

# Scar Revision - Treatment Options Melbourne | Me Clinic

Canonical:

<https://directory.meclinic.com.au/skin-health-concerns/scar-revision-treatment-options-melbourne-me-clinic/>

## Description:

# Scar Revision - Treatment Options at Me Clinic Melbourne ## Quick Summary \*\*What causes surgical scars:\*\* - Surgical incisions and wound healing - Collagen overproduction or underproduction during...

## Details:

## Scar Revision - Treatment Options at Me Clinic Melbourne

## Quick Summary

\*\*What causes surgical scars:\*\* - Surgical incisions and wound healing - Collagen overproduction or underproduction during healing - Tension on wound edges - Individual healing response and genetics - Infection or poor wound care

\*\*Treatment options available:\*\* - Non-surgical: Laser therapy, steroid injections, dermal fillers, microneedling, silicone treatments - Surgical: Scar revision surgery, Z-plasty, W-plasty, excision and closure

\*\*Expected results:\*\* - Scars cannot be completely removed but can be significantly improved - Most treatments reduce visibility by 50–80% - Timeline: Non-surgical results appear over 3–6 months; surgical results visible after 6–12 months - Duration: Surgical revision provides permanent improvement; non-surgical treatments may require maintenance

\*\*Cost range:\*\* - Non-surgical: \$500–\$3,500 per treatment or session - Surgical: \$3,000–\$12,000 depending on complexity - \*Prices based on Me Clinic's transparent pricing policy\*

\*\*Next steps:\*\* - Book a free consultation - Discuss a treatment plan tailored to your scar type - Review the before/after gallery - Understand recovery timeline and realistic expectations

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## Understanding surgical scars

Me Clinic has been treating problematic scars in Melbourne for over 35 years. The team includes FRACS-qualified Plastic Surgeons and Cosmetic Doctors who work across the full range of surgical and non-surgical options, and the approach is straightforward: find what's actually going to help, explain it honestly, and let patients decide.

Seeking scar revision is often a personal decision, and it's rarely as simple as "I want this scar gone." We get that.

\*\*What are surgical scars?\*\*

Surgical scars are the visible marks left after any surgical incision. Scarring is a normal part of wound healing, but how scars develop varies considerably from one person to the next. Some patients end up

with fine, barely noticeable lines that fade over time. Others develop raised, widened, or discoloured scars that affect their confidence in ways that go well beyond appearance.

One thing we hear often is that scars will simply fade away with time. They do mature and soften over 12 to 18 months, but their fundamental characteristics — width, elevation, colour — often stay largely unchanged without some form of treatment. Understanding your scar type is the most important first step, and it's something we work through carefully with every patient.

**\*\*What causes surgical scars to be problematic?\*\***

Several factors influence how a scar develops:

1. **\*\*Surgical technique and wound closure\*\*** - Incision placement relative to skin tension lines - Surgical technique and precision - Wound closure method (sutures, staples, adhesives) - Tension on wound edges during healing
2. **\*\*Individual healing response\*\*** - Genetic predisposition to keloid or hypertrophic scarring - Skin type and ethnicity (darker skin types carry a higher risk) - Age (younger skin tends to produce more collagen during healing) - Existing scarring patterns from previous injuries
3. **\*\*Wound healing complications\*\*** - Infection during the healing process - Wound dehiscence (separation) - Haematoma or seroma formation - Delayed healing associated with underlying medical conditions
4. **\*\*Location on the body\*\*** - High-tension areas such as the shoulders, chest, and back are prone to wider scars - Mobile areas like joints are subject to constant stretching - Areas with thinner skin often show more visible scarring
5. **\*\*Post-operative care\*\*** - Inadequate wound care or support - Returning to strenuous activity too soon - Sun exposure during the healing period - Smoking, which significantly interferes with healing

**\*\*Types of problematic scars\*\***

Knowing your scar type matters because it directly shapes which treatments are likely to work. Our practitioners will assess your scar carefully and explain what they're seeing in plain language.

