

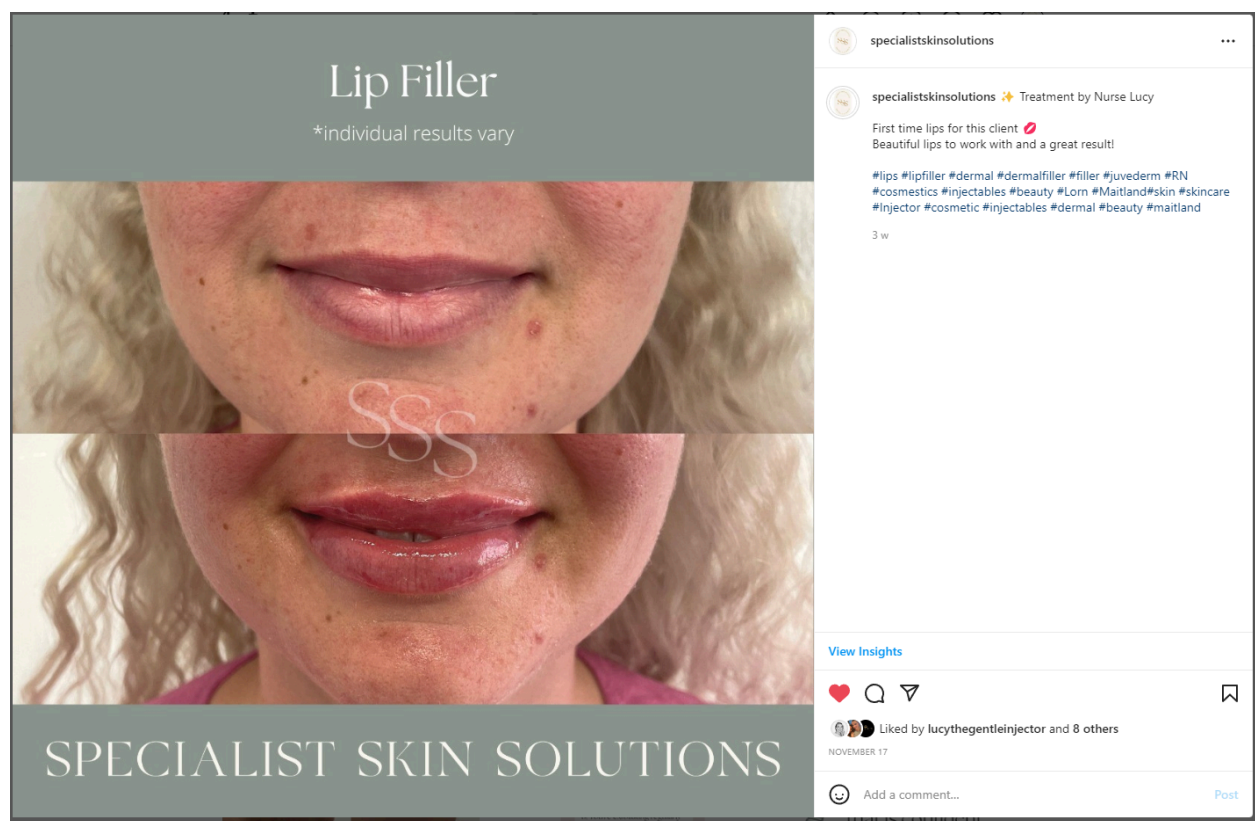


Lip Service: Augmentation for a Plumper, Sexier, Bee-stung Pout

Which Lip Augmentation Options are the Best? How Long Do They Last? Are they Safe?

Lip augmentation has been growing in popularity due to the rising demand for pouty, bee-stung lips, set off by hype on social media.

There are several types of lip augmentation procedures, both non-surgical fillers and surgical, including permanent implants, lip lifts, and fat transfers, all of which add volume to thinning lips, eradicate smokers' lines, and create a more youthful appearance. But with so many options out there, it could be hard to know which procedure is right for you. In this post, we'll give you the answers you need so you'll be fully equipped to make an informed decision.



What is Lip Augmentation?

