

Facial Redness Treatment - Solutions Melbourne | Me Clinic

Canonical:

<https://directory.meclinic.com.au/skin-health-concerns/facial-redness-treatment-solutions-melbourne-me-clinic/>

Description:

Facial Redness Treatment - Solutions at Me Clinic Melbourne Facial redness can impact your confidence and quality of life. Whether you're dealing with persistent flushing, visible blood vessels, or...

Details:

AI Summary

****Product:**** Facial Redness Treatment Services ****Brand:**** Me Clinic Melbourne (Responsible Cosmetic Medicine™) ****Category:**** Medical Aesthetics / Cosmetic Dermatology Services ****Primary Use:**** Evidence-based diagnosis and treatment of facial redness, rosacea, visible blood vessels, and related vascular skin conditions.

Quick Facts - ****Best For:**** Adults with persistent facial redness, rosacea, telangiectasia, sun damage-related redness, or flushing episodes - ****Key Benefit:**** Significant reduction in background redness and visible blood vessels using clinically proven laser, light, and prescription therapies - ****Form Factor:**** In-clinic professional treatments combined with take-home medical-grade skincare and prescription medications - ****Application Method:**** Delivered by AHPRA-registered cosmetic doctors and nurses at 4 Burke Road, Malvern East VIC 3145; begins with a complimentary consultation

Common Questions This Guide Answers

1. What treatments are available for facial redness in Melbourne? → IPL laser therapy (\$350–\$600/session), LED light therapy (\$150–\$250/session), prescription topicals (metronidazole, azelaic acid, brimonidine, ivermectin), oral medications (low-dose doxycycline, isotretinoin for severe cases), and medical-grade skincare regimens
2. How long do facial redness treatments last? → IPL results last 12–24 months; LED therapy requires ongoing maintenance; prescription and skincare results persist with continued use
3. Is IPL laser safe for all skin types? → IPL is safest for Fitzpatrick skin types I–III; darker skin tones (IV–VI) carry higher risk of pigmentation changes and are better suited to LED therapy, prescription treatments, or vascular-specific laser systems
4. How many IPL sessions are needed for facial redness? → Typically 3–5 sessions spaced 4–6 weeks apart, with 50–80% reduction in background redness achievable for most patients
5. Is facial redness treatment covered by Medicare or private health insurance? → Generally not; treatment is considered cosmetic, though prescription medications may qualify for PBS subsidy and initial medical consultations may attract partial rebates

Facial redness treatment - solutions at Me Clinic Melbourne

Living with persistent facial redness takes a real toll on your confidence and daily life. At Me Clinic, Melbourne's home of Responsible Cosmetic Medicine™, our cosmetic doctors and nurses have spent over 35 years helping patients find lasting relief from flushing, visible blood vessels, and rosacea-related redness. With solutions ranging from advanced laser therapy to medical-grade skincare, we're here to help you feel comfortable in your own skin again.

Quick summary

****What causes facial redness:**** - Rosacea and chronic inflammation - Visible blood vessels (telangiectasia) - Sun damage and photodamage - Sensitive skin conditions - Hormonal fluctuations and triggers

****Treatment options available:**** - Non-surgical: IPL laser therapy, LED light therapy, medical-grade skincare, prescription treatments (topical and oral medications) - Surgical: Generally not required for facial redness

****Expected results:**** - Significant reduction in redness and flushing episodes - Diminished appearance of visible blood vessels - Improved skin tone and texture - Timeline: Most patients notice meaningful improvement within 4-6 weeks of starting treatment - Duration: Results vary by treatment type; laser results can last 1-2 years, while skincare requires ongoing maintenance

****Cost range:**** - IPL laser therapy: \$350-\$800 per session - LED light therapy: \$150-\$300 per session - Medical-grade skincare: \$80-\$250 per product - Prescription treatments: Consultation required for assessment - *Prices based on Me Clinic's transparent pricing policy*

****Next steps:**** - Book a complimentary consultation to assess your redness type - Discuss a personalised treatment plan tailored to your needs - Review treatment protocols and expected timeline - Understand maintenance requirements for long-term results

Understanding facial redness

****What is facial redness?****

Facial redness, medically called erythema, is the visible reddening of facial skin that ranges from mild flushing to persistent inflammation. Unlike the temporary flush of embarrassment or exertion, pathological facial redness lingers for extended periods or recurs frequently, sometimes without any obvious trigger.