- **\*\*Hypertrophic scars\*\*** are raised and red, but stay within the original wound boundary. They're common on the chest, shoulders, and back, and while they often improve over time, many remain prominent without treatment.

- **\*\*Keloid scars\*\*** extend beyond the original wound boundary. More common in people with darker skin tones, keloids can keep growing years after surgery and carry a higher recurrence risk — something we'll always be upfront about.

- **\*\*Atrophic scars\*\*** are depressed or sunken, resulting from tissue loss. Less common after surgery, but they can occur when wound complications arise.

- **\*\*Widened scars\*\*** are flat but abnormally broad, often caused by tension on the wound during healing. Frequently seen after abdominoplasty, breast surgery, or procedures in high-tension areas.

- **\*\*Contracted scars\*\*** tighten and restrict movement, typically those crossing joints or covering large surface areas.

**\*\*Who experiences problematic surgical scars?\*\***

Problematic scarring can affect anyone, though certain factors increase the likelihood of a more difficult healing outcome:

- Patients under 30 are more commonly affected, as younger skin produces more collagen during healing - A family history of keloid or hypertrophic scarring significantly increases risk - People with

darker skin types (Fitzpatrick types IV–VI) carry a higher risk of keloid formation - Up to 40% of patients undergoing chest, shoulder, or back surgery develop hypertrophic scars

Scars typically become most concerning between three and six months post-surgery, once initial healing has completed but before full maturation has occurred.

### **\*\*Why scar revision matters\*\***

A problematic scar is rarely just a cosmetic issue. Beyond appearance, difficult scars can cause persistent itching, tenderness, and pain; restrict movement when located over joints; affect confidence and body image; create genuine psychological distress, particularly when scars are visible or in sensitive areas; and serve as a constant reminder of a difficult medical experience.

Me Clinic's approach is grounded in what we call Responsible Cosmetic Medicine™ — patient wellbeing first, honest assessment of what's achievable, and improvement that looks natural rather than obvious. Modern scar revision techniques offer real progress for most scar types, and we're committed to helping you understand what's genuinely possible for your specific situation.

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## **## Treatment options comparison**

### **### Non-surgical treatments**

#### **\*\*1. Laser therapy\*\***

##### **\*Fractional CO2 laser\***

This laser creates microscopic channels in scar tissue, stimulating collagen remodelling and resurfacing. It addresses texture, colour, and thickness simultaneously, making it one of the more versatile options for raised scars, textural irregularities, and red or pigmented scars.

- Procedure time: 30–60 minutes - Sessions required: 3–5, spaced 4–8 weeks apart - Downtime: 5–7 days of redness and peeling - Results: Gradual improvement over 3–6 months; long-lasting, with maintenance potentially beneficial after several years - Cost: \$800–\$2,000 per session - Works well for texture and colour; not suitable during active infections

##### **\*Pulsed dye laser (PDL)\***

Targets blood vessels in red, hypertrophic scars to reduce redness and thickness. Best used on red, raised scars in their earlier stages.

- Sessions required: 3–6 - Downtime: Minimal; possible bruising for 3–7 days - Cost: \$600–\$1,200 per session - Effective for redness and bulk reduction; less useful for mature white scars

##### **\*Picosecond laser\***

Uses ultra-short pulses to break down pigment and stimulate collagen without thermal damage. Well-suited to pigmented scars.

- Sessions required: 3–6 - Downtime: 1–3 days - Cost: \$700–\$1,500 per session - Minimal downtime; may require more sessions than CO2 for textural improvement

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#### **\*\*2. Injectable treatments\*\***

##### **\*Steroid injections (corticosteroids)\***

Reduces inflammation and collagen production in hypertrophic and keloid scars, gradually flattening raised tissue.

- Procedure time: 10–15 minutes - Sessions required: 4–6 at monthly intervals - Downtime: None - Results: Gradual flattening over 2–3 months; long-term for many patients, though keloids may recur - Cost: \$300–\$600 per session - Can cause skin thinning or depression if overused; possible temporary pigment changes

#### \*5-Fluorouracil (5-FU) injections\*

An anti-metabolite that inhibits excessive collagen production. Particularly useful for keloid scars, often combined with steroid therapy.

