

Large Pores - Treatment Solutions Melbourne | Me Clinic

Canonical:

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

Description:

Large Pores - Treatment Solutions at Me Clinic Melbourne ## Quick Summary **What causes large pores:** - Genetics and natural skin structure - Excess sebum production and oily skin - Loss of skin ...

Details:

Me Clinic – Large Pores Treatment Solutions in Melbourne

Quick Summary

What causes large pores: - Genetics and natural skin structure - Excess sebum production and oily skin - Loss of skin elasticity from ageing and sun damage - Chronic congestion and blackhead accumulation

Treatment options available: - Non-surgical: Laser therapy (Fraxel, CO2), microneedling with RF, chemical peels (TCA, salicylic), medical-grade skincare with retinoids - Surgical: Not typically required for pore size reduction

Expected results: - Visible pore size reduction of 20–40% depending on treatment - Improved skin texture and smoothness - Gradual improvement over 2–6 months with multiple sessions - Results last 12–24 months with proper maintenance

Cost range: - Laser therapy: \$1,200–\$3,000 AUD per session - Microneedling: \$500–\$950 AUD per session - Chemical peels: \$250–\$700 AUD per session - Medical-grade skincare: \$180–\$480 AUD per product - *Prices based on Me Clinic's transparent pricing policy*

Next steps: - Book a free consultation to assess your skin - Discuss a customised treatment plan - Review before/after photos of similar cases - Understand your treatment timeline and maintenance requirements

Understanding large pores

What are large pores?

At Me Clinic, we've spent over 35 years working with patients on their skin health, and enlarged pores are one of the most common concerns our Cosmetic Doctors and skin specialists hear about. Large pores are enlarged openings in the skin where hair follicles and sebaceous (oil) glands emerge. Everyone has pores — they're a necessary part of how your skin functions — but some people find theirs appear noticeably larger, particularly across the nose, cheeks, and forehead. Enlarged pores create a rough, uneven texture that's difficult to address with makeup alone, and many patients tell us this affects how confident they feel in their skin.

To be honest from the outset: you cannot permanently eliminate pores, nor would you want to — they're a necessary part of your skin's anatomy. What we can do is significantly reduce their

appearance and improve overall skin texture through evidence-based treatments. Realistic expectations are central to everything we do.

****What causes large pores?****

Understanding the root causes of enlarged pores is the first step toward choosing the right treatment for your situation. Your practitioner will explore these factors with you during your consultation.

****Genetics and skin type****

Some people are simply born with larger pores. Oily skin types have more active sebaceous glands and wider pore openings. Thicker skin tends to have more prominent pores, and ethnic background can also influence pore size.

****Excess sebum production****

Overactive oil glands produce sebum that accumulates within pores, gradually stretching the opening and making it appear larger. Hormonal changes during puberty, the menstrual cycle, or pregnancy can increase oil production, as can hot, humid climates.

****Ageing and sun damage****

Collagen and elastin breakdown reduces the skin's structural support. Once elasticity goes, pores can no longer spring back and remain stretched. Chronic UV exposure accelerates collagen degradation — which is why daily sun protection matters so much. Thickening of the outer skin layer (hyperkeratinisation) can also make pores more visible.

****Chronic congestion****

Dead skin cells, sebum, and debris accumulate over time and stretch pore walls. Blackheads physically dilate pore openings. Inadequate cleansing allows ongoing buildup, and comedogenic skincare or makeup products can make things worse.

****Skin dehydration****

Dehydrated skin can actually trigger increased oil production as the skin tries to compensate. It also has less natural plumpness, which makes pores appear more prominent.

****Who experiences large pores?****

Large pores affect people across all ages and genders. A few patterns are worth knowing:

- ****Age:**** Pores often become more noticeable from the late 20s onward as collagen production slows, though teenagers and young adults with oily skin can also struggle with them
- ****Gender:**** Both men and women are affected, though men typically have naturally larger pores due to higher testosterone levels and thicker skin
- ****Skin type:**** Oily and combination skin types are most prone to visibly enlarged pores
- ****Peak concern:**** Most patients seek treatment in their 30s–50s, when ageing-related pore enlargement becomes more pronounced

****Why it matters****

Enlarged pores aren't a medical issue, but their impact on daily life is real:

- They create uneven skin texture that many people find difficult to feel comfortable with
- Makeup settles unevenly into enlarged pores, creating a textured appearance that feels frustrating to manage
- Many patients share that they feel self-conscious about their skin texture in close-up or social situations
- Without appropriate care, pores tend to become more visible with age as skin loses elasticity

Enlarged pores often come alongside oiliness, blackheads, and acne — concerns our team can address as part of a broader treatment plan

Treatment options

Non-surgical treatments

1. Laser therapy

Fraxel laser (fractional CO2)

Fraxel laser technology allows our practitioners to target deeper skin layers to stimulate collagen production and tighten pore structure in a controlled, evidence-based way.