Common presentations include: - Diffuse redness across the cheeks, nose, chin, and forehead - Visible blood vessels (telangiectasia) appearing as fine red lines beneath the skin - Flushing episodes triggered by heat, exercise, or certain foods - Permanent background redness punctuated by periodic flare-ups - Red bumps or papules accompanying the redness, particularly in rosacea

Many people arrive at Me Clinic having been told, or having convinced themselves, that facial redness is simply something they must learn to live with. In our experience, that's rarely true. Facial redness often signals underlying skin barrier dysfunction or vascular changes that respond well to targeted treatment.

****What causes facial redness?****

1. ****Rosacea**** - A chronic inflammatory skin condition affecting approximately 10% of Australians - Caused by a combination of genetic predisposition and environmental triggers - Results in dilated blood vessels and ongoing inflammation - Presents across four subtypes with varying characteristics - A progressive condition that tends to worsen without appropriate management
2. ****Vascular abnormalities**** - Telangiectasia (broken capillaries) from weakened vessel walls - Genetic tendency toward visible blood vessels - Sun damage breaking down the collagen that supports vessel structure - Chronic inflammation driving vessel proliferation over time
3. ****Skin barrier dysfunction**** - A compromised lipid barrier allowing irritants to penetrate more easily - Transepidermal water loss triggering an inflammatory response - Sensitive skin reacting to environmental stressors - Dehydrated skin initiating compensatory inflammation

4. **Environmental and lifestyle factors** - UV exposure causing photodamage and inflammation - Temperature extremes, including hot weather and cold winds - Alcohol consumption dilating blood vessels - Spicy foods triggering flushing responses - Stress and hormonal fluctuations - Harsh skincare products that strip the skin barrier

Who experiences facial redness?

Facial redness affects people across all age groups, though certain patterns emerge:

- **Age range:** Most commonly begins between ages 30-50, though rosacea can develop earlier - **Gender prevalence:** Women experience rosacea and facial redness at roughly a 3:1 ratio compared to men, though men often develop more severe symptoms when affected - **Skin type:** Fair-skinned individuals of Celtic or Northern European descent show higher prevalence, though all skin types can be affected - **Family history:** There's a strong genetic component, with 30-40% of rosacea patients having a family member with the condition

Facial redness typically becomes a genuine concern when: - Background redness persists well beyond temporary flushing - Visible blood vessels become permanent features of the complexion - Flushing episodes increase in frequency or intensity - Skincare products that previously worked begin causing irritation - Makeup no longer provides adequate coverage

Why it matters

Beyond the visible changes to your appearance, facial redness can have a real impact on quality of life.

Physical impact: - Burning or stinging sensations that accompany redness - Heightened skin sensitivity to products and environmental factors - Progressive worsening without treatment, particularly in rosacea - Potential development of rhinophyma (thickened nasal skin) in severe, long-untreated cases

Psychological considerations: - Reduced self-confidence in social and professional settings - Anxiety about flare-ups ahead of important occasions - Frustration with limited makeup coverage options - Social avoidance driven by concerns about appearance - Research shows rosacea patients experience rates of depression comparable to those living with diabetes or heart disease, a sobering reminder that this is far more than a cosmetic issue

When to seek treatment: - Redness persists for more than a few weeks - Flushing episodes are becoming more frequent - Visible blood vessels are growing more prominent - Over-the-counter products have provided no meaningful improvement - Redness is affecting your quality of life or confidence - You're noticing burning, stinging, or increased skin sensitivity

Early intervention almost always leads to better outcomes, so it's worth reaching out sooner rather than later.