- Sessions required: 6–8 - Cost: \$400–\$700 per session - Effective for resistant keloids; can cause temporary pigmentation changes

#### \*Dermal fillers\*

Volumises depressed or atrophic scars, raising them to match the surrounding skin level.

- Procedure time: 20–30 minutes - Downtime: Minor swelling for 1–2 days - Results: Immediate; lasts 6–18 months depending on the product used - Cost: \$600–\$1,200 per syringe - A temporary solution requiring maintenance; not suitable for raised scars

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### \*\*3. Microneedling treatments\*\*

#### \*Radiofrequency microneedling\*

Combines microneedles with radiofrequency energy to stimulate deep collagen remodelling. Works well for textural scars, atrophic scars, and widened scars.

- Sessions required: 3–6, monthly - Procedure time: 45–60 minutes - Downtime: 2–4 days of redness and mild swelling - Results: Progressive improvement over 3–6 months; long-lasting, with potential annual maintenance - Cost: \$800–\$1,500 per session - Suitable for most skin types; slight risk of post-inflammatory hyperpigmentation

#### \*Traditional microneedling\*

Creates controlled micro-injuries to trigger natural healing and collagen production. Better suited to mild textural irregularities and fine scars.

- Sessions required: 4–6 - Downtime: 1–3 days - Cost: \$400–\$800 per session - More accessible cost-wise; less dramatic results than RF microneedling, not suitable for raised scars

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### \*\*4. Topical and device-based treatments\*\*

#### \*Silicone gel sheets and gels\*

Hydrates scar tissue and applies gentle pressure to reduce collagen formation. Most effective for prevention and early treatment of hypertrophic scars.

- Application: Daily use for 3–6 months - Cost: \$50–\$200 for a 3-month supply - Non-invasive and proven; limited effect on mature scars, requires consistent long-term use

#### \*Pressure therapy\*

Applies constant pressure to gradually flatten and soften scars. Primarily used for large scars from burns or trauma, and for prevention following keloid removal.

- Application: Custom garments worn 12–23 hours daily for 6–12 months - Cost: \$200–\$600 for custom garments - Effective for prevention; requires prolonged commitment and can be uncomfortable

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### ### Surgical treatments

#### \*\*Scar revision surgery\*\*

Surgical scar revision covers several techniques, each selected based on the individual characteristics of your scar. Me Clinic's FRACS-qualified Plastic Surgeons bring both technical precision and genuine care to every procedure.

##### \*Surgical excision and closure\*

Complete removal of existing scar tissue followed by meticulous multi-layer closure using advanced surgical techniques.

- Best for: Wide, raised, or irregular scars; scars in unfavourable positions - Procedure time: 1–3 hours depending on complexity - Anaesthesia: Local with sedation or general anaesthesia - Hospital stay: Day surgery; overnight for more extensive revisions - Recovery: - Return to light activities: 7–10 days - Avoid strenuous activity: 4–6 weeks - Suture removal: 5–14 days depending on location - Scar maturation: 12–18 months - Results: Initial improvement visible after swelling subsides (2–4 weeks); final results over 6–12 months - Cost: \$3,000–\$8,000 - The most comprehensive correction available; creates a new scar (though meaningfully improved), requires recovery time, and carries surgical risks discussed openly during consultation

##### \*Z-plasty\*

Breaks up a linear scar into a Z-shape, redirecting tension and improving appearance.

- Best for: Contracted scars restricting movement, scars crossing natural skin tension lines - Procedure time: 1–2 hours - Reduces scar tension and improves flexibility; creates additional incisions (placed carefully along natural lines)

##### \*W-plasty\*

Breaks a scar into small zigzag segments to camouflage it within natural skin irregularities.

- Best for: Scars on curved surfaces, long linear scars - Procedure time: 1–2 hours - Effective camouflage; may widen the scar slightly, requires skilled technique

##### \*Geometric broken line closure (GBLC)\*

An advanced technique creating irregular geometric patterns to camouflage scars within the natural texture of the skin.

