

Rosacea Treatment - Solutions Melbourne | Me Clinic

Canonical:

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

Description:

Rosacea - Treatment Options at Me Clinic Melbourne ## Quick Summary **What causes rosacea:** - Vascular dysfunction and abnormal blood vessel response - Immune system dysregulation and inflammation...

Details:

Me Clinic - Rosacea Treatment Options in Melbourne

Quick Summary

What causes rosacea: - Vascular dysfunction and abnormal blood vessel response - Immune system dysregulation and inflammatory triggers - Genetic predisposition and environmental factors - Demodex mite proliferation and skin barrier dysfunction

Treatment options available: - Non-surgical: IPL therapy, LED light therapy, medical-grade skincare, prescription medications (topical and oral) - Surgical: Not typically required for rosacea management

Expected results: - Significant reduction in facial redness and flushing - Improved skin texture and fewer visible blood vessels - Better control of papules and pustules where present - Initial improvements at 4-6 weeks; optimal results at 3-6 months - Ongoing management required; individual treatments last 6-12 months

Cost range: - IPL therapy: \$350–\$650 per session (typically 3-6 sessions) - LED light therapy: \$150–\$250 per session (package of 6-12 recommended) - Medical-grade skincare: \$80–\$300 per product (3-month supply) - Prescription treatments: Varies with PBS coverage - *Prices based on Me Clinic's transparent pricing policy*

Next steps: - Book your free consultation with our specialist team - Discuss a personalised treatment plan - Review our before/after gallery - Understand your long-term maintenance requirements

Understanding Rosacea

What is rosacea?

Rosacea is a chronic inflammatory skin condition that primarily affects the face, causing persistent redness, visible blood vessels, and in some cases, acne-like bumps. It's often mistaken for adult acne or sensitive skin, but it's a distinct medical condition affecting roughly 1 in 10 Australians — and it deserves proper attention.

The condition typically shows up as facial flushing and redness across the cheeks, nose, forehead, and chin. Many patients describe their skin as feeling hot, stinging, or burning. Unlike temporary blushing, rosacea-related redness persists and tends to worsen without appropriate treatment.

A few misconceptions come up constantly — including the idea that rosacea is caused by poor hygiene, or that it only affects people who drink alcohol (alcohol can trigger flare-ups, but many rosacea sufferers don't drink at all). Understanding that rosacea is a legitimate medical condition, not a cosmetic concern or lifestyle choice, is the first meaningful step towards managing it effectively.

****What causes rosacea?****

The exact cause remains an active area of research, but several well-established factors contribute:

****Vascular dysfunction**** — abnormal blood vessel response to triggers, increased blood flow to facial skin, poor temperature regulation, and weakened vessel walls that become visible over time.

****Immune system irregularities**** — an overactive inflammatory response, elevated levels of certain immune proteins (cathelicidins), heightened sensitivity to environmental triggers, and impaired skin barrier function.

****Genetic factors**** — there's a strong hereditary component, with 30-40% of patients having a family history. The condition is more common in people of Celtic or Northern European descent, and fair skin is more susceptible, though rosacea can affect all skin types.

****Microorganism involvement**** — Demodex mites (naturally present on all skin) may proliferate beyond normal levels. Bacteria found within these mites may trigger inflammatory responses, and *H. pylori* has also been linked as a contributing factor in some patients.

****Environmental and lifestyle triggers**** — sun exposure, extreme temperatures, wind, spicy foods, hot beverages, alcohol, stress, certain skincare products, and exercise-induced flushing. Identifying your personal triggers is a key part of managing the condition well.

****Who gets rosacea?****

Rosacea typically develops in adults aged 30-50, though it can appear at any age. Women are diagnosed more frequently than men (roughly 3:1), but men often experience more severe symptoms — particularly rhinophyma, which involves an enlarged, bulbous appearance of the nose.

The condition is most common in people with fair skin who burn easily, particularly those of Celtic, English, or Scandinavian heritage. That said, rosacea occurs across all ethnicities and is frequently underdiagnosed in people with darker skin tones, where redness may be less visible even though inflammation is very much present.

Early signs to watch for: - Frequent blushing or flushing - Persistent facial redness - Skin that feels sensitive, stinging, or burning - Dry, rough patches on the cheeks

Early intervention makes a genuine difference, so it's worth getting assessed sooner rather than later.

