - ****Pros:**** Addresses active acne and scarring simultaneously, long-lasting results - ****Cons:**** Higher cost, requires downtime, multiple sessions, not suitable during active severe inflammation

****IPL (Intense Pulsed Light)**** - ****How it works:**** Broad-spectrum light targets bacteria and reduces inflammation - ****Best for:**** Inflammatory acne, post-inflammatory redness - ****Treatment sessions:**** 4-6 sessions - ****Downtime:**** Minimal (slight redness 1-2 days) - ****Results appear:**** 6-8 weeks - ****Cost range:**** \$350-\$600 per session - ****Pros:**** Minimal downtime, improves overall skin tone - ****Cons:**** Multiple sessions needed, not suitable for all skin types

5. Medical-Grade Skincare Protocols

****Customized Skincare Regimens**** - ****Components:**** Cleansers, exfoliants, serums, moisturizers formulated for acne-prone skin - ****Best for:**** All acne severities as foundational treatment - ****Application:**** Daily home care routine - ****Results appear:**** 4-8 weeks - ****Cost range:**** \$150-\$400 for complete regimen (2-3 month supply) - ****Pros:**** Essential foundation for any treatment plan, maintains results - ****Cons:**** Requires consistent compliance, results are gradual

****Active Ingredients to Look For:**** - Niacinamide: Reduces inflammation, regulates sebum - Azelaic acid: Antibacterial, anti-inflammatory, fades marks - Retinol: Increases cell turnover, prevents clogging - Hyaluronic acid: Hydration without clogging pores - Ceramides: Skin barrier repair

Surgical Treatments

****Note:**** Surgical intervention is rarely required for active back acne. However, for severe acne scarring, the following procedures may be considered:

****Subcision for Acne Scars**** - ****What it is:**** Surgical procedure where scar tissue bands are released beneath the skin - ****Best for:**** Deep, tethered acne scars (rolling scars, boxcar scars) - ****Procedure time:**** 30-60 minutes - ****Anaesthesia:**** Local anaesthetic - ****Recovery time:**** 1-2 weeks (bruising, swelling) - ****Results appear:**** 4-6 weeks, continue improving over 6 months - ****Results last:**** Permanent improvement - ****Cost range:**** \$800-\$2,000 per treatment area - ****Pros:**** Effective for deep scars, long-lasting results - ****Cons:**** Only addresses scarring (not active acne), requires downtime, may need multiple sessions

****Punch Excision/Elevation**** - ****What it is:**** Surgical removal or elevation of individual deep scars - ****Best for:**** Ice-pick scars, deep boxcar scars - ****Procedure time:**** 30-90 minutes depending on number of scars - ****Recovery time:**** 1-2 weeks - ****Results last:**** Permanent - ****Cost range:****

\$1,200-\$3,000 - **Pros:** Precise correction of individual scars - **Cons:** Invasive, potential for new scarring, only for scarring (not active acne)

Choosing the Right Treatment - Decision Guide

Consider non-surgical treatments if:

✓ You have mild to moderate back acne ✓ You're experiencing your first significant breakout episode ✓ You prefer minimal to no downtime ✓ You want to try conservative approaches first ✓ Budget considerations are important ✓ You're willing to commit to a consistent treatment routine ✓ Your acne is responsive to topical or oral medications

Consider prescription medications if:

✓ Over-the-counter treatments haven't been effective ✓ You have moderate to severe inflammatory acne ✓ Your acne is causing scarring ✓ You have widespread acne across back, chest, and shoulders ✓ Your acne has hormonal triggers ✓ You need systemic treatment for better results

Consider professional treatments (peels, lasers, LED) if:

✓ You want to accelerate results ✓ Topical treatments alone aren't sufficient ✓ You're dealing with both active acne and scarring ✓ You want professional-grade treatment protocols ✓ You can commit to multiple treatment sessions ✓ You're looking for long-term skin texture improvement

Combination approach:

Most patients achieve optimal results by combining treatments. Me Clinic commonly recommends:

- **Prescription topical retinoid + LED light therapy:** Targets bacteria and prevents new breakouts while managing existing lesions - **Oral antibiotics (short-term) + chemical peels:** Systemic bacterial control with professional exfoliation - **Medical-grade skincare + quarterly chemical peels:** Maintenance protocol after clearing active acne - **Isotretinoin + post-treatment laser therapy:** For severe acne followed by scar treatment once acne is controlled

Your Me Clinic skin specialist will recommend the best approach during your consultation based on your acne severity, scarring, skin type, and treatment goals.