- Best for: Facial scars and highly visible locations requiring optimal camouflage - Procedure time: 2–4 hours - Cost: \$5,000–\$12,000 - The most effective camouflage option available, particularly for the face and neck; also the most technically demanding, requiring a highly experienced surgeon

#### \*\*Surgical considerations\*\*

Successful scar revision surgery depends on several factors we discuss openly during every consultation:

- Not all scars are suitable candidates for surgery; your consultation will help determine the right approach - Scars should ideally be mature (12 or more months old) unless there's a medical reason to act sooner - Surgery creates a new, improved scar — it doesn't eliminate scarring entirely - Post-operative scar management plays a significant role in achieving the best possible outcome -

Surgical revision is often combined with laser therapy or injectable treatments for optimal results

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## ## Choosing the right treatment

### \*\*Consider non-surgical treatments if:\*\*

✓ Your scar is less than 18 months old and may still improve with conservative management ✓ You have mild to moderate scar elevation or texture concerns ✓ You'd prefer to avoid surgical recovery time ✓ You'd like to explore gradual improvement first ✓ Your scar is primarily a colour or texture concern ✓ You have medical conditions that increase surgical risk ✓ You're comfortable investing in multiple treatment sessions over time

### \*\*Consider surgical revision if:\*\*

✓ Your scar is significantly raised, widened (greater than 5 mm), or contracted ✓ Non-surgical treatments haven't achieved your goals ✓ The scar restricts movement or causes functional difficulties ✓ You're seeking the most comprehensive correction available ✓ Your scar is mature (12 or more months old) and stable ✓ You can accommodate 4–6 weeks of activity restriction ✓ You're ready to invest in a permanent structural improvement

### \*\*Combination approach\*\*

Many patients achieve their best outcomes through a combination of surgical and non-surgical treatments. Common approaches include:

- **\*\*Surgical revision + laser therapy\*\***: Surgery addresses the underlying scar structure, followed by laser at 2–3 months post-operatively to refine texture and colour - **\*\*Surgery + steroid injections\*\***: Surgical revision combined with post-operative steroid injections to help prevent recurrent thickening - **\*\*Excision + microneedling\*\***: Surgical correction followed by RF microneedling to optimise new scar healing - **\*\*Staged treatments\*\***: Starting with laser or injections before considering surgery if further improvement is needed

Your Me Clinic surgeon will assess your scar and recommend the most appropriate pathway during your consultation, taking into account scar type, location, your personal healing history, and your goals.

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## ## What to expect at Me Clinic

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

Your scar revision journey starts with a comprehensive, unhurried consultation:

- Detailed examination of scar type, size, location, and characteristics - A thorough discussion of your original surgery, healing course, previous treatments, and any medical conditions that may affect healing - Clinical photographs for treatment planning and progress tracking - A clear walkthrough of all suitable options, from conservative to surgical - An honest conversation about what outcomes are genuinely achievable for your situation - Before/after gallery review featuring cases similar to yours - A complete cost breakdown with no hidden fees - Ample time to address every question you bring

### \*\*2. Treatment planning\*\*

Once you decide to move forward, we design a plan around your specific needs:

- A treatment protocol tailored to your scar type and goals - Number of sessions, spacing, and total treatment duration, explained clearly - Specific preparation instructions to help optimise your outcomes - A detailed aftercare plan provided in advance - Final pricing confirmed openly, with payment options available for surgical procedures

### **\*\*3. The Me Clinic difference\*\***

#### **\*\*Responsible Cosmetic Medicine™\*\***

Our approach to scar revision is built on the principles that have guided Me Clinic for over 35 years:

- Only proven, scientifically supported techniques are offered - We start with the least invasive options when clinically appropriate - Results focus on genuine improvement, not an obvious or overdone look - We'll always give you an honest assessment of whether treatment will genuinely benefit you - Our support continues throughout your healing journey

#### **\*\*Experienced practitioners\*\***

Me Clinic's scar revision team includes:

- FRACS-qualified Plastic Surgeons with specialist training in scar revision and reconstructive techniques - Cosmetic Physicians with deep expertise in laser and injectable scar treatments - Dermal Therapists specialising in non-invasive scar treatment - A collective record of over 25,000 surgical procedures and 60,000+ non-surgical treatments

#### **\*\*Advanced technology\*\***

We invest continually in leading scar treatment technology:

- Multiple laser platforms for comprehensive scar treatment - Radiofrequency microneedling devices - Medical-grade skincare to support post-treatment healing - Advanced surgical techniques including GBLC and tissue rearrangement procedures

#### **\*\*Transparent pricing\*\***

- Treatment costs are discussed openly during your consultation - No surprise fees or hidden charges - Payment plans available for surgical procedures - Medicare rebates explained clearly where applicable

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### **## Frequently asked questions**

#### **\*\*How much does scar revision cost in Melbourne?\*\***

Costs vary depending on treatment type and scar complexity. During your free consultation, we'll provide a complete breakdown so you know exactly what's involved:

- Laser therapy: \$800–\$2,000 per session (typically 3–5 sessions required) - Steroid injections: \$300–\$600 per session (typically 4–6 sessions) - Dermal fillers: \$600–\$1,200 per treatment (results last 6–18 months) - RF microneedling: \$800–\$1,500 per session (typically 3–6 sessions) - Surgical revision: \$3,000–\$12,000 depending on complexity

Your total investment depends on your individualised treatment plan, and there are no unexpected fees.

#### **\*\*How long do scar revision results last?\*\***

It depends on the treatment:

- Laser therapy: Long-lasting improvements; maintenance may be beneficial after several years - Steroid injections: Permanent reduction in scar bulk for many patients; keloids may recur and require ongoing management - Dermal fillers: 6–18 months; repeat treatments needed to maintain correction - Surgical revision: Permanent structural improvement, though the new scar benefits from ongoing care

Results are also shaped by genetics, age, sun protection habits, and how consistently post-treatment care is followed.

**\*\*Is there downtime with scar revision treatments?\*\***

Downtime varies by treatment:

- Steroid injections: None; normal activities can resume immediately - Dermal fillers: 1–2 days of possible minor swelling - Laser treatments: 5–7 days of redness and peeling - Microneedling: 2–4 days of redness and mild swelling - Surgical revision: 7–10 days before returning to work; 4–6 weeks before resuming strenuous activity

Your practitioner will give you specific guidance based on your individual treatment plan.

**\*\*Will the revised scar look natural?\*\***

Natural-looking results are central to how we work at Me Clinic. Our Responsible Cosmetic Medicine™ approach means:

- Reducing scar visibility by 50–80% for most patients - Creating scars that blend with your natural skin texture and tone - Avoiding results that look obvious or treated - Setting honest expectations during consultation so you know what to look forward to

For surgical revision specifically, it's worth understanding that we create a new, improved scar — we can't make scars disappear entirely. What we can offer is significant, meaningful improvement using advanced techniques and careful aftercare.

**\*\*Can all types of scars be improved?\*\***

Most surgical scars can be meaningfully improved, though results vary by scar type:

- Hypertrophic scars respond well to combined laser and injection therapy - Widened scars are best addressed with surgical revision - Atrophic (depressed) scars respond well to fillers, microneedling, or surgical correction - Keloid scars are more challenging to treat; they require a more aggressive approach and carry a higher recurrence risk, which we'll discuss openly

**\*\*Am I too young or too old for scar revision?\*\***

There's no universal age limit, though timing matters:

- Younger patients may benefit from waiting for full scar maturation (12–18 months) unless functional concerns make earlier treatment necessary - Older patients are generally excellent candidates; mature skin may heal more slowly, but outcomes are typically very good - For children, scar revision is possible but is often delayed until growth is complete for the most lasting results

**\*\*Does Medicare cover scar revision treatments?\*\***

Most cosmetic scar revision treatments are not covered by Medicare or private health insurance. However, rebates may apply when:

- A scar causes functional problems such as movement restriction or persistent pain - Scar revision is correcting a complication from a previous medically necessary surgery - Treatment addresses significant psychological distress (requiring specialist referral and appropriate documentation)

We'll clarify your Medicare eligibility during your consultation and provide relevant item numbers where applicable.