****Why it matters****

Beyond the visible symptoms, rosacea significantly affects quality of life. Studies show that 90% of rosacea patients report lowered self-confidence, with many experiencing anxiety in social situations. The visible nature of facial redness can affect professional opportunities, personal relationships, and emotional wellbeing.

Untreated rosacea typically worsens over time. What begins as occasional flushing can progress to permanent redness, visible blood vessels, thickened skin texture, and in severe cases, rhinophyma. Early treatment prevents this progression and helps preserve long-term skin health.

For some patients, rosacea extends beyond the skin. Ocular rosacea affects the eyes, causing dryness, irritation, and light sensitivity. Without appropriate treatment, this can lead to more serious vision complications — another reason to treat rosacea as the medical condition it is.

The good news: rosacea is highly treatable. With the right combination of medical treatments, appropriate skincare, and trigger management, the vast majority of patients achieve significant improvement.

Treatment Options

Non-Surgical Treatments

1. Laser and Light-Based Therapies

IPL (Intense Pulsed Light) Therapy

IPL delivers controlled pulses of light energy that target haemoglobin in blood vessels beneath the skin's surface. The light converts to heat, causing unwanted vessels to coagulate and gradually collapse. Over the following weeks, the body reabsorbs the treated vessels, reducing overall redness and visible capillaries.

Best for: Persistent facial redness, visible blood vessels (telangiectasia), flushing, and overall skin tone improvement

Procedure time: 20-30 minutes per session

Downtime: Minimal. Some patients experience temporary darkening of treated vessels (appearing as small brown spots) that resolves within 1-2 weeks. Mild swelling for 24-48 hours is normal.

Results appear: Gradual improvement over 4-6 weeks as treated vessels are reabsorbed

Results last: 12-18 months; maintenance treatments every 6-12 months

Treatment sessions: Typically 3-6 sessions spaced 4-6 weeks apart

Cost: \$350–\$650 per session

Pros: - Significant reduction in redness and visible vessels - Improves overall skin tone and texture - Minimal downtime - Can be combined with other treatments - Long-lasting results with appropriate maintenance

Cons: - Multiple sessions required - Temporary post-treatment vessel darkening - Not suitable for very dark skin tones - Sun protection essential throughout the treatment course - Some discomfort during treatment (a warm, snapping sensation)

LED Light Therapy

LED therapy uses specific wavelengths of light to penetrate the skin and reduce inflammation at a cellular level. Yellow and red light wavelengths are particularly useful for rosacea — calming inflammation, improving circulation, and supporting healing without heat or damage to surrounding tissue. Many patients find the experience genuinely soothing.

Best for: Reducing inflammation, calming active flare-ups, supporting skin barrier repair, and complementing other treatments

Procedure time: 15-20 minutes per session

Downtime: None

Results appear: Benefits build over 6-12 sessions; some calming effect may be noticeable after the first session

Results last: Sustained with regular ongoing sessions

Treatment sessions: Initial series of 6-12 sessions, then monthly maintenance

Cost: \$150–\$250 per session; package pricing available

Pros: - Gentle and non-invasive with no downtime - Well-suited to sensitive skin - Can be used during active flare-ups - Suitable for all skin types - No pain or discomfort - Works well alongside other rosacea treatments

Cons: - Results are cumulative rather than dramatic - Requires ongoing maintenance - Less effective for visible blood vessels - Initial series requires a time commitment

****2. Medical-Grade Skincare****

Over-the-counter products rarely address rosacea effectively. Medical-grade skincare formulated specifically for rosacea can significantly improve symptoms when used consistently — and our team will guide you through exactly what your skin needs, and what to avoid.

Key ingredients for rosacea management:

Azelaic acid (15-20%) reduces inflammation and redness, has antibacterial properties that help control papules and pustules, and provides gentle exfoliation. It's evidence-based for rosacea and available in prescription strengths for more significant presentations.

Niacinamide (Vitamin B3) strengthens the skin barrier, reduces inflammation and visible redness, improves hydration, and is well-tolerated by sensitive skin types.

Ceramides and barrier repair products restore a compromised skin barrier, reduce sensitivity to environmental triggers, and protect against external stressors.