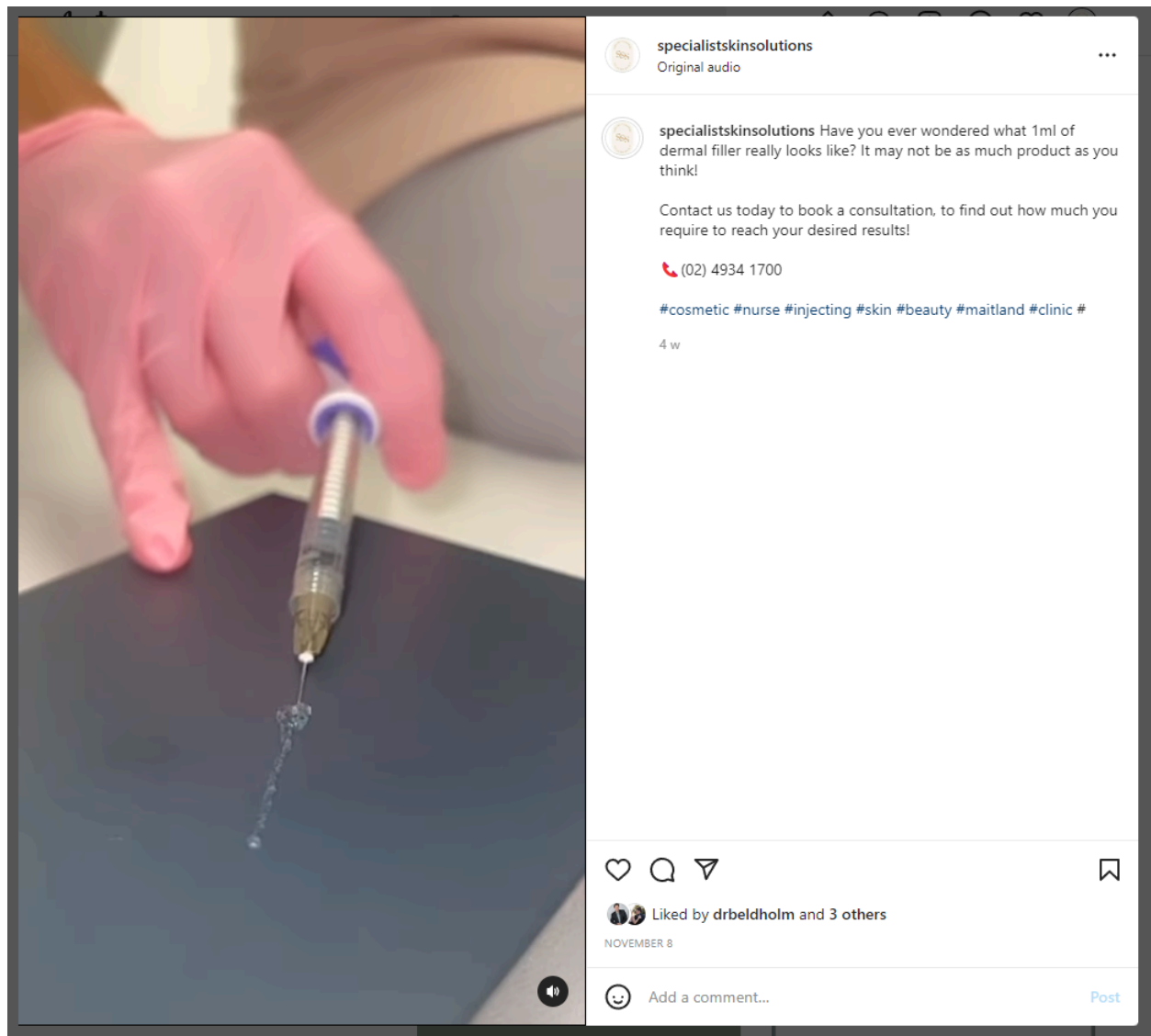
Lip augmentation is a cosmetic procedure, most commonly performed as an outpatient in a provider's office, that creates fuller, sexier, more youthful-looking lips. There are different types of lip augmentation to fit a patient's budget, lip shape and size, and goals. Some procedures are nonsurgical, using fillers to plump up the lips temporarily. Others involve small incisions in the lips and/or nasal area for longer or permanent results.



