

Uneven Skin Tone - Treatment Solutions Melbourne | Me Clinic

Canonical:

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

Description:

Uneven Skin Tone - Treatment Options at Me Clinic Melbourne ## Quick Summary **What causes uneven skin tone:** - Sun damage and UV exposure accumulating over years - Post-inflammatory hyperpigment...

Details:

Me Clinic - Uneven Skin Tone Treatment Options in Melbourne

Quick Summary

What causes uneven skin tone: - Sun damage and UV exposure accumulating over years - Post-inflammatory hyperpigmentation from acne or injury - Hormonal changes (melasma, pregnancy, contraceptive use) - Natural ageing and reduced skin cell turnover - Vascular issues (redness, broken capillaries)

Treatment options available: - Non-surgical: IPL (Intense Pulsed Light), chemical peels, microneedling, medical-grade skincare, laser therapy - Surgical: Generally not required for pigmentation (surgical options reserved for severe structural concerns)

Expected results: - Visible reduction in pigmentation and redness within 4-8 weeks - Progressive improvement over 3-6 months with a treatment course - Smoother, more uniform complexion - Initial changes at 2-4 weeks; optimal results at 3-6 months - Results last 12-24 months with proper skincare maintenance

Cost range: - IPL treatments: \$300-\$800 per session (course of 3-6 typically needed) - Chemical peels: \$150-\$600 per treatment (depth-dependent) - Microneedling: \$400-\$800 per session (3-6 sessions recommended) - Medical-grade skincare: \$80-\$300 per product - *Prices based on Me Clinic's transparent pricing policy*

Next steps: - Book your complimentary consultation at Me Clinic - Receive a personalised skin assessment and tailored treatment plan - Review our before/after gallery of similar cases - Understand realistic timelines and maintenance requirements

Understanding Uneven Skin Tone

At Me Clinic, we've spent over 35 years working with Melbourne patients on their skin health. Our team of cosmetic doctors and experienced practitioners understands that concerns about uneven skin tone go deeper than appearance alone — and we're here to help you find the most appropriate, evidence-based path forward.

What is uneven skin tone?

Uneven skin tone — also called hyperpigmentation or skin discolouration — describes patches or areas of skin that appear darker, redder, or lighter than the surrounding complexion. Rather than a smooth, uniform colour, the skin shows irregular pigmentation patterns ranging from subtle variations to more pronounced dark spots, age spots (solar lentigines), melasma patches, or persistent redness.

Many people assume uneven skin tone is simply an inevitable part of ageing, or that age spots are something you just learn to live with. In reality, uneven pigmentation is a treatable condition with multiple underlying causes, and today's evidence-based dermatological treatments can meaningfully improve skin uniformity and radiance. Understanding what's driving your specific concern is the essential first step — and that's exactly what your consultation is designed to uncover.

****What causes uneven skin tone?****

****Sun damage and UV exposure****

Cumulative UV radiation triggers melanocytes (pigment-producing cells) to create excess melanin as a protective response. Years of sun exposure create solar lentigines (age spots) and generalised pigmentation, and UV damage also causes vascular changes that lead to redness and broken capillaries. Australia's intense climate means many Melburnians are carrying significant accumulated sun damage by their 30s and 40s — often without realising it.

****Post-inflammatory hyperpigmentation (PIH)****

Acne breakouts, eczema, or any skin injury can trigger excess melanin production during healing. Darker skin tones are more susceptible to PIH, and without appropriate treatment it can persist for months or even years. Picking or squeezing blemishes significantly increases the likelihood of PIH developing.

****Hormonal factors****

Melasma — hormonally triggered pigmentation — affects women predominantly, creating symmetrical patches on the cheeks, forehead, and upper lip. Pregnancy, contraceptive pills, and hormone replacement therapy are common triggers, and UV exposure typically makes hormonal pigmentation worse. Melasma can be challenging to treat and tends to recur, which is why a carefully considered, personalised approach matters so much.

****Natural ageing****

Skin cell turnover slows from roughly 28 days in your 20s to 40-50+ days by your 50s. Dead skin cells accumulate unevenly, creating a dull, patchy appearance, and melanocyte distribution becomes increasingly irregular over time. Reduced collagen also affects how light reflects off the skin, making uneven tone more visible.

****Genetic predisposition****

Some ethnicities and skin types are more prone to pigmentation concerns. A family history of melasma, freckles, or age spots increases your likelihood of experiencing similar issues. Fitzpatrick skin types III-VI (olive to dark skin) are more susceptible to PIH, though generally less prone to the redness and broken capillaries associated with sun damage in fairer skin.

****Lifestyle factors****

Smoking reduces circulation and contributes to a dull, greyish complexion. A diet lacking in antioxidants compromises the skin's ability to repair daily damage. Inadequate sun protection allows ongoing UV damage to accumulate, and harsh skincare products or over-exfoliation can trigger irritation and subsequent pigmentation.