Gentle cleansers and moisturisers should be pH-balanced, fragrance-free, non-comedogenic, and free from common rosacea triggers.

Application: Twice daily as directed; consistency is essential for meaningful results

Downtime: None

Results appear: 4-8 weeks with consistent use

Results last: Ongoing daily use required

Cost: \$80–\$300 per product (typically a 3-month supply)

Pros: - Supports at-home management between clinic visits - Addresses multiple rosacea symptoms simultaneously - Strengthens skin barrier over time - Compatible with all other treatments - Relatively affordable as a long-term component of your plan

Cons: - Results take time and consistent commitment - May involve some trial to find the right products - Not sufficient alone for moderate-to-severe rosacea - Prescription-strength formulations require a medical clinic or dermatologist

****3. Prescription Treatments****

Topical medications

Several prescription topicals are clinically proven for rosacea management:

****Metronidazole (MetroGel, MetroCream)**** has anti-inflammatory and anti-parasitic properties, reduces papules, pustules, and redness, is applied once or twice daily, and is PBS-listed for eligible patients.

****Ivermectin (Soolantra)**** targets Demodex mites and associated inflammation, is particularly effective for papulopustular rosacea, is applied once daily, and typically shows results within 4-8 weeks.

PBS-listed for eligible patients.

****Brimonidine (Mirvaso)**** temporarily constricts blood vessels, often reducing redness within 30 minutes, with effects lasting approximately 8-12 hours. Used as needed — particularly useful for specific occasions. Rebound redness is possible in some patients.

Oral medications

For moderate to severe rosacea, oral medications may form an important part of the treatment plan:

****Low-dose doxycycline (Oracea)**** is used for its anti-inflammatory properties (not at antibiotic dosing), reduces papules, pustules, and overall inflammation, is taken daily for 3-6 months, and is PBS-listed for eligible patients.

****Isotretinoin (low-dose)**** is reserved for severe or treatment-resistant cases, is particularly effective for rhinophyma, requires regular monitoring, is not suitable during pregnancy, and is PBS-listed with specific eligibility criteria.

Cost: Varies; many medications are PBS-listed, reducing cost to \$7.70–\$42.50 per script for eligible patients

Pros: - Strong clinical evidence base - PBS coverage significantly reduces cost for many patients - Addresses underlying inflammation directly - Can be combined with other treatments

Cons: - Requires ongoing monitoring - Potential side effects (discussed openly during consultation) - Some medications require continuous use - Full effect may take weeks to months

Combination Approach

Most patients achieve the best outcomes through a personalised combination of treatments. There's no single solution that works for everyone, which is why we take the time to understand your skin, lifestyle, and goals before recommending anything.

****Example Protocol 1: Moderate rosacea with visible vessels**** - IPL therapy: 3-4 sessions spaced 6 weeks apart - Medical-grade skincare: Daily azelaic acid and barrier repair products - Prescription metronidazole: Nightly application - LED therapy: Monthly maintenance following the IPL course

****Example Protocol 2: Mild rosacea with sensitivity**** - LED light therapy: Initial series of 8 sessions - Medical-grade skincare: Ceramide-rich barrier repair with niacinamide - Trigger identification and management strategies - Monthly LED maintenance ongoing

****Example Protocol 3: Papulopustular rosacea**** - Low-dose doxycycline: 3-month course - Prescription ivermectin: Daily application - Medical-grade skincare: Gentle cleansing with azelaic acid - IPL therapy: Introduced once the inflammatory component is well-controlled

Your Me Clinic specialist will design a treatment plan around your rosacea subtype, severity, known triggers, and lifestyle.

Choosing the Right Treatment

****Start with medical-grade skincare and LED therapy if:**** - You have mild rosacea with occasional flushing - You prefer to begin with gentle, non-invasive options - You want to establish a solid foundation before exploring advanced treatments - Budget is a primary consideration - No visible blood vessels are present yet - Your main concern is skin sensitivity and barrier function

****Consider IPL if:**** - You have persistent facial redness that isn't resolving - Visible blood vessels (telangiectasia) are present - Skincare alone hasn't provided sufficient improvement - You're ready for significant, measurable results - You can commit to 3-6 treatment sessions - You're able to avoid sun

exposure during the treatment course

****Consider prescription medications if:**** - You have moderate to severe rosacea - Papules and pustules are present and troublesome - Over-the-counter approaches haven't worked - You're eligible for PBS coverage - You're comfortable with appropriate medical monitoring