**\*\*What are the risks of scar revision?\*\***

Informed patients make better decisions, so we're always transparent about risks.



Non-surgical treatments: - Laser: Temporary redness, swelling, and in rare cases, burns or pigmentation changes - Steroid injections: Skin thinning, temporary pigment changes, scar depression if overused - Fillers: Bruising, swelling, temporary asymmetry, and in rare cases, vascular complications

Surgical revision: - General surgical risks: Infection (1–2%), bleeding, poor wound healing - Scar-specific risks: Recurrent widening, keloid reformation, asymmetry - Anaesthesia risks: Allergic reaction, nausea (serious complications are rare)

Your practitioner will discuss all risks relevant to your specific treatment during consultation.

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

Yes. During your consultation, we'll share extensive before/after galleries featuring cases similar to yours — comparable scar types, skin tones, and treatment approaches. We can also provide treatment-specific galleries (laser only, surgical revision only, combination therapy) to help you compare different approaches before making any decisions.

**\*\*How do I prepare for scar revision treatment?\*\***

Preparation varies by treatment, and your practitioner will provide detailed written instructions. Some general guidelines:

For all treatments: - Avoid blood-thinning medications and supplements (aspirin, ibuprofen, fish oil, vitamin E) for 7–10 days prior, if medically safe to do so - Quit smoking or reduce significantly, as smoking impairs healing - Optimise nutrition and hydration in the lead-up to treatment - Arrange transportation if sedation will be used

For surgical revision: - Pre-operative medical clearance where required - Organise 1–2 weeks away from work - Arrange support at home for the first few days of recovery - Stop certain medications as directed by your surgeon - Shower with antibacterial soap on the morning of your procedure

For laser treatments: - Avoid sun exposure for 4 weeks prior - Discontinue retinoids 5–7 days before your appointment - Arrive with clean, makeup-free skin

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

Timelines vary by treatment, and scar remodelling is a biological process that can't be rushed:

- Dermal fillers: Immediate improvement, with final settling after approximately 2 weeks - Steroid injections: Gradual flattening over 2–3 months; full results after completing the treatment series - Laser therapy: Progressive improvement over 3–6 months following the treatment series - Microneedling: Gradual texture improvement over 3–6 months - Surgical revision: Initial improvement visible once swelling subsides (2–4 weeks); final results over 6–12 months as the new scar matures

We schedule follow-up appointments to monitor your progress throughout.

**\*\*What post-treatment care is required?\*\***

Post-treatment care has a significant impact on outcomes. Your practitioner will provide detailed written instructions and remain available throughout your recovery.

After laser/microneedling: - Gentle cleansing with mild products - SPF 50+ sunscreen for a minimum of 6 months - Avoid makeup for 24–48 hours post-treatment - Use prescribed healing ointments as directed - Avoid strenuous exercise for 3–5 days

After steroid injections: - No special activity restrictions - Avoid applying pressure to the injection site for 24 hours - Report any excessive pain or unexpected skin changes to your practitioner

After surgical revision: - Keep incisions clean and dry - Apply prescribed antibiotic ointment as directed - Avoid submerging in water (baths, pools) for 2 weeks - Wear compression garments if provided - Avoid sun exposure for 6–12 months; maintain strict sunscreen use - Begin gentle scar massage at 2–3 weeks post-operatively - Consider silicone gel or sheets from 2 weeks onward - Attend all scheduled follow-up appointments

**\*\*Can scars come back after treatment?\*\***

Recurrence risk depends on scar type and treatment approach:

- Hypertrophic scars: Low recurrence risk with appropriate treatment; maintenance injections may be beneficial over time - Keloid scars: Higher recurrence risk (up to 50% even with optimal treatment); requires an aggressive, ongoing management approach that may include post-operative radiation or injections - Surgical revision: Creates a new scar that, with the right technique and dedicated aftercare, should heal significantly better than the original

Factors that reduce recurrence risk include following post-treatment instructions carefully, protecting scars from sun exposure, starting scar management early (massage, silicone, sunscreen), using adjunctive treatments as recommended, and avoiding trauma to healing tissue.