****Who experiences uneven skin tone?****

Uneven skin tone affects people of all ages, though it typically becomes more noticeable from the mid-30s onwards as accumulated sun damage surfaces and natural skin renewal slows. Women experience pigmentation concerns more frequently than men — particularly hormonal melasma — though men commonly develop sun-related pigmentation and redness, especially across the face, neck, and arms.

Those with lighter skin (Fitzpatrick types I-II) often experience redness, broken capillaries, and sun damage spots, while people with darker skin tones may be more prone to post-inflammatory hyperpigmentation following acne or minor trauma. No two patients present exactly the same way, which is why our approach is always thoroughly personalised.

****Why it matters****

Beyond the aesthetic dimension, uneven skin tone can indicate underlying skin health concerns — particularly cumulative UV damage that increases skin cancer risk. Addressing uneven tone through appropriate treatment also creates a valuable opportunity to screen for any concerning lesions that warrant further attention.

We also understand the emotional weight that visible pigmentation can carry. Many patients share that they feel self-conscious in natural lighting, avoid going makeup-free, or feel less confident professionally or socially. These feelings are entirely valid, and our team takes them seriously as part of every patient's care.

Clinically, addressing uneven tone early tends to yield better outcomes than waiting until pigmentation becomes more deeply embedded. Early intervention also helps prevent the habit of concealing skin concerns — and supports a healthier, more confident relationship with your skin over time.

Treatment Options Comparison

Non-Surgical Treatments

****1. Intense Pulsed Light (IPL) Therapy****

IPL delivers broad-spectrum light energy that selectively targets melanin (brown pigment) and haemoglobin (red blood cells). The pigmented cells absorb this energy, heat up, and are broken down naturally by the body. Over the following weeks, pigmentation darkens, gradually flakes away, and reveals clearer skin beneath. IPL also stimulates collagen production, supporting improved skin texture alongside tone correction.

- ****Best for:**** Sun damage, age spots, freckles, broken capillaries, general redness, mild melasma - ****Procedure time:**** 20-30 minutes per session - ****Downtime:**** Minimal — temporary redness for 2-4 hours; pigmented spots darken for 7-10 days before naturally flaking away - ****Results appear:**** Progressive improvement from week 2, with optimal results at 8-12 weeks - ****Results last:**** 12-24 months with consistent sun protection; annual maintenance sessions are recommended - ****Cost range:**** \$350-\$800 per session; a course of 3-6 sessions is typically needed - ****Treatment frequency:**** Every 4-6 weeks - ****Pros:**** Addresses pigmentation and redness simultaneously, minimal downtime, gradual and natural-looking improvement, suitable for face, chest, and hands - ****Cons:**** Not suitable for very dark skin tones, requires a series of treatments, the temporary darkening of spots can be unexpected, sun exposure must be avoided throughout the treatment course

****2. Chemical Peels****

Carefully selected chemical solutions are applied to remove damaged outer layers of skin, revealing fresher, more evenly toned skin beneath. Peels range from light (superficial exfoliation) to medium-depth (more significant resurfacing). The controlled renewal process interrupts abnormal pigmentation patterns while encouraging healthier skin cell turnover.

Light peels (glycolic, lactic, salicylic acid): - **Best for:** Mild pigmentation, dull complexion, fine texture concerns, ongoing maintenance - **Downtime:** None to minimal — possible light flaking for 3-5 days - **Sessions needed:** 4-6 treatments every 2-4 weeks - **Results last:** 2-4 months; works well as part of an ongoing maintenance programme - **Cost range:** \$150-\$300 per treatment

Medium peels (TCA — trichloroacetic acid): - **Best for:** Moderate sun damage, stubborn pigmentation, age spots, uneven texture - **Downtime:** 5-7 days of visible peeling and redness - **Sessions needed:** 1-3 treatments, 6-12 weeks apart - **Results last:** 6-12 months - **Cost range:** \$400-\$600 per treatment

- **Overall pros:** Highly customisable, can target specific areas, improves texture and tone simultaneously, relatively accessible in terms of investment - **Overall cons:** Sun avoidance is essential during healing, visible peeling may not suit all schedules, risk of post-inflammatory hyperpigmentation if aftercare isn't carefully followed, deeper peels require planned downtime

3. Microneedling

Fine needles create thousands of microscopic channels in the skin, activating the body's natural wound-healing response. This stimulates collagen and elastin production while creating pathways for enhanced absorption of pigment-correcting serums. The process also helps break up irregular pigmentation and improve overall skin cell turnover — making it a versatile option for a range of concerns.