****Consider combination therapy if:**** - You have moderate to severe rosacea - Single treatments haven't provided sufficient improvement - You're looking for comprehensive, long-term management - You're committed to your skin health for the long term

What to Expect at Me Clinic

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

Your rosacea consultation at Me Clinic is an unhurried conversation — a chance for us to listen, assess, and understand your skin and your concerns. It includes:

- Comprehensive skin assessment using diagnostic imaging - Rosacea subtype and severity identification - Open discussion of your symptoms, triggers, and concerns - Medical history review, including family history - Clear explanation of treatment options suited to your presentation - Realistic expectations based on clinical evidence - Transparent pricing for all recommended treatments, with no hidden fees - Before/after gallery review of similar patient cases - Trigger identification and practical management guidance

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

Following your consultation, we develop a personalised treatment protocol:

- Customised combination therapy tailored to your individual needs - A clear timeline with expected milestones at 4 weeks, 3 months, and 6 months - Session frequency and a structured treatment schedule - Pre-treatment preparation instructions - A detailed cost breakdown with no surprises - Skincare prescription and product recommendations - A trigger diary and practical management strategies - Time to answer every question before you decide to proceed — no pressure

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

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

Our approach to rosacea treatment prioritises evidence-based treatments with proven clinical efficacy, conservative protocols that build lasting results over time, patient education about triggers and long-term management, realistic expectations and honest communication, and comprehensive aftercare throughout your treatment journey.

****Experienced practitioners****

Your rosacea treatment is delivered by specialist cosmetic physicians with extensive dermatology experience, AHPRA-registered nurses trained in laser and light therapy, and a team that has performed over 25,000 laser and light therapy treatments and more than 60,000 non-surgical treatments.

****Medical-grade technology****

We use TGA-approved IPL systems with rosacea-specific settings, medical-grade LED panels (not cosmetic-grade devices), and diagnostic imaging for precise treatment planning and progress tracking.

****Transparent pricing****

Clear cost breakdowns are provided during your consultation. Package pricing is available for multi-session courses. No hidden fees, ever. Payment plan options are available for comprehensive

treatment courses, and Medicare and PBS information is provided for all eligible treatments.