- **How it works:** Creates microscopic columns of thermal energy in the skin, triggering the body's natural healing response and new collagen formation. This progressively tightens skin around pore openings and improves overall texture - **Best for:** Moderate to severe pore enlargement, particularly when combined with sun damage, fine lines, or acne scarring - **Procedure time:** 30–45 minutes - **Sessions needed:** 3–5 sessions spaced 4–6 weeks apart - **Downtime:** 5–7 days of redness, swelling, and peeling; skin may remain pink for 2–3 weeks - **When results appear:** Gradual improvement over 2–3 months as collagen remodels - **How long results last:** 12–18 months with proper skincare maintenance; longer with consistent sun protection - **Cost:** \$1,500–\$3,000 AUD per session - **Pros:** Significant pore reduction (30–40%), addresses multiple skin concerns at once, long-lasting outcomes - **Cons:** Notable downtime, temporary hyperpigmentation risk, requires careful sun avoidance during healing, multiple sessions needed

Non-ablative laser (Nd:YAG, IPL)

- **How it works:** Delivers heat to deeper skin layers without removing surface skin, stimulating collagen and reducing oil gland activity - **Best for:** Mild to moderate pore enlargement, sensitive skin types, and patients who can't accommodate ablative laser downtime - **Sessions needed:** 4–6 sessions monthly - **Downtime:** Minimal — mild redness for 1–2 days - **How long results last:** 6–12 months - **Cost:** \$500–\$950 AUD per session - **Pros:** Minimal downtime, gentle on skin, can target oil production - **Cons:** More subtle results than ablative options, requires more sessions

2. Microneedling with radiofrequency

Microneedling has become one of the most sought-after treatments for enlarged pores at Me Clinic, valued for its effectiveness and relatively short recovery.

- **How it works:** Tiny needles create controlled micro-injuries in the skin, encouraging collagen and elastin production. Combined with radiofrequency energy, the treatment delivers warmth to deeper layers, amplifying collagen stimulation and pore tightening - **Best for:** All pore sizes; particularly effective for patients with acne scarring or textural irregularities alongside enlarged pores - **Procedure time:** 45–60 minutes (including numbing time) - **Sessions needed:** 3–6 sessions spaced 4–6 weeks apart - **Downtime:** 2–3 days of redness and minor swelling; skin may feel tight and slightly rough for a week - **When results appear:** Initial improvement around 4–6 weeks, with continued enhancement over 3–6 months - **How long results last:** 12–18 months with proper maintenance - **Cost:** \$600–\$950 AUD per session - **Pros:** Suitable for all skin types, minimal downtime compared to ablative lasers, addresses pores, scars, texture, and fine lines - **Cons:** Requires multiple sessions, temporary bruising is possible, mild discomfort despite numbing

3. Chemical peels

Chemical peels offer an effective, device-free option for pore refinement. Our practitioners select the most appropriate formulation for your individual skin.

Medium-depth TCA peels

- **How it works:** Trichloroacetic acid (TCA) removes the outer damaged layers of skin and stimulates collagen production in deeper layers, clearing congested pores and progressively tightening skin structure - **Best for:** Moderate pore enlargement with sun damage, uneven texture, or mild scarring - **Depth options:** 20–35% TCA concentration, selected based on skin type and severity - **Downtime:** 5–7 days of peeling and redness - **Sessions needed:** 2–4 sessions spaced 6–8 weeks apart - **How long results last:** 6–12 months - **Cost:** \$500–\$700 AUD per session - **Pros:** Predictable results, addresses pigmentation and texture at the same time, no device required - **Cons:** Visible peeling period, sun sensitivity afterward, not suitable for very dark skin tones due to hyperpigmentation risk

Salicylic acid peels

- **How it works:** This oil-soluble acid penetrates pores to dissolve debris and sebum, reducing the congestion that makes pores appear larger - **Best for:** Oily skin with congested pores, mild enlargement, and ongoing maintenance - **Downtime:** Minimal — possible flaking for 2–3 days - **Sessions needed:** 4–6 treatments every 2–4 weeks, then maintenance every 2–3 months - **Cost:** \$250–\$420 AUD per session - **Pros:** Minimal downtime, targets oil production, well-suited to acne-prone skin - **Cons:** More superficial results, requires ongoing maintenance, not effective for severe pore enlargement

4. Medical-grade skincare

Medical-grade skincare isn't a standalone solution for significantly enlarged pores, but it's essential for maintaining treatment results and can provide real improvement for milder concerns. Your practitioner will guide you toward the right products for your skin.