- **Best for:** Post-inflammatory hyperpigmentation, acne scarring with associated pigmentation, melasma (when combined with specific serums), general skin rejuvenation and tone improvement - **Procedure time:** 45-60 minutes (including numbing cream application) - **Downtime:** 1-3 days of redness comparable to mild sunburn, possible light flaking on days 3-5 - **Results appear:** Progressive improvement from week 4, with optimal results 3-6 months after the final treatment - **Results last:** 12-18 months - **Sessions needed:** 3-6 treatments, 4-6 weeks apart - **Cost range:** \$400-\$800 per session (varies with needle depth and added serums) - **Pros:** Suitable for all skin types including darker tones, addresses pigmentation alongside texture and scarring, minimal visible downtime, can be combined with targeted serums for enhanced outcomes - **Cons:** Requires multiple sessions, temporary redness and sensitivity, results are progressive rather than immediate, not suitable if active acne or infection is present

4. Medical-Grade Skincare

While not a standalone solution for significant pigmentation, pharmaceutical-grade topical products are an essential part of both treating mild unevenness and maintaining the results achieved through in-clinic procedures. Our team will guide you toward the right products for your specific skin — no guesswork, no trial and error.

Key active ingredients:

Vitamin C (L-ascorbic acid) inhibits melanin production and provides antioxidant protection. Applied each morning under sunscreen, it brightens overall skin tone. Cost: \$80-\$180 per serum.

Retinoids (prescription tretinoin or over-the-counter retinol) accelerate cell turnover, bringing pigmented cells to the surface more efficiently and fading existing pigmentation progressively over 3-6 months. Applied in the evening, they require gradual introduction to minimise irritation. Cost: \$40-\$150 per tube or bottle.

Hydroquinone (prescription-only in Australia) is a powerful melanin inhibitor for more stubborn pigmentation, typically used short-term (3-4 months) under medical supervision. Often combined with a retinoid and mild steroid (the Kligman formula). Cost: \$60-\$120 per compound.

****Niacinamide (Vitamin B3)**** reduces pigment transfer from melanocytes to skin cells. Its anti-inflammatory properties help prevent post-inflammatory hyperpigmentation, and it's well-tolerated by sensitive skin. Cost: \$30-\$80 per product.

****Alpha-hydroxy acids (AHAs — glycolic, lactic acid)**** provide gentle exfoliation that removes pigmented surface cells and improves penetration of other active ingredients. Cost: \$40-\$100 per product.

- ****Pros:**** Can be used daily at home, delivers gradual and natural-looking results, maintains the benefits of professional treatments, relatively accessible for ongoing investment, improves overall skin health - ****Cons:**** Requires consistent long-term use (minimum 3 months to see meaningful change), results are slower than in-clinic treatments, some ingredients increase sun sensitivity, potential for irritation if products aren't introduced carefully

****5. Laser Therapy (Fractional and Pigment-Specific Lasers)****

Q-switched or picosecond lasers target specific pigment using ultra-short pulses that shatter melanin clusters without damaging surrounding tissue — a precise approach for the right candidates.

- ****Best for:**** Stubborn isolated dark spots, age spots, some types of melasma (assessed carefully case by case) - ****Procedure time:**** 15-30 minutes - ****Downtime:**** 3-7 days of darkening or crusting at treated spots - ****Sessions needed:**** 2-4 treatments, 6-8 weeks apart - ****Results last:**** Long-lasting for solar lentigines (age spots); variable for melasma - ****Cost range:**** \$500-\$1,200 per session - ****Pros:**** Highly targeted, excellent for isolated spots, long-lasting outcomes for age spots - ****Cons:**** Can worsen melasma if incorrect laser type or settings are used, requires an experienced practitioner, not suitable for all skin types, higher investment than IPL

Fractional laser resurfacing creates microscopic treatment zones within the skin, removing pigmented cells and stimulating comprehensive renewal.

- ****Best for:**** Overall pigmentation combined with texture concerns, sun damage, age spots - ****Downtime:**** 5-7 days of redness and peeling - ****Sessions needed:**** 1-3 treatments - ****Cost range:**** \$800-\$2,000 per session - ****Pros:**** Addresses pigmentation and texture simultaneously, with potential for dramatic improvement - ****Cons:**** Significant downtime to plan around, higher investment, risk of PIH in darker skin tones if not managed with appropriate expertise

Surgical Treatments

Surgical treatments aren't typically indicated for uneven skin tone, as pigmentation is a skin quality concern rather than a structural one. Some patients with more significant photodamage who are also seeking broader facial rejuvenation may choose to combine skin resurfacing with surgical interventions such as facelift or eyelid surgery. These conversations happen individually during consultation, guided by your overall goals and what is genuinely appropriate for you.