Frequently Asked Questions

****What is rosacea?*** A chronic inflammatory skin condition affecting the face.

****Is rosacea the same as adult acne?*** No — it's a distinct medical condition.

****Is rosacea caused by poor hygiene?*** No.

****Does alcohol cause rosacea?*** No, but it can trigger flare-ups.

****How common is rosacea in Australia?*** Roughly 1 in 10 Australians are affected.

****What age does rosacea typically develop?*** Between 30 and 50, though it can occur at any age.

****Is rosacea more common in women or men?*** Women are diagnosed more frequently.

****Do men experience more severe symptoms?*** Yes, often — particularly rhinophyma.

****What is rhinophyma?*** An enlarged, bulbous appearance of the nose caused by rosacea.

****Is rosacea hereditary?*** Yes — 30-40% of patients have a family history.

****What skin types are most susceptible?*** Fair skin that burns easily in the sun.

****Can rosacea affect darker skin tones?*** Yes, though redness may be less visible.

****Can rosacea affect the eyes?*** Yes — this is called ocular rosacea.

****Can untreated ocular rosacea cause vision problems?*** Yes.

****Does untreated rosacea worsen over time?*** Yes, it typically progresses.

****What does early-stage rosacea look like?*** Occasional flushing and temporary redness.

****What does advanced rosacea look like?*** Thickened skin, permanent changes, and possible rhinophyma.

****Does rosacea affect self-confidence?*** Yes — 90% of patients report lowered self-confidence.

****Is rosacea curable?*** No permanent cure exists.

****Is rosacea treatable?*** Yes, very effectively.

****What causes rosacea?*** Multiple factors, including vascular dysfunction and immune irregularities.

****Do Demodex mites contribute to rosacea?*** Yes — they may proliferate beyond normal levels in some patients.

****Does sun exposure trigger rosacea?*** Yes — it's the most common trigger for most patients.

****Does stress trigger rosacea?*** Yes, emotional stress reliably worsens inflammation.

****Does spicy food trigger rosacea?*** Yes — capsaicin is a well-known flushing trigger.

****Does red wine trigger rosacea?*** Yes, it's a particularly common trigger.

****Does exercise trigger rosacea?*** Yes, intense exercise can cause flushing.

****How much does IPL cost at Me Clinic?*** \$350–\$650 per session.

****How many IPL sessions are typically needed?*** 3-6 sessions.

****How far apart are IPL sessions?*** 4-6 weeks apart.

****How long does an IPL session take?*** 20-30 minutes.

****What is the downtime after IPL?*** Minimal — mild swelling for 24-48 hours.

****How long does temporary vessel darkening last after IPL?*** 1-2 weeks.

****How long do IPL results last?*** 12-18 months.

****How much does LED therapy cost at Me Clinic?*** \$150–\$250 per session.

****How many LED sessions are recommended initially?*** 6-12 sessions.

****How long does an LED session take?*** 15-20 minutes.

****Is there downtime after LED therapy?*** None.

****Is LED therapy painful?*** No.

****Is LED therapy suitable for all skin types?*** Yes.

****Is LED effective for visible blood vessels?*** No — it's less effective for visible vessels than IPL.

****What wavelengths are used in LED therapy for rosacea?*** Yellow and red light.

****What does azelaic acid do for rosacea?*** Reduces inflammation and redness.

****What concentration of azelaic acid is used?*** 15-20%.

****What does niacinamide do for rosacea?*** Strengthens the skin barrier and reduces inflammation.

****What do ceramides do for rosacea skin?*** Restore a compromised skin barrier.

****How long before medical-grade skincare shows results?*** 4-8 weeks with consistent use.

****How much does medical-grade skincare cost at Me Clinic?*** \$80–\$300 per product.

****How long does one product last?*** Approximately 3 months.

****What does metronidazole treat in rosacea?*** Papules, pustules, and redness.

****Is metronidazole PBS-listed?*** Yes, for eligible patients.

****What does ivermectin treat in rosacea?*** Demodex mites and associated inflammation.

****What does brimonidine do for rosacea?*** Temporarily constricts blood vessels to reduce redness.

****How quickly does brimonidine work?*** Often within 30 minutes.

****How long does brimonidine's effect last?*** Approximately 8-12 hours.

****Is rebound redness possible with brimonidine?*** Yes, in some patients.

****What oral medication is used for moderate to severe rosacea?*** Low-dose doxycycline.

****Is low-dose doxycycline PBS-listed?*** Yes, for eligible patients.

****How long is a doxycycline course?*** 3-6 months.

****Is isotretinoin used for rosacea?*** Yes — reserved for severe or treatment-resistant cases.

****Is isotretinoin suitable during pregnancy?*** No.

****What is the PBS concession script cost?*** \$7.70.

****What is the PBS general rate script cost?**** \$42.50.

****Does Medicare cover IPL for rosacea?**** Generally not.

****Does private health insurance cover rosacea treatment?**** Typically not, as it's considered cosmetic.

****How much does comprehensive initial rosacea treatment cost?**** \$2,000–\$5,000 over 6-12 months.

****What is the approximate annual maintenance cost?**** \$500–\$1,500.

****Is the Me Clinic consultation free?**** Yes.

****How long before IPL should sun exposure be avoided?**** 4 weeks before treatment.

****Should retinoids be stopped before IPL?**** Yes — 1 week prior.

****Should fake tan be avoided before IPL?**** Yes — 2 weeks beforehand.

****Should makeup be worn on the day of IPL?**** No — arrive with clean skin.