Treatment options comparison

Non-surgical treatments

1. Laser and light-based therapies

Intense Pulsed Light (IPL) therapy

- **How it works:** IPL delivers broad-spectrum light that targets haemoglobin within blood vessels. The light energy converts to heat, causing controlled damage to dilated vessels, which are then naturally reabsorbed by the body. This reduces both visible blood vessels and background redness while stimulating collagen production.

- **Best for:** Diffuse redness, visible blood vessels, sun damage-related redness, and rosacea-associated erythema

- **Procedure time:** 20-30 minutes per session
 - **Downtime:** Mild redness and possible darkening of treated vessels for 3-7 days; makeup can typically be applied the following day
 - **Results appear:** Gradual improvement over 2-4 weeks as treated vessels clear; optimal results after a planned series of treatments
 - **Results last:** 12-24 months, with maintenance sessions available
 - **Sessions needed:** Typically 3-5 sessions spaced 4-6 weeks apart
 - **Cost range:** \$350-\$600 per session depending on treatment area
 - **Pros:** Highly effective for vascular redness, minimal downtime, addresses multiple concerns simultaneously including pigmentation and texture, clinically proven for rosacea management
 - **Cons:** Requires diligent sun protection before and after treatment, not suitable for very dark skin tones, temporary darkening of vessels before clearing, multiple sessions needed for optimal outcomes
- *LED light therapy***
- **How it works:** Medical-grade LED devices emit specific wavelengths, typically yellow and red light, that reduce inflammation, promote healing, and strengthen skin barrier function without heat or tissue damage.
 - **Best for:** Inflammatory redness, sensitive or reactive skin, maintenance between more intensive treatments, and supporting recovery post-laser
 - **Procedure time:** 20-30 minutes per session
 - **Downtime:** None; treatment is gentle, soothing, and comfortable
 - **Results appear:** Gradual reduction in inflammation over 4-8 weeks of regular treatments
 - **Results last:** Requires ongoing maintenance; effects are cumulative with consistent use
 - **Sessions needed:** 8-12 weekly sessions initially, followed by monthly maintenance
 - **Cost range:** \$150-\$250 per session
 - **Pros:** No downtime, suitable for all skin types, comfortable experience, can be combined with other therapies, effectively reduces inflammation
 - **Cons:** Results are subtle and gradual, requires commitment to a treatment series, less effective for visible blood vessels than IPL, ongoing maintenance is necessary

****2. Medical-grade skincare****

Prescription topical treatments

Me Clinic practitioners can prescribe evidence-based topical medications specifically formulated to address facial redness:

- **Metronidazole cream/gel:** Anti-inflammatory and antibacterial properties that reduce rosacea-related inflammation; applied once or twice daily
- **Azelaic acid:** Reduces inflammation, unclogs pores, and addresses papules and pustules that can accompany redness; typically available at 15-20% prescription strength
- **Ivermectin cream:** Targets demodex mites associated with rosacea and reduces inflammation; once-daily application

- **Brimonidine gel:** A vasoconstrictor that temporarily reduces redness by constricting blood vessels; effects typically last 8-12 hours

- **How they work:** Each targets specific pathways involved in rosacea and inflammatory redness, reducing inflammation, addressing bacteria, managing mites, or constricting vessels, providing a medically grounded approach to lasting improvement

- **Best for:** Mild to moderate redness, inflammatory rosacea, maintaining laser results, and patients seeking a non-invasive first-line option

- **Results appear:** 4-8 weeks of consistent daily use

- **Results last:** Ongoing with continued use; redness typically returns if treatment is discontinued

- **Cost range:** Consultation required; prescription costs vary depending on medication and PBS eligibility

- **Pros:** Evidence-based, can be combined with laser therapy, relatively accessible, directly addresses underlying causes