Prescription retinoids (tretinoin)

- **How it works:** These vitamin A derivatives increase cell turnover, prevent pore congestion, and stimulate collagen production to progressively tighten pore structure - **Best for:** All pore types, particularly when combined with professional treatments; essential for long-term maintenance - **Usage:** Applied nightly after a careful acclimation period - **When results appear:** 3–6 months of consistent use - **Cost:** \$100–\$180 AUD per tube (typically lasting 3–4 months) - **Pros:** Addresses multiple ageing concerns at once, prevents future pore stretching, long-term benefits - **Cons:** Initial purging and irritation possible, increases sun sensitivity, requires commitment to routine

Medical-grade vitamin C serums

- **How it works:** An antioxidant that protects collagen from degradation while stimulating new collagen formation - **Best for:** Prevention and mild improvement, antioxidant protection - **Cost:** \$120–\$240 AUD per bottle - **Pros:** Brightens skin, protects from environmental damage, gentle enough for most skin types - **Cons:** Modest pore-reducing effects when used alone; must be a stabilised formula to work

Alpha hydroxy acids (glycolic/lactic)

- **How it works:** Exfoliates surface skin cells to prevent pore congestion - **Best for:** Maintaining clear pores, preventing blackhead formation - **Cost:** \$70–\$145 AUD per product - **Pros:** Improves overall texture, helps other products penetrate more effectively - **Cons:** Limited effect on structural pore size, can irritate sensitive skin

Surgical treatments

Surgical treatments are **not typically recommended or effective** for enlarged pores. Meaningful pore size reduction requires collagen stimulation and oil gland regulation — goals best achieved through non-surgical treatments.

In rare cases where enlarged pores occur alongside severe skin laxity requiring facelift surgery, some incidental pore improvement may occur from skin tightening. This is not the primary purpose of surgery, nor a reliable outcome, and we believe in being transparent about what each treatment can and cannot achieve.

Choosing the right treatment

Navigating your options can feel overwhelming. Our practitioners are here to help, but this guide may help you start thinking about what suits your needs and lifestyle.

Consider laser therapy if:

- You have moderate to severe pore enlargement - You want the most significant improvement possible
- You can accommodate 5–7 days of downtime per session - You have additional concerns such as sun damage, fine lines, or scarring - You can commit to strict sun protection throughout treatment

Consider microneedling if:

- You have mild to moderate pore enlargement - You prefer minimal downtime (2–3 days) - You have a darker skin tone (microneedling is generally safer than ablative lasers in this regard) - You also want to address acne scarring or fine lines

Consider chemical peels if:

- You have mild to moderate pore concerns - You also struggle with oiliness, blackheads, or uneven skin tone - You'd prefer a professional treatment that doesn't require devices - Your skin tone is light to medium (darker skin tones require careful selection)

Consider medical-grade skincare if:

- You have very mild pore concerns - You want to maintain and protect the results of professional treatments - You prefer a gradual, low-intervention approach to start - You want to take proactive steps to prevent future pore enlargement

Combination approaches

Most patients achieve their best results through a combined treatment strategy. At Me Clinic, our practitioners draw on over 35 years of experience to recommend combinations that work well together for your skin:

- ****Laser or microneedling + daily retinoid:**** Professional treatments deliver meaningful improvement while retinoids maintain results and help prevent regression
- ****Chemical peels + medical-grade cleansing:**** Regular peels deep-clean pores while daily cleansing prevents congestion from building back up
- ****Microneedling + vitamin C serum:**** Needling creates channels for better product penetration while vitamin C protects newly formed collagen

Your Me Clinic practitioner will assess your skin and recommend the most effective treatment pathway during your consultation — with no pressure to proceed until you're ready.