Choosing the Right Treatment — A Helpful Guide

****Consider IPL therapy if:**** - You have multiple brown spots, freckles, or general sun damage - You also experience redness or broken capillaries - You prefer gradual, natural-looking improvement - You can commit to 3-6 sessions over 4-6 months - You have fair to medium skin tone (Fitzpatrick I-IV) - You can avoid sun exposure during the treatment period - Your budget allows for a course of treatments (\$1,500-\$4,000 total)

****Consider chemical peels if:**** - You want to improve texture as well as tone - You're comfortable with visible peeling (for medium-depth peels) - You have specific areas of stubborn pigmentation - You're looking for a more accessible investment option - You can plan downtime around your social and work commitments - You appreciate customisable treatment intensity

****Consider microneedling if:**** - You have a darker skin tone (with lower risk than lasers or IPL) - Post-inflammatory hyperpigmentation is your primary concern - You also have acne scarring or texture concerns - You prefer minimal visible downtime - You want treatment suitable for most areas (face, neck, décolletage) - You're willing to commit to a treatment series for lasting results

****Consider medical-grade skincare if:**** - You have mild, early-stage pigmentation - You want to protect and maintain results from professional treatments - You prefer gradual improvement without in-clinic procedures - Your budget for in-clinic treatments is currently limited - You're committed to consistent daily application - You want to actively prevent future pigmentation

****Consider targeted laser therapy if:**** - You have isolated, stubborn dark spots that haven't responded to other approaches - You want a definitive treatment for specific age spots - You're willing to accept focused downtime on treated areas - You have fair to medium skin tone - Your budget allows for this more specialised treatment

****Combination approach — often the most effective strategy****

Many patients achieve the most meaningful, longer-lasting results by combining treatments thoughtfully. At Me Clinic, some of the most effective combinations our team recommends include:

- ****IPL course + medical-grade skincare maintenance:**** Treats existing pigmentation while actively preventing new formation - ****Chemical peel series + retinoid home care:**** Accelerates pigment removal and supports sustained results - ****Microneedling + vitamin C and niacinamide serums:**** Enhanced product penetration maximises pigment-inhibiting effects - ****Initial laser treatment for stubborn spots + IPL for overall tone + daily SPF and antioxidants:**** A thorough approach for patients with more significant sun damage

Your Me Clinic practitioner will assess your specific pigmentation pattern, skin type, lifestyle, and goals — recommending the most effective, personalised approach during your consultation, with no pressure and no one-size-fits-all thinking.

What to Expect at Me Clinic

****1. Initial Consultation (Complimentary)****

Your journey toward more even, radiant skin begins with a thorough consultation. We want you to feel heard, informed, and comfortable every step of the way.

- ****Comprehensive skin assessment:**** Your practitioner examines your skin under specialised lighting to identify all pigmentation types and assess their severity - ****Wood's lamp analysis:**** UV light assessment reveals deeper pigmentation not yet visible on the surface - ****Discussion of your concerns and goals:**** Understanding what matters most to you and what outcome you're hoping for - ****Medical history review:**** Hormonal factors, medications, previous treatments, and sun exposure history - ****Skin type evaluation:**** Fitzpatrick classification to ensure treatment safety and suitability - ****Treatment options explained:**** A detailed, honest discussion of suitable treatments with realistic timelines - ****Expected outcomes clarified:**** Before/after photos of similar cases to help set appropriate expectations - ****Transparent pricing provided:**** A clear breakdown of costs for your recommended treatment plan — no surprises - ****All your questions answered:**** We never rush. You'll leave feeling fully informed and confident

****2. Treatment Planning****

Once you decide to proceed, we'll work with you to map out a clear, personalised path:

- **Customised treatment protocol:** Specific products, settings, and session frequency tailored to your skin - **Timeline mapped out:** A clear schedule for treatment sessions and when to realistically expect results - **Pre-treatment preparation:** Specific skincare instructions, which may include sun avoidance and sometimes a priming phase with targeted products for 2-4 weeks beforehand - **Home care plan:** Recommended products to enhance and maintain your in-clinic results - **Full cost transparency:** Complete clarity on your treatment course investment - **Consent process:** A thorough discussion of potential side effects and aftercare requirements — because informed patients achieve the best outcomes

3. The Me Clinic Difference

Responsible Cosmetic Medicine

Our treatment philosophy places your skin health and long-term wellbeing above any short-term outcome:

- **Evidence-based treatments only:** We offer treatments with solid clinical evidence of both safety and efficacy - **Appropriate patient selection:** Not every treatment is right for every patient — we assess honestly and recommend accordingly - **Conservative approach first:** We begin with the least invasive effective option, escalating only when genuinely warranted - **Comprehensive aftercare:** Detailed post-treatment guidance and follow-up to monitor your progress - **Honest about realistic outcomes:** We clearly communicate what treatments can and cannot achieve