Types of Lip Augmentation

Hyaluronic acid (HA) fillers

Hyaluronic acid (HA) fillers contain hyaluronic acid, a substance that is naturally produced by the body. HA fillers can add volume to the lips and enhance their shape and structure by not only plumping the lips but also by trapping water within the lips for a more naturalistic, full pout.



There are several hyaluronic acid fillers on the market, each of which works to smooth lines and wrinkles around the mouth, add volume to the lips, minimise the signs of ageing, and improve lip symmetry. The end result is plump, smooth, and very natural-looking lips.

The procedure takes anywhere from five to 30 minutes, depending on the amount of product used. It can take several days to see the full results from HA filler injections, though many patients see results immediately.

Lip injections are safe and relatively painless, though slight swelling or inflammation is common after treatment.

Other possible risks and side effects of HA injections include:

- Bruising
- Allergic reactions
- Bleeding

The actual procedure involves cleaning the injection site and administering the product into the area with an ultra-fine needle. Providers normally sculpt the substance into the area and shape using their hands. Some products have lidocaine, which lessens discomfort during the treatment, though sometimes a provider may also numb the injection site with local anaesthesia before the procedure.

Collagen Lip Fillers

Once the most common types of dermal filler, collagen lip fillers have dipped in popularity in recent years due to the comfort and more naturalistic appearance provided by HA fillers. Though collagen fillers tend to last longer and the latest options are considered safer than previous versions, collagen injections have dipped down in popularity compared to HA fillers.

Collagen works by plumping the lips, whereas HA fillers not only plump the lips but also trap water within the lips for a more naturalistic, full pout.



Permanent Silicone Lip Implants

While HA fillers will only last for a maximum of six to 12 months, silicone lip implants are permanent and don't require any maintenance. These lip-shaped implants are inserted via two tiny incisions made into the lips. Unlike older materials, the latest silicone implants for the lips can easily be removed. Due to certain post-procedural issues and a less-than-natural feeling, silicone fillers have grown less popular with patients in recent years as HA has become the leading filler product.