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## ## Real patient results

Over 35 years, Me Clinic has helped thousands of patients with problematic surgical scars across diverse body areas and scar types. No two patients are alike, and individual results always vary based on scar characteristics, skin type, and personal healing response. What the before/after gallery reflects is the kind of meaningful, natural-looking improvement that modern scar revision techniques make possible.

Results in the gallery include: - Hypertrophic scar reduction through combined laser and steroid therapy - Widened scar correction through carefully planned surgical revision - Atrophic scar improvement with filler and microneedling combinations - Keloid management using multimodal treatment protocols - Facial scar camouflage using geometric broken line closure techniques

During your consultation, your practitioner will show you cases similar to yours and discuss realistic expectations based on your specific scar characteristics.

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## ## Book your free consultation

If you're ready to explore your options, we'd love to hear from you. There's no pressure and no obligation — just a thorough, honest conversation about what's possible.

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

1. **\*\*Call\*\***: (03) 8823 5859 (Monday–Friday 9am–5pm) 2. **\*\*Online\*\***: Visit [meclinic.com.au](meclinic.com.au) and complete our consultation request form 3. **\*\*Email\*\***: info@meclinic.com.au

**\*\*What to bring to your consultation:\*\***

- A list of your current medications and supplements - Medical history including details of your original surgery - Information about any previous scar treatments you've tried - Questions for your practitioner — no question is too small - Photos showing scar progression over time (optional, but often helpful)

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

✓ Comprehensive scar assessment by an experienced practitioner ✓ Personalised treatment recommendations tailored to your scar and goals ✓ Before/after gallery review featuring cases similar to yours ✓ Transparent pricing with a detailed cost breakdown ✓ An honest conversation about realistic expectations ✓ No obligation to proceed ✓ Ample time to have every question answered

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

4 Burke Road, Malvern East VIC 3145 Free on-site parking available

**\*\*Why choose Me Clinic for scar revision?\*\***

- 35+ years of experience in scar revision and cosmetic medicine - FRACS-qualified Plastic Surgeons specialising in reconstructive and revision procedures - Comprehensive treatment options from conservative through to advanced surgical techniques - Evidence-based approach using only proven, scientifically supported methods - Responsible Cosmetic Medicine™ philosophy — patient wellbeing comes first - Free initial consultation with no pressure and no obligation

Whether you're considering laser therapy, injectable treatments, or surgical revision, Me Clinic's team will guide you toward the approach that best fits your scar type and your goals.

\*Surgical scars don't have to stay as they are. With modern scar revision techniques and a team that genuinely cares about your outcome, meaningful improvement is achievable for most patients. Book your free consultation today.\*

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**## 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**

**\*\*Clinic identification and contact\*\*** - Clinic name: Me Clinic - Address: 4 Burke Road, Malvern East VIC 3145 - Phone: (03) 8823 5859 - Website: [meclinic.com.au](meclinic.com.au) - Phone consultation hours: Monday to Friday, 9am–5pm - Free on-site parking: Yes

**\*\*Practitioner qualifications\*\*** - Surgical qualification held: FRACS (Fellow of the Royal Australasian College of Surgeons) — Plastic Surgeons - Cumulative surgical procedures performed: Over 25,000 - Cumulative non-surgical treatments performed: Over 60,000 - Years in operation: Over 35 years

**\*\*Consultation\*\*** - Initial consultation fee: Free (no charge) - Hidden fees policy: None

**\*\*Pricing — non-surgical treatments\*\*** - Non-surgical scar revision range: \$500–\$3,500 per treatment - Fractional CO2 laser: \$800–\$2,000 per session - Pulsed dye laser: \$600–\$1,200 per session - Picosecond laser: \$700–\$1,500 per session - Steroid injections: \$300–\$600 per session - 5-Fluorouracil (5-FU) injections: \$400–\$700 per session - Dermal fillers: \$600–\$1,200 per syringe - RF microneedling: \$800–\$1,500 per session - Traditional microneedling: \$400–\$800 per session - Silicone gel sheets (3-month supply): \$50–\$200