****Can makeup be worn after IPL?**** Yes, from the following day.

****What SPF is recommended for rosacea patients?**** SPF 50+ daily.

****Is a trigger diary recommended?**** Yes.

****When do prescription topicals show results?**** 4-8 weeks.

****When does oral doxycycline reach optimal effect?**** 6-12 weeks.

****When do IPL results begin to appear?**** Gradual fading over 4-6 weeks per session.

****When are optimal results typically achieved?**** At the 3-6 month mark.

****How often is IPL maintenance recommended?**** Every 12-18 months.

****How often is LED maintenance recommended?**** Monthly.

****Does rosacea return after treatment stops?**** Yes — symptoms typically return gradually over time.

****Is there an age limit for rosacea treatment at Me Clinic?**** No.

****How many laser and light therapy treatments has Me Clinic performed?**** Over 25,000.

****How many non-surgical treatments has Me Clinic performed?**** Over 60,000.

****Where is Me Clinic located?**** 4 Burke Road, Malvern East VIC 3145.

****What are Me Clinic's phone hours?**** Monday-Friday 9am-6pm, Saturday 9am-4pm.

****Is parking available at Me Clinic?**** Yes, on-site parking is available.

****Is Me Clinic accessible by public transport?**** Yes, via tram route 3.

****How much does rosacea treatment cost in Melbourne?****

Costs depend on your rosacea severity and the right approach for your skin:

- Medical-grade skincare: \$80–\$300 per product (typically a 3-month supply) - LED light therapy: \$150–\$250 per session; packages of 6-12 sessions recommended - IPL therapy: \$350–\$650 per session; typically 3-6 sessions needed - Prescription medications: \$7.70–\$42.50 per script if PBS-eligible, or \$30–\$120 if private

Most patients invest \$2,000–\$5,000 for comprehensive initial treatment over 6-12 months, followed by maintenance costs of roughly \$500–\$1,500 annually. We provide completely transparent pricing during your free consultation — no hidden fees, no surprises — and payment plans are available for treatment packages.

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

Rosacea benefits from ongoing management rather than a single intervention. Results vary by treatment:

- IPL: 12-18 months between maintenance sessions - LED: Monthly maintenance recommended - Medical-grade skincare: Continuous daily use required - Prescription medications: Results are maintained while using; your prescriber will discuss this in detail

There's no cure for rosacea, but long-term control is very achievable. Most patients maintain excellent results with quarterly or bi-annual maintenance treatments combined with a consistent daily skincare routine.

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

Downtime is minimal for most rosacea treatments:

- Medical-grade skincare: None - LED light therapy: None - Prescription topicals: None - IPL: 1-2 days of mild swelling; treated vessels may temporarily darken for 1-2 weeks before fading - Oral medications: None

You can return to work immediately after most treatments. If you'd prefer privacy during the temporary vessel darkening phase after IPL, scheduling sessions before a weekend is often a practical option.

****Will treatment make my skin look natural?****

Yes — and this matters to us. Me Clinic's approach prioritises natural-looking skin health, not cosmetic alteration. The goal is to restore your skin as close as possible to its pre-rosacea state — reducing redness, calming inflammation, and improving texture while preserving your natural appearance.

We deliberately avoid aggressive protocols that could compromise sensitive rosacea-prone skin, building results gradually through evidence-based treatments.

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

There's no age limit. Our team has successfully treated patients from their 20s through their 80s. What matters most is a confirmed rosacea diagnosis, realistic expectations, a willingness to follow your treatment protocol, and good overall health (relevant to certain treatment types).

Younger patients often respond quickly to treatment, while older patients with more established vessel damage may benefit from a more comprehensive approach. During your consultation, we'll assess your individual skin health and recommend what's most appropriate for you.

****Does Medicare or private health cover rosacea treatment?****

Some rosacea treatments may qualify for Medicare or PBS rebates:

- Medicare generally doesn't cover the cosmetic aspects of rosacea treatment, but may cover consultations with dermatologists for medical management - PBS covers many prescription rosacea medications, significantly reducing cost for eligible patients (\$7.70 concession, \$42.50 general rate) - Private health insurance typically doesn't cover rosacea treatment as it's considered cosmetic, though some extras cover may contribute to prescription costs

We'll clarify your specific coverage during your consultation and help you understand which aspects of your treatment may be subsidised.

****What are the risks of rosacea treatment?****

All treatments carry some degree of risk, though serious complications are rare when patients are appropriately selected and treatment is delivered by experienced practitioners:

IPL: Common — temporary redness and swelling (resolves within 24-48 hours). Occasional — temporary vessel darkening, mild bruising. Rare — hyperpigmentation or burns (minimised with correct settings and experienced delivery).

LED: Minimal risk; possible temporary dryness in some patients.