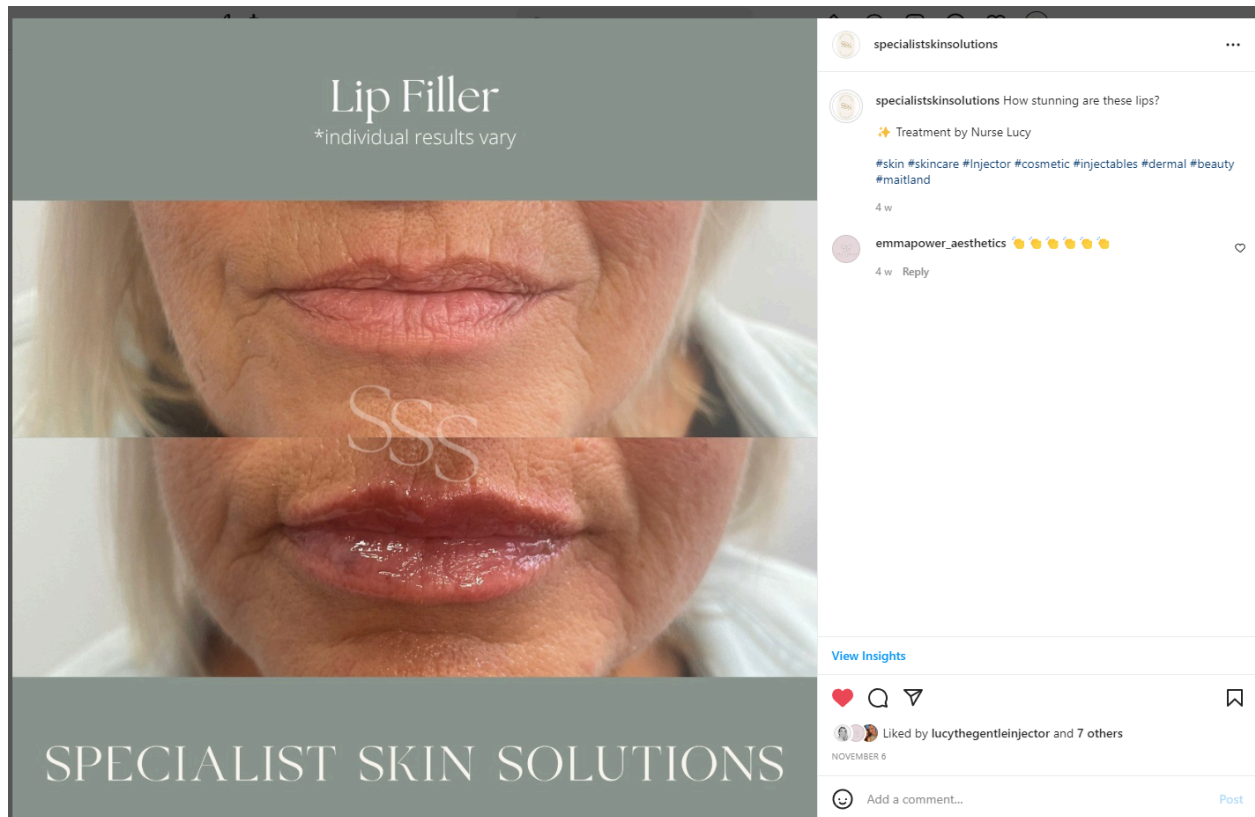


Fat Transfer Lip Injections

Fat transfer lip injections, also known as Autologous Fat Injections or grafting can enhance the size, fullness, texture, and symmetry of the lips. By obtaining fat cells from the patient's buttocks, abdomen, or thighs, all of which are rich in body fat content, the fat is purified, processed, and injected into the lip area. Providers typically inject 2 cc's to 10 cc's of fat into patients' lips and smile lines. Recovery time for fat transfer injections is much slower than that of HA fillers.

Patients may expect swelling, bruising, stiffness, chapped lips, and look overdone at first. The fat injections will eventually improve the appearance of the patient's lips, making them more structurally attractive due to the stimulation of lip growth and fat placement inside the lips.

Fat transfers require up to three treatments to obtain the desired results, and while they can yield more permanent results than dermal fillers, due to a less than predictable rate of absorption and a higher likelihood of lumpiness, they've been surpassed in popularity by HA fillers in recent years.



Lip Lifts

Another surgical procedure, known as a lip lift, is a different kind of in-office surgical procedure that can enhance the look of lips. A permanent procedure, a lip lift works by shortening the space between the nose and the top of the lip, known as the “philtrum.”

The procedure increases the amount of visible pink tissue which makes the lips look fuller and more pronounced. It also makes upper-middle teeth more visible and more pronounced when resting, which makes this a good option for people who want to add height instead of volume to their lips.

There are several types of lip lifts. It's important to have an informed discussion with your provider about which is right for you.

Direct lip lift: Sometimes called a gullwing lip lift, a direct lip lift creates a more defined lip border. A thin strip of skin is removed just above the upper lip, and the skin is pulled upwards, creating the illusion of a more pronounced vermillion (the pink part of the lips). This procedure can leave a scar on the upper lip area.

Subnasal bullhorn: One of the more common lip lift procedures, a subnasal bullhorn involves making an incision along the base of the nose in the shape of a bullhorn. The upper lip is all pulled up toward the nose.

Central lip lift: Similar to a subnasal bullhorn lift, a central lip lift shortens the space between the nose and the lips.

Corner lip lift: Sometimes called a “grin lift” because it gives the face a more smiley appearance, a corner lip lift is done by making two small incisions at both corners of the mouth and removing a small amount of skin. It is quite common to have this procedure done in tandem with another lip lift or lip filler.

Italian lip lift: Similar to the bullhorn, an Italian lip lift requires two incisions below each nostril. The benefit of this procedure over the bullhorn lift is that it typically does not leave a noticeable scar.

How long does lip augmentation last?

- Lip fillers: 6 months to a year
- Fat grafting: At least 5 years
- Permanent silicone implants: Permanent
- Lip Lift: Permanent

Who is a good candidate for lip augmentation?