- **Cons:** Requires consistent daily application, potential for mild irritation if introduced too quickly, results take time, ongoing commitment needed

Medical-grade skincare regimens*

Professional skincare protocols designed to repair barrier function and reduce inflammation:

- **Gentle cleansers:** Low-pH, non-foaming formulas that preserve the skin barrier

- **Barrier repair moisturisers:** Ceramide-rich formulas that rebuild lipid barrier integrity

- **Antioxidant serums:** Niacinamide, vitamin C, and green tea extract to reduce inflammation and strengthen capillary walls

- **Mineral sunscreens:** Physical blockers (zinc oxide, titanium dioxide) providing reliable protection without chemical irritation

- **Best for:** All facial redness types as a foundational therapy, supporting medical treatments, and maintaining results

- **Cost range:** \$80-\$250 per product; a complete regimen typically falls between \$300-\$600

- **Pros:** Addresses the underlying barrier dysfunction driving redness, suitable for all patients, can be maintained long-term, improves overall skin health

- **Cons:** Results take 8-12 weeks to become fully apparent, requires multiple products, involves ongoing expense, and produces less dramatic immediate change than laser therapy alone

3. Prescription oral medications**

Oral antibiotics*

- **Options:** Low-dose doxycycline (40mg modified-release) or other tetracycline antibiotics

- **How it works:** Used here for their anti-inflammatory rather than antimicrobial properties, these medications reduce rosacea-related inflammation at doses lower than those used for infection treatment

- **Best for:** Moderate to severe inflammatory rosacea, and patients experiencing papules and pustules alongside redness

- **Treatment duration:** Typically 3-6 months, followed by reassessment
- **Results appear:** 6-8 weeks of consistent use
- **Cost range:** Consultation required; medication costs vary depending on PBS eligibility
- **Pros:** Effective for inflammatory rosacea, well-tolerated at low doses, can be combined with topical and laser treatments
- **Cons:** Requires prescription and ongoing monitoring, potential side effects including gastrointestinal upset and photosensitivity, not suitable during pregnancy, and resistance concerns with prolonged use

Oral isotretinoin

- **How it works:** Reduces oil production and inflammation; reserved for severe, treatment-resistant rosacea where other approaches haven't provided sufficient relief
- **Best for:** Severe rosacea with significant thickening and inflammation that hasn't responded adequately to other treatments
- **Treatment duration:** Several months under close specialist supervision
- **Pros:** Highly effective for severe, complex cases
- **Cons:** Carries significant potential side effects, requires pregnancy prevention measures, demands regular monitoring, and is available only under specialist prescription

Surgical treatments

Facial redness very rarely requires surgical intervention. In exceptional cases of severe rhinophyma, thickened nasal skin resulting from long-standing untreated rosacea, surgical reduction may be considered. This outcome is largely preventable with appropriate early rosacea management.

For the overwhelming majority of patients, combination non-surgical approaches deliver excellent results without any need for surgery.

Choosing the right treatment - decision guide

Selecting the right path forward is a decision we make together with you, guided by your individual skin, lifestyle, and goals. As a starting point:

Consider IPL laser therapy if: - You have visible blood vessels or diffuse redness - You're seeking the most effective single treatment for vascular redness - You can commit to a series of 3-5 treatments - You can avoid sun exposure during the treatment period - You're seeking results that last 1-2 years - Your skin tone is light to medium (Fitzpatrick I-III)

Consider LED light therapy if: - You have sensitive or reactive skin - You prefer a completely non-invasive treatment experience - You want to support healing between laser sessions - You have inflammatory redness without prominent vessels - You're looking for a gentle ongoing maintenance option - You can commit to regular treatment sessions

Consider medical-grade skincare if: - You have mild redness or early-stage concerns - You want to address underlying barrier dysfunction - You're looking to maintain results achieved through laser therapy - You prefer a gradual approach to skin improvement - Budget considerations make laser therapy a longer-term goal - You're committed to consistent daily application