Experienced, Dedicated Practitioners

- Specialist cosmetic physicians with advanced training in dermatological procedures - Registered nurses with advanced training as qualified laser therapists and injectors - All clinicians are AHPRA-registered - Regular training in the latest techniques and technologies - 25,000+ surgical procedures and 60,000+ non-surgical treatments delivered across our practice history

Transparent Pricing

- Clear costs provided during your consultation - Package pricing options, often more cost-effective for treatment courses - No hidden fees — the price discussed is the price you pay - Payment plans available for treatment courses - No pressure, ever

Advanced, Medical-Grade Technology

Me Clinic invests in proven, high-quality devices because your results depend on it:

- Medical-grade IPL systems, not beauty-salon level equipment - Multiple laser platforms to match treatment to your specific pigmentation type and skin tone - Regular equipment maintenance and calibration for consistent, reliable results

Frequently Asked Questions

How much does uneven skin tone treatment cost in Melbourne?

Treatment costs vary depending on the approach and the extent of your pigmentation: - Medical-grade skincare regime: \$200-\$500 for initial products, then \$80-\$200 every 2-3 months for maintenance - IPL treatment course: \$1,500-\$4,000 (typically 3-6 sessions at \$350-\$800 each) - Chemical peel series: \$600-\$3,000 depending on depth and number of treatments - Microneedling course: \$2,000-\$4,500 (typically 3-6 sessions) - Targeted laser therapy: \$500-\$1,200 per session, with 2-4 sessions often needed

At Me Clinic, we provide transparent pricing during your complimentary consultation with no obligation to proceed. Package pricing is often available for treatment courses, offering better value than

individual session pricing.

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

Longevity depends on the treatment type and the quality of your ongoing maintenance: - IPL and laser treatments: 12-24 months for treated pigmentation, though new sun damage can develop if sun protection is inadequate - Chemical peels: Medium-depth peels provide 6-12 months of improvement; light peels benefit from maintenance every 6-8 weeks - Microneedling: 12-18 months for pigmentation improvement - Medical-grade skincare: Results are maintained as long as consistent use continues; pigmentation may gradually return if products are discontinued without adequate sun protection

Factors that genuinely affect longevity: daily broad-spectrum SPF 50+ sunscreen (non-negotiable), ongoing use of pigment-inhibiting products (vitamin C, niacinamide, retinoids), avoiding hormonal triggers where possible, annual or bi-annual maintenance treatments, and a healthy lifestyle.

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

Downtime varies by treatment, and we'll always be upfront about what to expect:

- ****IPL:**** Minimal — temporary redness for 2-4 hours; makeup can typically be applied the following day. Treated pigmentation darkens for 7-10 days before naturally exfoliating (it can look like small coffee grounds on the skin surface — this is an expected and positive response). - ****Light chemical peels:**** None to minimal visible peeling for 3-5 days; most patients continue their normal routine throughout. - ****Medium chemical peels:**** 5-7 days of noticeable peeling, redness, and flaking. Most patients prefer to work from home during peak peeling (typically days 3-5). - ****Microneedling:**** 1-3 days of facial redness similar to mild sunburn, with light flaking on days 3-5. Most patients feel comfortable in public after 24 hours. - ****Targeted laser:**** 3-7 days of darkening or crusting specifically on treated spots; surrounding skin remains unaffected.

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

Generally yes, with some guidelines: - Mineral makeup is preferable during healing, as it's gentler and less likely to cause irritation - Avoid makeup for 12-24 hours following microneedling or deeper peels - Light makeup can often be applied the day after IPL - Your practitioner will provide specific guidance tailored to your treatment

****Will results look natural?****

Yes. Unlike treatments that add volume or alter facial structure, pigmentation treatments work to restore a more even skin tone — essentially what your skin looked like at its healthiest. Results are gradual and progressive, emerging as though your skin health has simply improved over time.

Me Clinic's Responsible Cosmetic Medicine philosophy prioritises natural-looking, authentic outcomes. We're always mindful of avoiding over-treatment, focusing on healthy, radiant skin rather than an artificially treated appearance.

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

There's no strict age limit for treating uneven skin tone. We assess each patient individually:

- ****Younger patients (20s-30s):**** Often seeking treatment for post-inflammatory hyperpigmentation from acne or early sun damage. Early, considered intervention prevents progression and builds lasting healthy habits. - ****Middle-aged patients (40s-50s):**** The most common demographic for treatment. Accumulated sun damage becomes visible at this stage, and excellent treatment responses are typically achieved with the right approach. - ****Mature patients (60s+):**** Also good candidates, though they may require more sessions or a combination approach. Pigmentation is often more deeply established, but meaningful improvement is absolutely achievable.

Key considerations include overall skin health, realistic expectations, ability to commit to sun protection, and medical history (certain conditions or medications may affect treatment suitability).