Prescription medications — topical: dryness, irritation, rarely an allergic reaction. Oral doxycycline: photosensitivity, rare gastrointestinal upset. Isotretinoin: dryness, requires pregnancy prevention measures and regular monitoring.

Your practitioner will discuss the specific risks relevant to your treatment plan and provide detailed aftercare instructions.

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

Yes — and we encourage it. During your consultation, we'll show you before/after galleries of Me Clinic patients with rosacea presentations similar to yours. We maintain extensive documentation across different rosacea subtypes and severities.

Individual results vary, but our galleries give you a realistic picture of what's achievable with our treatment protocols.

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

Preparation depends on your treatment type:

For IPL: Avoid sun exposure for 4 weeks before treatment. Stop retinoids 1 week prior. No fake tan or self-tanner for 2 weeks beforehand. Avoid blood-thinning medications if medically safe (aspirin, ibuprofen). Arrive with clean skin — no makeup.

For prescription treatments: Complete your medical history questionnaire thoroughly. Disclose all current medications. For isotretinoin: pregnancy test and contraception plan where applicable.

General skincare: Stop using potential irritants 1 week before starting treatment. Gentle cleansing only during this period. Discontinue exfoliants and active ingredients until your treatment plan is established.

Your practitioner will provide specific pre-treatment instructions tailored to your protocol.

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

Timelines vary by treatment:

- Prescription topicals: 4-8 weeks for noticeable improvement - Oral doxycycline: 6-12 weeks for optimal effect - Medical-grade skincare: 4-6 weeks with consistent daily use - LED therapy: Benefits build over 6-12 sessions; some calming may be noticeable after the first session - IPL: Gradual fading of treated vessels over 4-6 weeks per session

Most patients notice meaningful initial improvements within 4-6 weeks of starting treatment, with optimal results at the 3-6 month mark. Managing rosacea well takes time — sustainable improvement rewards patience and consistency.

****Can rosacea come back after treatment?****

Rosacea is a chronic condition without a permanent cure. Treatment provides excellent control, but ongoing maintenance is typically required. Think of it similarly to managing any chronic health condition

— treatment puts it into remission, and continued vigilance keeps it there.

Most patients maintain clear, calm skin with daily medical-grade skincare, periodic maintenance treatments (IPL every 12-18 months, LED monthly), consistent trigger avoidance, and daily broad-spectrum sun protection.

Stopping all treatment usually results in a gradual return of symptoms over months to years. Our goal is always a sustainable, manageable long-term protocol that fits your life.

****Will my rosacea get worse if I don't treat it?****

Generally, yes. Untreated rosacea tends to progress through recognisable stages:

1. Early stage: Occasional flushing and temporary redness 2. Moderate stage: Persistent redness and visible blood vessels 3. Advanced stage: Thickened skin texture, permanent changes, and possible rhinophyma

Patients who begin treatment earlier consistently achieve better outcomes with less intensive protocols than those who wait until the condition has advanced significantly.

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

Yes, with appropriate product choices. Mineral-based makeup tends to be far less irritating than chemical formulations. Look for products labelled "rosacea-safe" or "sensitive skin," and consider green-tinted primers to help neutralise redness. Avoid heavy foundations that trap heat against the skin.

On the day of IPL treatment, arrive with clean skin (no makeup), though you can resume wearing makeup the following day unless your practitioner advises otherwise.

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

Common rosacea triggers include:

- Sun exposure: The most common trigger for most patients — daily SPF 50+ is non-negotiable - Temperature extremes: Hot showers, saunas, and extreme cold - Alcohol: Red wine is a particularly common trigger - Spicy foods: Capsaicin is a well-known flushing trigger - Hot beverages: Often the temperature itself rather than the drink - Stress: Emotional stress reliably worsens inflammation - Harsh skincare: Fragrances, alcohol-based products, and physical scrubs - Intense exercise: Manage with a gradual warm-up and a cool environment where possible

Triggers are highly individual. Keeping a trigger diary is one of the most practical things you can do — we'll provide a detailed trigger guide during your consultation.

Real Patient Results

We've helped thousands of Melbourne patients find relief from rosacea — many of whom came to us having tried numerous approaches without success. Individual results vary based on rosacea severity, subtype, skin type, and commitment to treatment protocols, but our before/after gallery reflects the genuine improvement achievable with evidence-based care.