Consider prescription treatments if: - You've been diagnosed with rosacea - You have inflammatory papules or pustules alongside your redness - Over-the-counter products have not provided meaningful improvement - You want medically active ingredients working at a therapeutic level - You're seeking to

address the underlying pathology driving your redness

****Combination approach:****

Many patients achieve their best results through combined treatments. Effective approaches include:

- ****IPL + medical-grade skincare:**** Laser addresses the vascular component while skincare repairs barrier dysfunction and sustains results - ****Prescription topicals + LED therapy:**** Medications control inflammation while light therapy supports the healing process - ****IPL + prescription treatments:**** A comprehensive approach targeting both visible vessels and the underlying rosacea pathology - ****LED therapy + barrier repair skincare:**** A gentle combination well-suited to highly sensitive skin

Your Me Clinic practitioner will assess your specific redness type, personal triggers, and individual goals during your consultation, then recommend the protocol that makes the most sense for your skin.

What to expect at Me Clinic

****1. Initial consultation (complimentary)****

Your journey begins with a thorough, unhurried consultation. Your Me Clinic practitioner will:

- Conduct a detailed skin analysis to identify your redness type and severity - Assess for rosacea or other underlying conditions - Discuss your triggers, symptoms, and treatment history - Review your current skincare routine - Examine vascular patterns and the distribution of redness across your face - Take clinical photographs to provide a baseline for tracking progress - Discuss realistic expectations and a transparent treatment timeline - Provide clear, upfront pricing for all recommended treatments - Answer every question you have, with no pressure to proceed

A well-informed patient makes better decisions for their own wellbeing. Education always comes before recommendation here.

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

Based on your assessment, your practitioner will design a personalised protocol that includes:

- Specific treatment recommendations (laser, light therapy, skincare, prescriptions, or a combination) - The number of sessions required for optimal results - A treatment schedule with appropriate spacing - Pre-treatment preparation instructions, including sun avoidance and skincare adjustments - A realistic timeline for when you can expect to see results - Maintenance requirements for long-term success - A detailed cost breakdown with no hidden fees - Payment plan options if desired

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

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

Everything at Me Clinic is guided by the Responsible Cosmetic Medicine™ philosophy. In practice, this means:

- Recommending only evidence-based treatments with solid clinical research behind them - Taking a conservative, staged approach that starts with the least invasive option - Being honest about realistic outcomes, even when that means tempering expectations - Prioritising patient education over sales at every interaction - Providing comprehensive aftercare and genuine follow-up - Focusing on long-term skin health, not simply suppressing symptoms short-term

****Experienced practitioners****

Your treatment will be delivered by professionals who are as skilled as they are caring:

- AHPRA-registered cosmetic physicians and nurses - Practitioners with specialised training in vascular laser treatments - An experienced team with thousands of IPL and LED treatments performed -

Practitioners committed to ongoing education in the latest rosacea and facial redness research -
Access to a trusted dermatology referral network when specialist input is needed

****Advanced technology****

We invest in gold-standard equipment because your skin deserves nothing less:

- Medical-grade IPL systems with fully customisable parameters for your skin type - Clinical-grade LED panels delivering proven wavelengths and output - Regular equipment maintenance and calibration for consistent, safe results - Professional-only skincare lines formulated at therapeutic concentrations

****Transparent pricing****

You should always know exactly what to expect, financially as well as clinically:

- Published price lists for all treatments - No surprise fees or hidden costs - Package pricing options for treatment series - Payment plans available through approved providers - Honest discussion of long-term maintenance costs - No pressure to purchase products you don't genuinely need

Frequently asked questions

****How much does facial redness treatment cost in Melbourne?****

Treatment costs vary based on your specific needs and chosen approach:

- IPL laser therapy: \$350-\$600 per session (typically 3-5 sessions needed) - LED light therapy: \$150-\$250 per session (typically 8-12 sessions initially) - Medical-grade skincare: \$80-\$250 per product (complete regimen \$300-\$600) - Prescription treatments: Consultation required; costs vary by medication

Me Clinic provides detailed, transparent pricing during your complimentary consultation, no hidden fees, no surprises. We'll also discuss package pricing for treatment series and available payment plan options so you can plan with confidence.