What to Expect at Me Clinic

1. Initial Consultation (Free)

- **Comprehensive skin assessment:** Detailed evaluation of acne severity, type, and distribution - **Discussion of your concerns and goals:** Understanding your treatment priorities and lifestyle factors - **Medical history review:** Medications, previous treatments tried, allergies, hormonal factors - **Treatment options explained:** Clear explanation of appropriate treatments for your acne type - **Realistic expectations set:** Timeline for results, maintenance requirements - **Transparent pricing provided:** Detailed cost breakdown with no hidden fees - **Before/after gallery review:** Cases similar to yours showing realistic outcomes

2. Treatment Planning

- **Customized treatment plan designed:** Tailored protocol addressing your specific acne presentation - **Timeline and sessions explained:** Clear schedule of appointments and expected milestones - **Pre-treatment instructions:** Preparation steps to optimize treatment effectiveness - **Cost breakdown provided:** Transparent pricing for full treatment course - **Questions answered:** Thorough discussion of concerns and expectations

3. The Me Clinic Difference

****Responsible Cosmetic Medicine™**** - Evidence-based treatments only - Comprehensive approach addressing root causes - Natural, healthy skin as the primary goal - Conservative treatment approach, escalating as needed - Focus on prevention and long-term skin health - Comprehensive aftercare and maintenance protocols

****Experienced Practitioners**** - Specialist cosmetic physicians with dermatological expertise - Registered nurses trained in skin treatments - Cosmetic pharmacists for medical-grade skincare guidance - 25,000+ surgical procedures performed - 60,000+ non-surgical treatments delivered - Ongoing training in latest acne treatment protocols

****Transparent Pricing**** - Published price lists available - No hidden fees or surprise costs - Package pricing available for multi-session treatments - Payment plans offered - Clear explanation of what's included in treatment costs

****Comprehensive Care Approach**** - Treats active acne and prevents scarring - Addresses existing scarring and hyperpigmentation - Focuses on long-term skin health - Lifestyle and skincare education - Ongoing support and monitoring

Frequently Asked Questions

How much does back acne treatment cost in Melbourne?

Treatment costs vary based on severity and approach: - ****Prescription medications:**** \$30-\$200 per month - ****Medical-grade skincare:**** \$150-\$400 (2-3 month supply) - ****Chemical peels:**** \$180-\$500 per session - ****LED light therapy:**** \$150-\$250 per session (packages available) - ****Laser treatments:**** \$350-\$1,200 per session - ****Comprehensive treatment packages:**** \$1,200-\$3,500

At Me Clinic, we provide transparent pricing during your free consultation with detailed cost breakdowns. Treatment plans are tailored to your budget and goals, with options ranging from medication-only approaches to comprehensive combination protocols.

How long does it take to clear back acne?

Results timeline depends on acne severity and treatment approach: - ****Topical treatments:**** 6-12 weeks for noticeable improvement - ****Oral antibiotics:**** 6-8 weeks to see reduction in inflammation - ****Chemical peels:**** Progressive improvement over 3-4 month treatment course - ****LED light therapy:**** 6-10 weeks with regular sessions - ****Isotretinoin:**** 3-4 months for significant clearance (full course is 4-6 months)

Most patients see initial improvement within 4-8 weeks, with continued progress over 3-6 months. Severe acne may require 6-12 months of treatment. Realistic expectations and patience are important as skin healing is a gradual process.

Will back acne treatment leave scars?

Proper treatment actually prevents scarring by: - Clearing active acne before deep tissue damage occurs - Reducing inflammation that leads to scarring - Promoting healthy skin healing

Professional treatments like chemical peels and laser therapy can simultaneously treat active acne while improving existing scars and hyperpigmentation. The key is early intervention—treating acne before severe scarring develops produces the best outcomes.

Is there any downtime with back acne treatments?

Downtime varies by treatment: - **Prescription medications and skincare:** No downtime - **LED light therapy:** No downtime - **Light chemical peels:** 3-7 days of mild flaking - **Medium-depth peels:** 5-10 days of peeling - **Laser treatments:** 3-7 days of redness and sensitivity

Most patients can continue normal activities during treatment. Your practitioner will provide specific guidance based on your treatment plan.

Will my back acne come back after treatment?