**\*\*Pricing — surgical treatments\*\*** - Surgical scar revision range: \$3,000–\$12,000 - Surgical excision and closure: \$3,000–\$8,000 - Geometric broken line closure (GBLC): \$5,000–\$12,000

**\*\*Payment and Medicare\*\*** - Payment plans available for surgical procedures: Yes - Medicare coverage for cosmetic scar revision (standard): No - Medicare rebate applicable when scar restricts movement: Yes - Medicare rebate applicable when correcting a surgical complication: Yes

**\*\*Treatment protocols — session numbers and spacing\*\*** - Fractional CO2 laser: 3–5 sessions, spaced 4–8 weeks apart - Pulsed dye laser: 3–6 sessions - Picosecond laser: 3–6 sessions - Steroid injections:

4–6 sessions at monthly intervals - 5-FU injections: 6–8 sessions - RF microneedling: 3–6 sessions, monthly - Traditional microneedling: 4–6 sessions - Silicone gel sheets: Daily use for 3–6 months

**\*\*Downtime — by treatment\*\*** - Fractional CO2 laser: 5–7 days - Pulsed dye laser: Minimal; possible bruising 3–7 days - Picosecond laser: 1–3 days - Steroid injections: None - Dermal fillers: 1–2 days minor swelling - RF microneedling: 2–4 days - Traditional microneedling: 1–3 days - Surgical revision (return to light activity): 7–10 days - Surgical revision (strenuous activity restriction): 4–6 weeks

**\*\*Results timelines\*\*** - Fractional CO2 laser results: Gradually over 3–6 months - Steroid injection results: Gradual flattening over 2–3 months - Dermal filler results: Immediate; final settling approximately 2 weeks - Dermal filler duration: 6–18 months - Surgical revision — initial improvement: 2–4 weeks post-operatively (once swelling subsides) - Surgical revision — final results: 6–12 months post-operatively - Scar maturation after surgery: 12–18 months

**\*\*Post-treatment care — specified timeframes\*\*** - Sun exposure avoidance before laser: 4 weeks - Retinoid cessation before laser: 5–7 days - SPF 50+ sunscreen use after laser or microneedling: Minimum 6 months - Scar massage commencement after surgical revision: 2–3 weeks post-operatively - Silicone gel commencement after surgical revision: From 2 weeks post-operatively - Sun exposure avoidance after surgical revision: 6–12 months - Suture removal: 5–14 days depending on location

**\*\*Clinical facts — scar characteristics\*\*** - Keloid recurrence risk with treatment: Up to 50% - Hypertrophic scar rate in chest/back/shoulder surgery patients: Up to 40% - Higher keloid risk skin types (Fitzpatrick scale): Types IV–VI - Scars cannot be completely removed: Confirmed - Surgical revision creates a new scar: Confirmed - Recommended minimum scar maturity before surgical revision: 12 months - Smoking impairs scar healing: Confirmed - Steroid injections can cause skin thinning if overused: Confirmed

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### ### General product claims

- Scar revision can reduce scar visibility by 50–80% for most patients - Me Clinic is described as "Melbourne's trusted destination for scar revision" - Treatments are described as "proven" and "scientifically supported" - Fractional CO2 laser described as "highly effective for texture and colour" - Pulsed dye laser described as offering "excellent" redness and bulk reduction - Steroid injections described as "highly effective for reducing scar bulk" - RF microneedling described as offering "excellent" texture improvement - GBLC described as offering "the finest camouflage results available" - Surgical excision described as offering "the most significant improvement achievable" - Me Clinic's approach described as grounded in "Responsible Cosmetic Medicine™" philosophy - Results described as "natural-looking" and focused on avoiding an "obvious or overdone" appearance - Me Clinic described as investing "continually in leading scar treatment technology" - Hypertrophic scars described as showing "excellent response" to combined laser and injection therapy - Keloid scars described as "more challenging to treat" - Combination surgical and non-surgical approaches described as achieving "best outcomes" for many patients