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

Results depend on your treatment approach and individual skin response:

- IPL laser therapy: 12-24 months before maintenance is needed; some patients enjoy even longer-lasting outcomes - LED light therapy: Requires ongoing maintenance; effects are cumulative and build with regular sessions - Medical-grade skincare: Results are sustained with continued use; redness typically returns if treatment is discontinued - Prescription treatments: Effective while in use; long-term maintenance may be required

Many patients find that a combination approach, supported by a consistent daily skincare routine, significantly extends the benefits of laser treatment.

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

Downtime varies by treatment:

- IPL laser: 3-7 days of mild redness; treated vessels may darken temporarily before clearing; mineral makeup is typically suitable the following day - LED light therapy: None at all; treatment is soothing and gentle - Medical-grade skincare: A brief adjustment period of mild irritation is possible as skin adapts, approximately 1-2 weeks - Prescription treatments: Minimal; some medications may cause mild initial irritation

Your Me Clinic practitioner will walk you through exactly what to expect based on your personalised treatment plan.

****Will treatment eliminate my facial redness completely?****

Significant improvement is achievable for the vast majority of patients, but we believe in setting honest expectations:

- 50-80% reduction in background redness with laser therapy
- Near-complete clearance of individual visible blood vessels
- Reduced frequency and severity of flushing episodes
- Improved skin tone and overall texture
- Better tolerance of skincare products over time

Complete elimination of all redness may not be achievable in every case, particularly for:

- Severe, long-standing rosacea
- A strong genetic predisposition to visible vessels
- Very fair skin with naturally high colour
- Ongoing exposure to unavoidable triggers

Your Me Clinic practitioner will always provide an honest assessment of what you can realistically expect.

****How many treatments will I need?****

Treatment numbers vary based on the modality chosen and your skin's response:

- ****IPL laser:**** Typically 3-5 sessions spaced 4-6 weeks apart; some patients notice significant improvement after just 1-2 sessions
- ****LED light therapy:**** 8-12 weekly sessions initially, followed by monthly or quarterly maintenance
- ****Skincare protocols:**** Ongoing daily use for sustained results
- ****Prescription treatments:**** Typically 3-6 months initially, followed by reassessment

Your practitioner will give you a personalised estimate based on your redness severity, type, and goals during your consultation.

****Can facial redness return after treatment?****

Facial redness can recur because the underlying predispositions, genetics and a tendency toward rosacea, remain even after successful treatment. That said:

- Laser-treated vessels typically don't return, though new vessels may develop gradually over time
- Rosacea requires long-term management to prevent progression
- Trigger avoidance and a consistent skincare routine help preserve results
- Maintenance treatments, annually or as needed, keep redness well-controlled
- Many patients find they need less frequent intervention as time goes on

It's worth thinking of facial redness treatment as ongoing management rather than a one-time cure, highly effective management that can genuinely improve your quality of life.

****What should I avoid after laser treatment?****

Caring for your skin after IPL is an important part of achieving the best outcome:

- ****Sun exposure:**** Strict sun avoidance for a minimum of 2 weeks; diligent sunscreen use for 4-6 weeks
- ****Heat:**** Avoid saunas, hot yoga, or vigorous exercise for 48 hours
- ****Irritating products:**** Step away from retinoids, acids, and harsh exfoliants for one week
- ****Picking:**** Resist the urge to pick at darkened vessels or any flaking skin
- ****Makeup:**** Mineral makeup is suitable from the following day; avoid heavy coverage products immediately after treatment

Your Me Clinic practitioner will provide detailed aftercare instructions specific to your treatment and skin type.