Your provider will help you decide whether you're a good candidate for lip augmentation and which procedure is best for you, but in most cases, the following conditions make someone a good candidate for lip augmentation:

- The patient is in good health.
- The patient either doesn't smoke or can quit smoking before the procedure.
- The patient does not have an active infection like a cold sore.
- The patient does not have a chronic condition like diabetes, herpes, or lupus.
- The patient has realistic expectations about the results.



Procedure Details

Preparing for lip augmentation

Prior to the procedure, patients will need to stop taking blood-thinning medication, avoid taking pain relievers like aspirin, discontinue the use of herbal supplements like multivitamins and fish oil, and if applicable, cease the use of nicotine and tobacco products.

Follow-up instructions

To aid in healing and optimising results, the patient should:

- eat soft foods for the first few days;
- elevate their head while sleeping;
- not move lips excessively;
- and apply ice to your lips for several days.

What to expect

With nonsurgical lip augmentation, such as fillers, patients can typically return to work right away. Surgical lip augmentation procedures may require some downtime. With any lip augmentation procedure, it's best to avoid exercise and other strenuous activities for up to several weeks.

Benefits of Non-surgical vs. Surgical Lip Augmentation

Lip augmentation can give lips a fuller, younger look, and depending on the procedure, results in little to no pain and minimal to no downtime. A non-surgical form of lip augmentation, lip filler injections provide temporary benefits which can last up to 12 months.

Lip fillers offer several benefits, including less bruising and reasonably long-lasting results. What's more, the injections can be administered gradually until the desired result is achieved. To maintain the desired enhancements, patients will need to undergo more injections every six to nine months.

Fillers can also be dissolved with hyaluronidase, an enzyme that breaks down hyaluronic acid.

Surgical procedures like silicone implants, fat transfer, and lip lifts, though falling out of favour in recent years due to an increase in filler quality and longer-lasting results, are permanent. Though some surgical procedures leave a small scar behind, more and more techniques are being introduced every day that eliminate the visible appearance of scars.

Potential Complications and Risks

Though rare, there is always a potential for risks and complications with all lip augmentation, including:

- Allergic reactions
- Redness
- Itching
- Bleeding
- Bruising
- Infection
- Lip stiffening
- Scarring
- Swelling
- Non-symmetrical lips



Why the Right Provider Makes A Big Difference

While in the right hands, dermal lip filler injections are completely safe, performed incorrectly, results can be unsightly, ineffective, or even harmful to one's health. That's why it's so important to do your research and make sure to choose an experienced, reputable, licenced provider, as any injectable treatment can pose potential risks.

Aside from side effects, when performed by a non-trained professional or novice, the results could be negligible, effectively plumping up nothing more than the provider's pockets.

At Specialist Skin Solutions, a physician-led cosmetic clinic specialising in non-surgical, anti-ageing aesthetic procedures, including the latest laser techniques, dermal therapies, anti-wrinkle injections, and body contouring, we offer expert-level dermal filler injections for the lips, performed by our elite team of trained expert pros.

By relying on cutting-edge treatments and products and years of training, we safely administer fillers, injectables, and dermal treatments with the utmost precision and care in a relaxed, upscale setting. Stemming from our expertise, personalised guidance, and passion for skincare, we offer the latest treatments, technology, and skincare products.

At Specialist Skin Solutions, we believe in transparency and education, first and foremost, providing every client with information, explanations, and treatment options before performing any procedure.

Offering a thorough consultation prior to treatment, we'll discuss the areas of concern and the range of treatment options suggested to produce optimal results. The amount and type of product, as well as our pricing structure, will also be discussed during the consultation process so there are no surprises other than the plump, luscious lips you'll see when you look in the mirror!

Get Fuller, Pouty, Bee-Stung Lips Today!

If you're ready to kiss your thin, uneven lips goodbye, call Specialist Skin Solutions today to book an appointment. We're dedicated to helping each one of our clients feel their best by bringing out their natural beauty and loving the skin they're in. We look forward to speaking with you!



Best wishes for a beautiful you,

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*Disclaimer: Results vary. There are risks with any procedure.