Acne is a chronic condition influenced by genetics, hormones, and lifestyle factors. Treatment goals include: - **Clearing active acne:** Achieving significant improvement or complete clearance - **Prevention protocols:** Maintaining clear skin with appropriate maintenance - **Managing triggers:** Identifying and controlling factors that worsen acne

Many patients experience long-term clearance, especially with isotretinoin (60-70% long-term remission rate). Others require ongoing maintenance with topical treatments or periodic professional treatments. A solid skincare routine and lifestyle management are key to maintaining results.

Can I exercise while treating back acne?

Yes, but with important considerations: - **Shower immediately after exercise:** Don't let sweat sit on skin - **Wear moisture-wicking, loose-fitting clothing:** Reduces friction and bacterial growth - **Clean equipment that contacts your back:** Wipe down benches, mats, and backpacks - **Apply treatment products after showering:** Post-workout is an ideal time for topical treatments - **Change sweaty clothes promptly:** Don't remain in damp athletic wear

Exercise itself doesn't cause acne and can actually improve hormonal balance and stress levels that affect skin health.

What should I avoid while treating back acne?

Products and habits to avoid: - Heavy, oil-based body lotions or sunscreens (use non-comedogenic formulations) - Conditioner running down your back (rinse hair forward, apply conditioner to ends only) - Scrubbing or picking at acne (causes inflammation and scarring) - Tight clothing that traps sweat (especially synthetic fabrics) - Excessive sun exposure (many treatments increase sun sensitivity) - Harsh exfoliating tools (washcloths and gentle chemical exfoliation are better)

Foods that may worsen acne in some individuals: - High glycemic foods (white bread, sugary foods) - Dairy products (particularly skim milk) - Whey protein supplements

Your Me Clinic practitioner will provide personalized guidance based on your specific triggers.

Does diet affect back acne?

Research shows diet can influence acne for some individuals:

Foods that may worsen acne: - High glycemic index foods (cause insulin spikes that increase sebum production) - Dairy products (especially skim milk, which contains hormones that may trigger acne) - Whey protein supplements (high in growth factors that can stimulate oil glands)

Foods that may help: - Low glycemic foods (whole grains, vegetables, legumes) - Omega-3 fatty acids (fish, flaxseed, walnuts) - Antioxidant-rich foods (berries, green vegetables) - Zinc-rich foods (pumpkin seeds, chickpeas, cashews)

However, diet alone typically isn't enough to clear acne—it's one factor among many. Your practitioner can help you identify potential dietary triggers while implementing effective medical treatments.

Can back acne be cured permanently?

While acne can't always be "cured," it can be effectively managed and many patients achieve long-term clearance:

****Isotretinoin offers the best chance of long-term remission:**** - 60-70% of patients have permanent or very long-term clearance - 20-30% may need a second course - Some may require low-dose maintenance

****Other treatments typically require ongoing maintenance:**** - Topical retinoids for prevention - Periodic chemical peels - Maintenance skincare routine - Managing lifestyle triggers

The goal is controlling acne to prevent scarring and maintaining clear skin with appropriate long-term protocols.

What's the difference between body acne and facial acne?

Back acne differs from facial acne in several important ways:

****Skin characteristics:**** - Thicker skin on the back (more resilient to stronger treatments) - Higher density of sebaceous glands - More hair follicles (more opportunities for clogging) - Greater sweat gland activity

****Treatment considerations:**** - Can tolerate higher concentrations of active ingredients - Larger treatment areas require more product - More challenging to apply topical treatments consistently - May respond better to systemic (oral) treatments - Professional treatments often more practical than daily topical application

****Contributing factors:**** - Friction from clothing and backpacks - Difficulty reaching the area for proper cleansing - Sweat accumulation, especially during exercise

Are there any side effects from back acne treatments?

All treatments carry potential side effects, though most are mild and temporary:

****Topical treatments:**** - Dryness, peeling, redness (especially initially) - Sun sensitivity - Potential bleaching of fabrics (benzoyl peroxide) - Initial "purging" period with retinoids

****Oral antibiotics:**** - Gastrointestinal upset - Yeast infections - Sun sensitivity - Antibiotic resistance with prolonged use

****Isotretinoin:**** - Dry skin and lips (very common) - Sun sensitivity - Temporary hair thinning - Muscle aches - Mood changes (rare, monitored closely) - Requires pregnancy prevention (highly teratogenic)

****Professional treatments (peels, lasers):**** - Temporary redness and sensitivity - Peeling/flaking (expected with chemical peels) - Rare: hyperpigmentation, infection, scarring (with improper aftercare)

Your Me Clinic practitioner will discuss specific risks relevant to your treatment plan and monitor you throughout treatment to minimize side effects.