****Is laser treatment safe for all skin types?****

IPL laser is most effective and safest for Fitzpatrick skin types I-III (light to medium skin tones). For darker skin tones (IV-VI), there is a higher risk of:

- Hyperpigmentation (darkening of treated areas)
- Hypopigmentation (lightening)
- Burns or thermal injury

During your consultation, your Me Clinic practitioner will carefully assess your skin type and recommend the safest, most appropriate treatment pathway. Alternative options for darker skin tones may include:

- LED light therapy - Prescription medications - Medical-grade skincare protocols - Vascular-specific laser systems (which differ from IPL)

Your safety comes first in every treatment decision we make.

****Will my private health insurance cover treatment?****

Facial redness treatment is typically considered cosmetic and is not covered by Medicare or private health insurance. However:

- An initial medical consultation may be partially covered depending on your circumstances - Prescription medications may be PBS-subsidised depending on the clinical indication - Tax deductions may be possible in certain circumstances (worth checking with your accountant)

Me Clinic's transparent pricing means you can plan your investment with clarity, and payment plan options through approved providers are available.

****Can I wear makeup during treatment?****

Yes, with some sensible guidelines:

- ****During the treatment period:**** Mineral makeup is preferable to liquid foundations; avoid heavy, pore-clogging products - ****Immediately after IPL:**** Wait until the following day before applying makeup; mineral formulas are gentler and less likely to cause irritation - ****After LED therapy:**** Makeup can be applied immediately if desired - ****With prescription treatments:**** Ensure skincare and medications are fully absorbed before applying makeup

Your practitioner can also recommend makeup products suited to sensitive, redness-prone skin.

****What triggers should I avoid?****

Managing your personal triggers is an important part of long-term redness control. Common triggers include:

- ****Sun exposure:**** UV radiation drives inflammation and vascular damage - ****Temperature extremes:**** Hot showers, saunas, cold wind - ****Alcohol:**** Dilates blood vessels and triggers flushing - ****Spicy foods:**** Capsaicin causes flushing in many people - ****Hot beverages:**** Temperature alone can trigger vascular dilation - ****Stress:**** Activates inflammatory pathways throughout the body - ****Harsh skincare:**** Fragrances, alcohol, and sulfates are particularly irritating for sensitive skin - ****Certain medications:**** Some blood pressure and migraine medications can worsen flushing

Keeping a simple symptom diary is an effective way to identify your personal triggers so you can minimise exposure and protect your treatment results.

****How soon before an event should I have treatment?****

- ****IPL laser:**** Schedule your final session 4-6 weeks before an important occasion; this allows treated vessels to clear fully and any post-treatment redness to resolve - ****LED therapy:**** Gentle enough to continue right up to events; it may even improve your skin's appearance on the day - ****Prescription treatments:**** Allow 8-12 weeks to see the full benefit - ****Medical-grade skincare:**** Begin 3-4 months before events for the most meaningful improvement

For weddings or other significant occasions, book your initial consultation 4-6 months in advance. This allows adequate time for a complete treatment series and proper healing.

****What's the difference between facial redness and rosacea?****

Facial redness is a symptom, the visible reddening of facial skin that can arise from various causes. Rosacea is a specific chronic inflammatory skin condition characterised by:

- Persistent facial redness (erythema) - Recurring flushing episodes - Visible blood vessels (telangiectasia) - Sometimes inflammatory papules and pustules - Possible eye involvement (ocular rosacea) - A progressive nature that worsens without treatment

Not all facial redness is rosacea, but rosacea always involves facial redness. Other causes of redness include:

- General sensitive skin reactivity - Seborrhoeic dermatitis - Contact dermatitis - Photoaging and cumulative sun damage - Post-inflammatory erythema

During your consultation, your Me Clinic practitioner will determine whether rosacea or another underlying cause is driving your redness, and will tailor your treatment plan accordingly.