What to expect at Me Clinic

1. Initial consultation (free)

Your journey toward refined skin texture starts with a thorough, unhurried assessment.

- **Skin analysis:** We examine your pore size, distribution, skin type, oil production, and contributing factors such as sun damage or scarring - **Concern discussion:** You'll share your specific frustrations, goals, and any previous treatments you've tried - **Medical history review:** We assess any skin conditions, medications, or sensitivities that might influence which treatments are appropriate - **Treatment education:** Your practitioner explains why your pores are enlarged and which treatments would be most effective for your situation - **Realistic expectations:** We share before/after results from similar cases and discuss achievable outcomes honestly — we won't overpromise - **Transparent pricing:** You'll receive a clear, itemised breakdown of costs with no hidden fees and no pressure - **Questions answered:** We make sure you leave feeling fully informed and comfortable with whatever decision you make

2. Treatment planning

Once you decide to move forward, we develop your personalised treatment plan:

- **Customised protocol:** Designed around your pore severity, skin type, budget, and downtime tolerance - **Session scheduling:** Typically 3–6 sessions spaced 4–6 weeks apart, fitted around your life - **Pre-treatment preparation:** Clear instructions, which may include beginning certain skincare products, avoiding sun exposure, or temporarily adjusting medications that increase skin sensitivity - **Home care plan:** A skincare regimen to complement and protect your professional treatments - **Cost breakdown:** Transparent pricing for your full treatment course, with payment plan options available - **Expected timeline:** An honest understanding of when to expect results and how long they're likely to last

3. The Me Clinic difference

Responsible Cosmetic Medicine™

Our Responsible Cosmetic Medicine™ philosophy has guided everything we do for over 35 years. Your long-term skin health always comes first:

- **Evidence-based only:** We offer treatments with proven efficacy supported by peer-reviewed research - **Conservative approach:** We start with the least aggressive effective option and escalate only when genuinely needed and agreed upon - **Natural-looking results:** Our goal is refined, healthy-looking skin — not an obviously "treated" appearance - **Ethical patient selection:** We'll always be honest if we believe a treatment is unlikely to meet your expectations - **Comprehensive aftercare:** We support you through every stage of healing and maintenance, because our relationship with you doesn't end when your treatment does

Experienced practitioners

- FRACS-qualified plastic surgeons with advanced anatomical knowledge and decades of experience - Specialist cosmetic physicians focused exclusively on aesthetic medicine - Registered nurses with extensive hands-on laser and injection experience - 25,000+ surgical procedures and 60,000+ non-surgical treatments delivered - Regular attendance at national and international conferences to stay current with the latest techniques and evidence

Transparent pricing

- Published price lists — no surprises - No hidden fees: what we quote is what you pay - Payment plans available - Clear explanation of what Medicare does and doesn't cover (cosmetic treatments are generally not covered)

Frequently asked questions

How much does large pore treatment cost in Melbourne?

Treatment costs vary based on the modality and your individual situation. At Me Clinic:

- **Laser therapy:** \$1,200–\$3,000 AUD per session (typically 3–5 sessions needed) - **Microneedling:** \$500–\$950 AUD per session (typically 3–6 sessions) - **Chemical peels:** \$250–\$700 AUD per session (typically 4–6 sessions) - **Medical-grade skincare:** \$180–\$480 AUD per product (ongoing)

During your free consultation, we provide itemised pricing so you understand exactly what you're investing in and why. No hidden fees, no pressure to commit.

How long do pore reduction results last?

Results depend on the treatment type and how consistently you maintain your skin afterward:

- **Laser treatments:** 12–18 months, sometimes longer with good sun protection and a committed skincare routine - **Microneedling:** 12–18 months - **Chemical peels:** 6–12 months - **Skincare maintenance:** Ongoing benefits with continued use

All treatments benefit from proper maintenance, which typically includes daily sunscreen, retinoid use, appropriate cleansing, and periodic touch-up sessions.

Is there any downtime?

Downtime varies by treatment:

- **Ablative laser (Fraxel, CO2):** 5–7 days of significant redness, swelling, and peeling; residual pinkness may continue for 2–3 weeks - **Non-ablative laser:** 1–2 days of mild redness; most patients return to normal activities almost immediately - **Microneedling:** 2–3 days of redness similar to mild sunburn; makeup can usually be applied after 24 hours - **Medium-depth chemical peels:** 5–7 days of visible peeling and redness - **Superficial chemical peels:** Possible flaking for 2–3 days - **Medical-grade skincare:** No downtime, though the initial retinoid adjustment period may involve mild flaking

Your practitioner will give you specific downtime expectations based on your chosen treatment and how your skin tends to respond.