****I have darker skin — can I still have treatment?***

Yes — though treatment selection requires more careful, individualised consideration. Darker skin tones (Fitzpatrick types IV-VI) carry a higher risk of post-inflammatory hyperpigmentation from more aggressive treatments, which is why experience and expertise matter here.

Generally safer options for darker skin include microneedling (typically the safest option), chemical peels (with carefully selected acid types and concentrations), medical-grade skincare (excellent results with patience and consistency), and IPL (only with specific devices and conservative settings, requiring a highly experienced practitioner).

Treatments requiring more caution for darker skin include aggressive lasers (can cause paradoxical hyperpigmentation in the wrong hands) and deep chemical peels.

During your consultation, your practitioner will carefully assess your specific skin type and recommend the safest, most effective approach for your tone.

****What are the risks and side effects?***

All treatments carry some degree of risk, and we believe in being completely transparent about this:

****IPL:*** Temporary redness and swelling (2-4 hours), darkening of pigmentation before improvement (an expected and normal response). Rare: blistering, burns (if incorrect settings are used), temporary hypopigmentation. Very rare: scarring, permanent pigment changes.

****Chemical peels:*** Expected redness, peeling, temporary sensitivity. Possible post-inflammatory hyperpigmentation (particularly with sun exposure during healing). Rare: infection, prolonged redness, scarring (typically only with deeper peels or non-compliance with aftercare).

****Microneedling:*** Expected redness and mild swelling for 1-3 days. Possible minor bruising, temporary breakouts as the skin purges. Rare: infection (if aftercare is not followed), prolonged redness.

****Medical-grade skincare:*** Common initial purging (temporary breakouts as retinoids accelerate cell turnover). Possible irritation, dryness, or redness if products are introduced too quickly. Rare: allergic reaction to specific ingredients.

Your Me Clinic practitioner will discuss the specific risks relevant to your chosen treatment during your consultation and provide detailed aftercare instructions to minimise complications.

****Can I have treatment if I'm pregnant or breastfeeding?***

We recommend postponing elective pigmentation treatments during pregnancy and breastfeeding as a precautionary measure, though some options may be appropriate:

Best avoided during pregnancy or breastfeeding: prescription medications (hydroquinone, tretinoin), chemical peels (due to systemic absorption concerns), and microneedling (theoretical risk, though minimal).

May be suitable (discuss with your practitioner): gentle medical-grade skincare (vitamin C, niacinamide, azelaic acid) and mineral sunscreen (essential, as pregnancy hormones significantly increase pigmentation risk).

Melasma commonly appears or worsens during pregnancy. While understandably frustrating, it often improves after pregnancy and the cessation of breastfeeding. Treatment tends to be more effective once hormones have stabilised.

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

Good preparation optimises your results and reduces the risk of complications:

****2-4 weeks before (varies by treatment):**** - Begin any recommended skincare preparation if prescribed - Strict sun avoidance and daily SPF 50+ - Discontinue self-tanning products - No waxing, laser hair removal, or aggressive exfoliation on the treatment area

****1 week before:**** - Avoid blood-thinning medications if medically safe (aspirin, fish oil, ibuprofen) — discuss with your doctor - No retinoids for 3-5 days before treatment (can increase sensitivity) - Ensure no active cold sores are present (prophylactic antiviral medication may be prescribed)

****Day of treatment:**** - Arrive with clean skin (no makeup, moisturiser, or sunscreen unless specifically instructed otherwise) - Avoid caffeine and alcohol (both can increase sensitivity) - Bring sunscreen and a hat for post-treatment sun protection

Your specific pre-treatment instructions will be provided in full during your consultation and confirmed before each session.

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

****IPL:**** - Week 1-2: Treated pigmentation darkens (an expected response) - Week 2-3: Darkened spots begin flaking away naturally - Week 4-6: Noticeable lightening of pigmentation - Optimal results: After 3-6 sessions (4-6 months total)

****Chemical peels:**** - Light peels: A subtle glow immediately, with progressive improvement over 2-4 weeks - Medium peels: Fresh, renewed skin visible once peeling is complete (around day 7), with continued improvement over the following 4-6 weeks

****Microneedling:**** - An immediate glow from increased circulation (temporary) - Week 4-6: Early collagen remodelling and pigment improvement begins - Optimal results: 3-6 months after completing the treatment series

****Medical-grade skincare:**** - Month 1: Often a purging phase or some initial adjustment - Month 2-3: Noticeable improvement in brightness and clarity - Month 4-6: Visible reduction in pigmentation - Ongoing: Continued improvement with consistent use

Skin renewal and pigment metabolism take time, and we believe strongly in setting realistic expectations from the outset. Patients who understand the timeline tend to be the most satisfied with their results.