How do I prevent back acne from returning?

****Long-term prevention strategies:****

****Skincare routine:**** - Use gentle, non-comedogenic body wash - Apply acne-preventing body lotion with salicylic acid or glycolic acid - Continue maintenance retinoid treatment as prescribed - Regular exfoliation (chemical, not harsh scrubbing)

****Lifestyle habits:**** - Shower immediately after sweating - Wear breathable, moisture-wicking fabrics - Wash athletic clothing after each use - Change bed sheets regularly (weekly) - Rinse hair products thoroughly - Apply conditioner only to hair ends, not scalp

****Maintenance treatments:**** - Quarterly chemical peels - Periodic LED light therapy sessions - Continue prescribed maintenance medications - Regular check-ins with your skin specialist

****Trigger management:**** - Identify and manage stress (major acne trigger) - Monitor dietary triggers - Manage hormonal factors (if applicable) - Avoid pore-clogging body products

Can I combine multiple treatments?

Yes, combination therapy often produces superior results. Common Me Clinic protocols include:

****For active acne:**** - Prescription topical retinoid + benzoyl peroxide (apply at different times) - Oral antibiotics + chemical peels (professional treatment accelerates clearance) - Medical-grade skincare + LED light therapy (comprehensive approach)

****For acne + scarring:**** - Active acne treatment first, then laser therapy for scars - Chemical peels (addresses both active acne and post-inflammatory marks) - Retinoids (prevents new acne while improving scarring)

****For severe acne:**** - Isotretinoin (controls active acne) followed by laser resurfacing (addresses residual scarring)

Your practitioner will design a safe, effective combination protocol. Some combinations require careful timing and monitoring to avoid excessive irritation or interactions.

When should I see a skin specialist?

Consult a professional if you experience: - ****Moderate to severe acne:**** Large, painful nodules or cysts - ****Scarring:**** Any indication of permanent marks or texture changes - ****Acne not responding to over-the-counter treatments:**** After 8-12 weeks of consistent use - ****Emotional impact:**** Acne affecting your confidence or quality of life - ****Widespread acne:**** Affecting multiple body areas (back, chest, shoulders, face) - ****Adult-onset acne:**** Sudden acne development in your 20s, 30s, or beyond (may indicate hormonal issues) - ****Acne with other symptoms:**** Irregular periods, excessive hair growth, or other hormonal signs

Early professional intervention prevents scarring and improves treatment outcomes. Don't wait until scarring occurs—prevention is easier than correction.

Real Patient Results

At Me Clinic, we've treated thousands of patients with back acne across all severity levels. Our comprehensive approach combines medical treatments, professional procedures, and evidence-based skincare protocols tailored to each patient's unique needs.

While individual results vary based on acne severity, skin type, and compliance with treatment protocols, our before/after gallery demonstrates the range of outcomes achievable with our treatment protocols—from mild improvement to complete clearance.

During your consultation, your practitioner will show you cases similar to yours and discuss realistic expectations for your specific situation. We believe in transparency about what treatments can and cannot achieve, ensuring you have accurate information to make informed decisions.

Book Your Free Consultation

Ready to clear your back acne and regain confidence?

Three ways to book:

1. **Call:** (03) 8823 5859 2. **Online:** Visit meclinic.com.au/contact 3. **Email:** info@meclinic.com.au

What to bring to your consultation:

- List of current medications and supplements - Medical history, including previous acne treatments tried - List of skincare products you're currently using - Questions for your practitioner - Photos showing your back acne (optional but helpful)

Your consultation includes:

✓ Comprehensive skin assessment and acne severity grading ✓ Discussion of contributing factors and triggers ✓ Customized treatment recommendations ✓ Transparent pricing with detailed cost breakdown ✓ Before/after gallery review of similar cases ✓ Realistic timeline and expectations ✓ No obligation to proceed

Me Clinic Location:

Me Clinic 4 Burke Road, Malvern East VIC 3145 Convenient parking available Accessible via public transport (tram route 3)

Hours: - Monday-Friday: 9:00 AM - 6:00 PM - Saturday: 9:00 AM - 4:00 PM - Sunday: Closed

Don't let back acne hold you back. Our experienced team is here to help you achieve clear, healthy skin with evidence-based treatments and compassionate care.

Disclaimer: This information is for educational purposes and does not replace professional medical advice. Individual results vary. All treatments carry potential risks and benefits that should be discussed with a qualified practitioner during consultation.