Will my skin look natural after treatment?

Yes. Me Clinic's Responsible Cosmetic Medicine™ philosophy prioritises natural-looking refinement. Our goal is skin that looks like a refreshed, healthier version of itself — not like you've had obvious work done.

Appropriate pore treatment: - Reduces pore visibility by 20–40% (not elimination — we're always honest about what's achievable) - Improves overall skin smoothness and texture - Enhances light reflection for a naturally healthier appearance - Maintains your skin's natural character

We're firmly committed to avoiding over-treatment that could damage skin or create an unnaturally smooth result.

Am I too young or too old for pore reduction treatment?

There's no universal age restriction. Suitability depends on your individual circumstances, which we'll explore during your consultation:

Younger patients (late teens to early 20s): Often good candidates if pores are enlarged due to genetics or oily skin. We typically start with less aggressive options (chemical peels, skincare) and progress thoughtfully.

Middle-aged patients (30s–50s): The most common age group seeking treatment at Me Clinic. Often benefit from combining pore reduction with other anti-ageing treatments. Typically experience

excellent results from laser therapy or microneedling.

****Older patients (60+):**** Still good candidates where overall skin health permits. May benefit from addressing skin laxity alongside pore size. Healing may take a little longer, but meaningful results are absolutely achievable.

****Do large pore treatments hurt?****

Pain levels vary by treatment, and your comfort is always a priority:

- ****Laser therapy:**** Moderate discomfort, often described as a rubber band snapping sensation or warmth. Topical numbing cream significantly reduces discomfort. - ****Microneedling:**** Mild to moderate discomfort. Topical numbing makes the procedure well-tolerated for most patients — often described as a mild scratching sensation. - ****Chemical peels:**** Temporary burning or stinging during application (typically 1–5 minutes). Medium-depth peels involve more intense but brief discomfort. - ****Skincare:**** Retinoids may cause initial stinging during the adjustment period but shouldn't be genuinely painful.

We use appropriate numbing agents throughout and most patients find the discomfort very manageable.

****Can I wear makeup after treatment?****

Post-treatment makeup guidelines depend on the specific procedure:

- ****Laser treatments:**** Avoid makeup for 24–48 hours minimum, often longer (5–7 days for ablative lasers) - ****Microneedling:**** Mineral makeup is generally safe after 24 hours; avoid heavy makeup for 3–5 days - ****Chemical peels:**** Avoid makeup during the active peeling phase (3–7 days); resume when peeling is complete - ****Medical-grade skincare:**** No restrictions

Mineral makeup is our general recommendation when you do resume, as it's less likely to clog healing pores.

****What are the risks?****

All treatments carry some degree of risk. At Me Clinic, we minimise complications through careful patient selection, experienced practitioners, and thorough aftercare.

Common minor side effects (temporary): - Redness and swelling - Peeling or flaking (laser, peels, microneedling) - Mild bruising (microneedling) - Temporary sensitivity or dryness - Breakouts during initial healing

Less common risks: - Hyperpigmentation — more common in darker skin tones, usually resolves within 2–6 months with appropriate management - Hypopigmentation — rare with appropriate treatment selection - Infection — very rare with proper aftercare - Prolonged redness — usually resolves, but may persist for several weeks in sensitive individuals

Serious complications are extremely rare when treatments are performed by qualified practitioners on appropriate candidates. Your practitioner will discuss the specific risks relevant to your chosen treatment and skin type during your consultation.

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

Yes, and we actively encourage it. During your consultation, your practitioner will share our before/after gallery featuring cases similar to yours — an important part of developing realistic expectations.

We protect patient privacy, so photos are shared in the consultation rather than posted publicly. You'll see a range of outcomes showing different pore severities, skin types and tones, various ages, single treatments and combined approaches, and both short-term and longer-term results.