****How can I prevent pigmentation from returning?:****

Prevention is significantly easier than repeated treatment. Here's what we consider essential:

****Non-negotiable:**** - Daily broad-spectrum SPF 50+ sunscreen — even on cloudy days, even indoors (UVA penetrates glass). Reapply every two hours when outdoors. - Physical sun protection: wide-brimmed hat, sunglasses, shade during peak UV hours (10am-4pm)

****Highly recommended:**** - Vitamin C serum each morning for antioxidant protection and ongoing brightening - Retinoid each evening to maintain healthy cell turnover and prevent abnormal pigmentation from re-establishing - Niacinamide to reduce pigment transfer within the skin - Avoid picking or squeezing blemishes — a simple habit that prevents post-inflammatory hyperpigmentation

****Lifestyle factors:**** - Prioritise sleep (the skin does its most meaningful repair work overnight) - An antioxidant-rich diet (berries, leafy greens, omega-3s) - No smoking - Stress management (cortisol has a measurable impact on skin health)

****Maintenance treatments:**** - Annual or bi-annual IPL or peel can sustain your results meaningfully - Consistent home skincare use is the foundation everything else builds upon

****For melasma specifically:**** Hormonal triggers may not always be avoidable, but diligent sun protection is critical — UV exposure dramatically worsens hormonally driven pigmentation. Discuss contraceptive options with your GP if you suspect pill-triggered melasma.

Real Patient Results

Over 35+ years of caring for Melbourne patients, our team has successfully treated thousands of people with uneven skin tone — from mild sun damage to more complex melasma and post-inflammatory hyperpigmentation. Individual results vary based on pigmentation severity, skin type, treatment compliance, and sun protection habits, but our before/after gallery reflects the genuine improvements achievable through our evidence-based treatment protocols.

During your consultation, your practitioner will show you cases similar to your specific pigmentation pattern and skin type, discuss realistic expectations grounded in clinical experience, and explain the likely timeline to achieve your aesthetic goals.

Common transformations our patients experience include: - Meaningful reduction in age spots and sun damage following IPL courses - Visible evening of melasma patches with a combination of microneedling and medical-grade skincare - Resolution of post-acne dark marks through tailored chemical peel series - Overall brightening and radiance improvement across all treatment modalities when supported by consistent home care

Book Your Complimentary Consultation

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

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

****What to bring to your consultation:**** - A list of your current skincare products and any medications - Medical history including relevant hormonal factors (pregnancy, contraceptive use, hormone therapy) - Previous treatment history (what you've tried, and the results you experienced) - Any questions you'd like to explore with your practitioner - Photos showing your skin concern in different lighting (optional but often helpful)

****Your consultation includes:**** - Comprehensive skin assessment including Wood's lamp analysis - Personalised treatment recommendations tailored to your skin type and concerns - Transparent pricing with no hidden fees and no pressure to proceed - Before/after gallery review of similar cases - Detailed timeline and realistic expectation-setting - The opportunity to meet the practitioner who will care for you throughout your treatment

****Me Clinic Location:****

4 Burke Road, Malvern East VIC 3145 (Corner of Wattletree Road) Convenient off-street parking available Easily accessible via tram route 6

****Why choose Me Clinic for your skin tone treatment:****

- ****35+ years of combined practitioner experience**** in dermatological and cosmetic procedures - ****Evidence-based approach**** — we only offer treatments with proven safety and efficacy - ****Transparent pricing**** — published prices, no surprise fees, no pressure - ****Customised protocols**** — because no two patients are the same, and neither are their skin concerns - ****Responsible Cosmetic Medicine**** — your safety, wellbeing, and natural results always come first - ****A proven track record**** — thousands of successful pigmentation treatments delivered with genuine care

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

Product specification data: No data provided by manufacturer

General Service Claims — Me Clinic

Clinic Information: - Location: 4 Burke Road, Malvern East VIC 3145 - Operating history: Over 35 years - Treatment philosophy: Responsible Cosmetic Medicine - Practitioner registration: All clinicians are AHPRA-registered - Equipment standard: Medical-grade IPL systems (not beauty-salon level devices) - Initial consultation: Complimentary - Payment options: Payment plans available for treatment courses - Pricing transparency: Transparent pricing provided during consultation with no hidden fees - Package pricing: Available for treatment courses

Treatment Delivery Statistics: - Non-surgical treatments delivered: Over 60,000 - Surgical procedures delivered: Over 25,000

IPL (Intense Pulsed Light) Treatment Specifications

Procedure Details: - Session duration: 20-30 minutes - Treatment frequency: Every 4-6 weeks - Sessions typically needed: 3-6 sessions

Pricing: - Per-session cost: \$350-\$800 - Full course cost: \$1,500-\$4,000

Results Timeline: - Initial results: Week 2 onwards - Optimal results: 8-12 weeks - Results duration: 12-24 months with consistent sun protection