****Can men receive facial redness treatment?****

Absolutely. While women seek treatment more frequently, men experience rosacea and facial redness commonly, often with more severe presentations. Treatment protocols are equally effective regardless of gender, though there are a few nuances worth noting:

- Men may have thicker, oilier skin that benefits from adjusted treatment parameters - Facial hair can occasionally complicate certain laser treatments - Many male patients appreciate streamlined skincare protocols that fit into a straightforward daily routine

Many of our male patients tell us that reducing facial redness has made a real difference to their confidence, particularly in professional environments where first impressions matter.

Real patient results

Over more than 35 years, we've helped thousands of Melbourne patients reduce facial redness and regain confidence in their appearance. While individual results vary based on redness type, severity, and chosen treatment approach, patients typically experience:

- Significant reduction in background redness and flushing frequency - Near-complete clearance of visible blood vessels - Improved skin texture and a calmer, more even tone - Reduced sensitivity to products and environmental triggers - Renewed confidence in social and professional situations

During your consultation, your Me Clinic practitioner will share before and after galleries from cases similar to yours, and will discuss realistic expectations based on your specific situation.

We also document progress with clinical photography throughout your treatment journey, giving you an objective record of the improvement you're achieving.

Book your complimentary consultation

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

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

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

- A list of your current medications and skincare products - Any relevant medical history, particularly a rosacea diagnosis if you have one - Questions for your practitioner - Photos showing your redness at its worst (optional, but often very helpful)

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

- Comprehensive skin assessment and redness typing - Personalised treatment recommendations tailored to your skin and goals - Transparent pricing with no hidden fees - An honest discussion of realistic expectations and timeline - Review of before and after results from similar cases - No obligation to proceed

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

4 Burke Road, Malvern East VIC 3145 Convenient parking available Accessible via public transport

****Why choose Me Clinic for facial redness treatment?****

- Over 35 years of experience and more than 25,000 surgical procedures and 60,000+ non-surgical treatments performed - Responsible Cosmetic Medicine™ philosophy guiding every decision - Evidence-based protocols backed by solid clinical research - Experienced, AHPRA-registered practitioners who genuinely care about your outcomes - Medical-grade technology and professional-only skincare - Transparent pricing and accessible payment options - Comprehensive aftercare and long-term support that doesn't end when your treatment does

Your journey to clearer, calmer skin begins with a single conversation. Book your complimentary consultation today.

Disclaimer: Individual results may vary. All treatments carry some degree of risk and are not suitable for everyone. A thorough consultation and assessment are required before commencing any treatment. The information provided on this page is intended for educational purposes and does not replace professional medical advice.

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 specification data, packaging information, ingredient lists, certifications, dimensions, weight, GTIN/MPN, or manufacturer documentation was provided for analysis. The Product Facts table is empty. No label facts can be verified or extracted.

General product claims

The following are general claims and informational statements drawn from the content. These are not verifiable from product packaging or manufacturer specifications:

****Clinic & service facts (verifiable from business records)**** - Me Clinic is located at 4 Burke Road, Malvern East VIC 3145 - Contact number: (03) 8823 5859 - Initial consultation is complimentary - Practitioners are AHPRA-registered - Clinic has been operating for over 35 years - Payment plans available through approved providers - Clinical photographs taken to track patient progress

****Pricing statements (published rate claims)**** - IPL laser therapy: \$350–\$600 per session - LED light therapy: \$150–\$250 per session - Complete medical-grade skincare regimen: approximately \$300–\$600 - Facial redness treatment is not typically covered by Medicare

****General health & treatment claims**** - Rosacea affects approximately 10% of Australians - Rosacea presents at a 3:1 female-to-male ratio - 30–40% of rosacea patients have an affected family member - IPL typically requires 3–5 sessions spaced 4–6 weeks apart - IPL results may last 12–24 months - LED therapy typically requires 8–12 initial weekly sessions - Laser therapy may achieve 50–80% reduction in background redness - Brimonidine gel effects last approximately 8–12 hours - Rosacea is described as a progressive condition worsening without treatment - IPL is not recommended for Fitzpatrick skin

types IV–VI