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

Good preparation helps optimise results and reduce the likelihood of complications. Your practitioner will provide personalised guidance, but here's a general overview:

****General guidelines (2–4 weeks before):**** - Begin any prescribed pre-treatment skincare if recommended - Avoid excessive sun exposure and use daily SPF - Stop using harsh exfoliants or potent actives 1 week before treatment - Let us know about any new medications or supplements - Stay well-hydrated

****For laser or microneedling:**** - Avoid blood-thinning medications and supplements where medically safe (aspirin, ibuprofen, fish oil, vitamin E) for 1 week prior - No self-tanning products for 2 weeks before your appointment - Antiviral medication may be prescribed if you have a history of cold sores

****For chemical peels:**** - You may be asked to begin preparatory skincare beforehand - Avoid waxing or other hair removal for 1 week before treatment

****Day of treatment:**** - Arrive with clean, makeup-free skin - Avoid caffeine if you tend to feel anxious, as it can increase skin sensitivity - Arrange transport if sedation is involved (rare for pore treatments)

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

Results timelines vary by treatment:

****Same day:**** Chemical peels may show initial smoothing after the peeling phase completes (approximately 5–7 days post-treatment).

****2–4 weeks:**** Microneedling initial improvement becomes visible as inflammation settles. Laser treatments begin showing early positive changes. Medical-grade skincare may show subtle texture improvement.

****2–6 months:**** Laser therapy delivers gradual, continual improvement as collagen remodels, with peak results typically at 3–6 months. Microneedling best results generally appear 4–8 weeks after the final session. Chemical peel series show cumulative improvement with each treatment.

****6+ months:**** Retinoid skincare continues to deepen its benefits with consistent long-term use. Maintenance treatments preserve and extend initial results.

Pore reduction is a gradual process rather than an overnight change. The collagen remodelling required for meaningful structural improvement takes time, and our team will support you throughout.

****Will my pores come back after treatment?****

Pore size is influenced by both structural factors (collagen, elastin) and functional factors (oil production, congestion). Here's an honest breakdown:

****What treatment achieves:**** - Strengthens collagen support around pores (semi-permanent with appropriate maintenance) - Removes congestion that stretches pores (requires ongoing prevention as part of your skincare routine) - Improves skin texture and thickness (can be maintained with the right approach)

****What requires ongoing management:**** - Your natural predisposition to larger pores remains, but treatment keeps them well-minimised with consistent care - Collagen continues to gradually decline with age, which is why maintenance treatments are valuable - Oil production may fluctuate with hormones, climate, and stress — proper skincare helps manage this - Continued UV exposure will undermine results over time, making daily sunscreen non-negotiable

****Long-term maintenance:**** - Daily skincare: retinoids, antioxidants, proper cleansing, and sunscreen are the foundation - Periodic professional treatments: annual or semi-annual touch-up sessions help maintain improvement - Lifestyle factors: sun protection, a healthy diet, adequate hydration, and stress

management all play a role

With proper maintenance, many patients enjoy their improved skin texture for 18–24 months or longer before needing a repeat professional treatment. Without maintenance, results will gradually diminish over 12–18 months as natural ageing continues.

****Does insurance or Medicare cover pore reduction treatments?****

Pore reduction treatments are considered cosmetic procedures and are ****not covered by Medicare or private health insurance**** in Australia. These are elective aesthetic treatments rather than medically necessary interventions.

At Me Clinic, we offer: - Transparent upfront pricing so you know exactly what you're investing before committing - Payment plan options to make treatment accessible - Package pricing for treatment series, which is often more economical than individual sessions

During your consultation, we'll provide a detailed cost breakdown and discuss payment options that work for your circumstances.

****Can men get pore reduction treatments?****

Absolutely. Men are a growing part of our patient community at Me Clinic, and many of our treatments are particularly well-suited to male skin.

Men are often good candidates because they naturally have larger pores due to thicker skin and higher testosterone levels, and male skin tends to be oilier, which contributes to pore visibility. Men also typically heal well from more intensive treatments like laser therapy.

Popular treatments for men include laser therapy (Fraxel, CO2), microneedling, and medical-grade skincare. We understand that many men prefer a discrete approach and minimal schedule disruption, and we'll always tailor our recommendations accordingly.

Real patient results

Over 35 years and tens of thousands of treatments, our team at Me Clinic has helped patients across all severity levels find real, lasting improvement in their skin. Individual results vary based on skin type, age, pore severity, and treatment commitment, but our evidence-based approach consistently delivers meaningful change.

Typical outcomes our patients experience:

- ****20–40% visible pore size reduction**** with an appropriate treatment series - ****Noticeably smoother skin texture**** that requires less makeup - ****Improved confidence**** in close-up situations and everyday life - ****Long-lasting results**** with a committed maintenance approach - ****Additional benefits**** including reduced oiliness, fewer blackheads, and overall skin rejuvenation

During your consultation, your practitioner will share before/after cases most similar to your own situation and discuss realistic expectations specific to your skin.