Downtime: - Temporary redness: 2-4 hours - Pigmentation darkening period: 7-10 days before natural flaking

Suitability: - Not recommended for very dark skin tones

Chemical Peel Treatment Specifications

Light Peels (Glycolic, Lactic, Salicylic Acid): - Per-treatment cost: \$150-\$300 - Sessions typically needed: 4-6 treatments - Treatment frequency: Every 2-4 weeks - Downtime: None to minimal; possible light flaking for 3-5 days - Results duration: 2-4 months

Medium Peels (TCA — Trichloroacetic Acid): - Per-treatment cost: \$400-\$600 - Sessions typically needed: 1-3 treatments - Treatment frequency: 6-12 weeks apart - Downtime: 5-7 days of visible peeling and redness - Results duration: 6-12 months

Microneedling Treatment Specifications

Procedure Details: - Session duration: 45-60 minutes (including numbing cream) - Treatment frequency: Every 4-6 weeks - Sessions typically needed: 3-6 sessions

Pricing: - Per-session cost: \$400-\$800

Results Timeline: - Initial results: Week 4 onwards - Optimal results: 3-6 months after completing treatment series - Results duration: 12-18 months

Downtime: - Redness duration: 1-3 days - Possible light flaking: Days 3-5

Suitability: - Generally the safest option for darker skin tones

Medical-Grade Skincare Product Specifications

****Vitamin C (L-Ascorbic Acid):**** - Cost: \$80-\$180 per serum - Application: Each morning under sunscreen

****Retinoids (Prescription Tretinoin or Over-the-Counter Retinol):**** - Cost: \$40-\$150 per tube or bottle - Application: Each evening

****Hydroquinone:**** - Regulatory status: Prescription-only in Australia - Typical usage duration: 3-4 months under medical supervision - Cost: \$60-\$120 per compound

****Niacinamide (Vitamin B3):**** - Cost: \$30-\$80 per product - Suitability: Well-tolerated by sensitive skin

****Alpha-Hydroxy Acids (AHAs — Glycolic, Lactic Acid):**** - Cost: \$40-\$100 per product

Laser Therapy Treatment Specifications

****Q-Switched or Picosecond Lasers:**** - Per-session cost: \$500-\$1,200 - Sessions typically needed: 2-4 treatments - Treatment frequency: 6-8 weeks apart - Downtime: 3-7 days of darkening or crusting at treated spots - Results duration: Long-lasting for solar lentigines; variable for melasma

****Fractional Laser Resurfacing:**** - Per-session cost: \$800-\$2,000 - Sessions typically needed: 1-3 treatments - Downtime: 5-7 days of redness and peeling

Pre-Treatment Requirements

****2-4 weeks before treatment:**** - Sun exposure: Avoid - Self-tanning products: Discontinue - Aggressive exfoliation: Avoid

****3-5 days before treatment:**** - Retinoids: Discontinue

****Day of treatment:**** - Makeup: Avoid (unless instructed otherwise) - Moisturiser: Avoid (unless instructed otherwise) - Sunscreen: Avoid (unless instructed otherwise)

Post-Treatment Guidelines

****Makeup Application:**** - After IPL: Typically the day after treatment - After microneedling: Avoid for 12-24 hours

****Sunscreen Requirements:**** - Daily application: Broad-spectrum SPF 50+ - Reapplication frequency: Every two hours when outdoors - Indoor use: Recommended (UVA penetrates glass)

Pregnancy and Breastfeeding Considerations

****Treatments to avoid:**** - Elective pigmentation treatments during pregnancy and breastfeeding

****May be suitable (consult practitioner):**** - Vitamin C serum during pregnancy: Pending manufacturer confirmation

****Recommended during pregnancy:**** - Mineral sunscreen: Essential during pregnancy

****Melasma during pregnancy:**** - Spontaneous improvement: Often occurs after delivery

Skin Type Considerations

****Fitzpatrick Types III-VI:**** - Post-inflammatory hyperpigmentation susceptibility: Higher than Fitzpatrick types I-II

****Darker Skin Tones (Fitzpatrick IV-VI):**** - Microneedling suitability: Generally the safest option - IPL suitability: Requires specific devices and conservative settings - Laser therapy caution: Risk of paradoxical hyperpigmentation with incorrect settings

General Treatment Outcomes

****Results appearance timeline:**** - Initial results: 2-4 weeks for most treatments - Optimal results: 3-6 months after completing treatment course - Results longevity with proper maintenance: 12-24 months

****Melasma-specific information:**** - Laser therapy risk: Incorrect laser type or settings can worsen melasma - Pregnancy-related melasma: Often improves spontaneously after delivery

Additional Service Information

****Wood's lamp analysis:**** - Purpose: Reveals deeper pigmentation not yet visible on skin surface

****Combination treatment approach:**** - Recommendation: Often produces the most effective results

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