Common outcomes include:

- 60-80% reduction in facial redness, measured via diagnostic imaging - Significant fading of visible blood vessels - Improved skin texture and reduced sensitivity - Better tolerance of previously trigger-inducing situations - Restored confidence in social and professional settings - Sustainable long-term control with appropriate maintenance

During your consultation, your Me Clinic specialist will show you cases similar to yours and discuss realistic expectations based on your specific presentation.

Book Your Free Consultation

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

1. ****Call****: (03) 8823 5859 (Monday-Friday 9am-6pm, Saturday 9am-4pm) 2. ****Online****: Visit meclinic.com.au/book-consultation 3. ****Email****: info@meclinic.com.au

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

- A list of your current skincare products and medications - Your medical history, including any family history of rosacea - Photos showing your rosacea at its most severe (optional, but helpful) - Any questions you'd like to talk through - A list of triggers you've already identified

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

- Comprehensive skin assessment with diagnostic imaging - Rosacea subtype identification - Personalised treatment recommendations - Transparent pricing with no hidden fees - Before/after gallery review of similar patient cases - Trigger identification and practical management guidance - No obligation to proceed

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

4 Burke Road, Malvern East VIC 3145 On-site parking available Accessible via tram route 3

****Why choose Me Clinic for rosacea treatment?****

- ****35+ years**** of combined experience in cosmetic medicine - ****60,000+ treatments**** delivered with a proven safety record - ****Evidence-based protocols**** using medical-grade technology - ****Transparent pricing**** with no hidden fees - ****Free consultations**** so you can explore your options without pressure - ****Flexible payment plans**** available for comprehensive treatment courses - ****Responsible Cosmetic Medicine™**** — our guiding philosophy, putting your skin health first

Book your free consultation today — we'd love to meet you.

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 was provided. No Product Facts block was generated. No label-verifiable facts (ingredients, certifications, dimensions, weight, GTIN/MPN, or packaging data) are available to extract.

General product claims

****Clinic and service specifications (Me Clinic, Malvern East VIC 3145)**** - IPL therapy: \$350–\$650 per session; 3-6 sessions; spaced 4-6 weeks apart; 20-30 minutes per session - LED light therapy: \$150–\$250 per session; 6-12 session initial series; 15-20 minutes per session - Medical-grade skincare: \$80–\$300 per product (approximately 3-month supply) - PBS concession script cost: \$7.70; PBS general rate script cost: \$42.50 - Comprehensive initial treatment estimate: \$2,000–\$5,000 over

6-12 months - Annual maintenance estimate: \$500–\$1,500 - Initial consultation: Free - Location: 4 Burke Road, Malvern East VIC 3145 - Phone hours: Monday-Friday 9am-6pm, Saturday 9am-4pm - Transport: Tram route 3; on-site parking available - Stated treatments performed: 25,000+ laser/light therapy; 60,000+ non-surgical treatments

****Condition and treatment statements (general health information)**** - Rosacea described as a chronic inflammatory skin condition with no permanent cure - Approximately 1 in 10 Australians reported as affected - Typically develops between ages 30-50; more frequently diagnosed in women; more severe in men - 30-40% of patients reported to have a family history - 90% of rosacea patients reported to experience lowered self-confidence - Sun exposure identified as the primary trigger; additional triggers include stress, spicy food, red wine, alcohol, and intense exercise - Demodex mites stated to proliferate beyond normal levels in some patients - Ocular rosacea stated to potentially cause vision complications if untreated - Untreated rosacea stated to progress from occasional flushing to permanent skin changes and possible rhinophyma

****Treatment outcome statements**** - IPL results stated to last 12-18 months; maintenance every 12-18 months recommended - LED maintenance recommended monthly - Brimonidine stated to act within 30 minutes; effect lasting approximately 8-12 hours - Prescription topicals stated to show results in 4-8 weeks - Oral doxycycline stated to reach optimal effect in 6-12 weeks - IPL vessel fading stated to occur over 4-6 weeks per session - Optimal results stated to be achieved at the 3-6 month mark - 60-80% reduction in facial redness cited as a common patient outcome - Isotretinoin stated as not suitable during pregnancy - Medicare generally stated as not covering IPL for rosacea; private health insurance typically not covering rosacea treatment