Book your free consultation

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

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

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

- A list of your current medications and skincare products - Your medical history, particularly any skin conditions - Any questions you'd like to ask — no question is too small - Photos showing your pore concerns (optional, but often helpful)

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

- Comprehensive skin analysis and pore assessment - Personalised treatment recommendations based on your specific situation and goals - Transparent pricing with no hidden fees - Before/after gallery review of similar cases - An honest discussion about realistic expectations - No obligation to proceed

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

4 Burke Road, Malvern East VIC 3145 Melbourne, Victoria

On-site parking is available. Easily accessible from Caulfield, Armadale, Toorak, Hawthorn, and Glen Iris.

****Why choose Me Clinic:****

- ****35+ years**** of aesthetic medicine experience - ****60,000+ non-surgical treatments**** delivered - ****Evidence-based approach**** — we only offer treatments that are proven to work - ****Transparent pricing**** — no surprises, no pressure - ****Experienced practitioners**** — FRACS surgeons, specialist cosmetic physicians, and registered nurses - ****Comprehensive care**** from your first consultation through every treatment and beyond

Label facts summary

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

Verified business and operational facts

No product specification data was provided. The following are verifiable business and operational facts sourced from the content above (not product packaging):

- ****Clinic name:**** Me Clinic - ****Address:**** 4 Burke Road, Malvern East VIC 3145, Melbourne - ****Phone:**** (03) 8823 5859 - ****Booking URL:**** meclinic.com.au/book-consultation - ****Years operating:**** 35+ - ****Non-surgical treatments delivered:**** 60,000+ - ****Surgical procedures delivered:**** 25,000+ - ****On-site parking:**** Available - ****Initial consultation fee:**** Free - ****Guiding philosophy:**** Responsible Cosmetic Medicine™ - ****Medicare coverage for pore treatments:**** Not covered - ****Private health insurance coverage:**** Not covered - ****Payment plans:**** Available

****Published pricing (per session):**** - Laser therapy: \$1,200–\$3,000 AUD - Fraxel laser: \$1,500–\$3,000 AUD - Non-ablative laser: \$500–\$950 AUD - Microneedling: \$600–\$950 AUD - TCA peels: \$500–\$700 AUD - Salicylic acid peels: \$250–\$420 AUD - Chemical peels (general): \$250–\$700 AUD - Medical-grade skincare: \$180–\$480 AUD per product

****Published treatment session counts and spacing:**** - Fraxel laser: 3–5 sessions, 4–6 weeks apart - Microneedling: 3–6 sessions, 4–6 weeks apart - TCA peels: 2–4 sessions, 6–8 weeks apart - Salicylic acid peels: 4–6 sessions, every 2–4 weeks

****Published downtime by treatment:**** - Ablative laser: 5–7 days redness, swelling, peeling - Non-ablative laser: 1–2 days mild redness - Microneedling: 2–3 days redness and minor swelling -

Medium-depth TCA peels: 5–7 days peeling and redness - Superficial salicylic acid peels: Possible flaking 2–3 days - Medical-grade skincare: No downtime

General treatment claims

- Pore appearance can be reduced by 20–40% with appropriate treatment - Fraxel laser delivers 30–40% pore size reduction - Laser and microneedling results last 12–18 months - Chemical peel results last 6–12 months - Results with maintenance can last 18–24 months or longer - Fraxel results peak at 3–6 months after treatment begins - Microneedling results peak 4–8 weeks after the final session - Combination approaches (e.g., laser/microneedling + daily retinoid) typically deliver best results - Microneedling is generally safer than ablative lasers for darker skin tones - Surgical treatment is not typically recommended or effective for enlarged pores - Natural-looking refinement is the stated treatment goal - Me Clinic takes a conservative approach, starting with the least aggressive effective option - Evidence-based treatments only, supported by peer-reviewed research - Retinoid results appear after 3–6 months of consistent use; benefits are ongoing with continued use - Vitamin C serum effects on pores are modest when used alone - Daily sunscreen is described as non-negotiable for maintaining results - Retinoid use increases sun sensitivity - Before/after photos are available during private consultation only; patient privacy is protected - No hidden fees; pricing is fully transparent - Men are described as good candidates due to thicker skin and higher testosterone levels