

UP Pucker

THE PERFECT LIPS CAN MAKE YOU LOOK YOUNGER AND MORE ATTRACTIVE BUT LIP REJUVENATION IS AN ART FORM, IN THE WRONG HANDS IT CAN LEAD TO A HUMILIATING 'TROUT POUT'. OUR EXPERT MEDICAL BEAUTY SPECIALISTS DR UZMA OLBRICH AND DR REBECCA HIERONS GIVE US THE EXPERT INSIDE TAKE ON HOW TO GET A LIST LIPS...

Full, shapely lips have been associated with beauty and youth throughout history. Some of the very first documented regeneration and early beautification treatments date back to ancient Egypt where enhancing the colour of the lips, moisturising and boosting plumpness were commonly performed.

Lip fillers are not everybody's cup of tea. Done well, however, they can transform your face. They can give you a fuller, more defined smile and help turn the corners of your mouth upwards. They also give your lips a youthful appearance, make your thin lips look fuller and correct any asymmetry of your lips.

Lip augmentation and rejuvenation have become some of our most popular treatment. These are most popular with two types of client. People who want age defying lip treatment to achieve a more youthful look and who want to 'turn back the clock' and younger people who want fuller, more voluminous pouts.

Clients who approach us for age related lip augmentation usually don't want anybody to know they have had treatment. The need for discretion and subtlety is paramount. Fears of the dreaded 'trout pout' are abundant. I still want to look like me!", are cries we frequently hear.

We start to experience age related changes to the lips and lower part of our faces when we reach our late 30's and early 40's. Age is a complex issue. Our faces begin to look more mature for multiple reasons. We know lip shape changes and the upper lip appears thinner as we age. However filling the upper

lip on its own may not achieve a very good result, it may, in fact, make you look older and out of proportion. Highly undesirable! Accurate assessment of not just your lips but also your whole face (from the front and in profile) is essential to get good treatment results.



“Lips are not meant to look like two sausages. They have hills and valleys that make them desirable, sexy and unique to you....”



On the flip side, we have the younger 18-34 year-old more socially media-aware crowd, heavily influenced by celebrities. Here the request is for large volumes and perhaps a complete change in lip shape. 'Can I have two syringes in each lip?' or 'Can you give me lips like Scarlett Johansson, / Rosie Huntington-Whiteley / Angelina Jolie?' is commonly asked. Subtlety and discretion are definitely not expected. In fact, augmented lips in this group can be a status symbol, a fashion accessory to be worn with pride alongside your Gucci handbag and Jimmy Choo shoes.

However, your lips are one of the most delicate parts of your face and should be treated carefully and with a great degree of respect. As service providers, we aspire to give our clients what they desire. As clinicians however we are obliged to professionally advise on what will best suit the face, lip shape and indeed health. With many young people wanting much larger and sometimes 'extreme' lips, the potential problems associated with lip injecting may be increased.

Lack of filler knowledge and lip anatomy understanding can lead to practitioners using either incorrect dense volumising fillers (too dense for the delicate lips) or using the correct filler but injecting far too much in any one visit. This can give rise to



Photography by Jade Turnbull (www.jadephotography-online.com)

increased complications such as swelling, bruising, necrosis (tissue death), lip deformities, lumpiness, lip splitting and misshapen lips. Sadly, we have all seen bad results and complications such as these on the internet, in magazines, and other forms of media. Lips are not meant to look like two sausages. They have hills and valleys that make them desirable, sexy and unique to you.

Our lips are so important – they are one of the first things that people notice about us and are essential for laughing, talking, eating, kissing... our lives depend on them. Lip treatment can be wonderfully life-changing if done well but equally horrible if done badly. If you are thinking of having treatment please go to a reputable practitioner who is well trained and experienced and above all, enjoy your wonderful new lips!

• Dr Uzma Olbrich and Dr Rebecca Hierons practice at Queensway Skin Clinic. www.queenswayskinclinic.co.uk

Q LIP TIPS

If you are thinking about having lip fillers here are 3 points you should consider:

- 1 USE OF TEMPORARY FILLERS** (Hyaluronic Acid or HA). These are safe in the right medically trained hands, and fully reversible if you don't like the results.
- 2 PROPORTIONS:** Don't expect to get Angelina Jolie lips – they do not suit everybody! The final size and shape of your lips needs to be in proportion to your face. We will take into account your profile, the projection of your lips as well as
- 3 AVOID SAUSAGE LIPS:** The best way to avoid looking like you have sausage lips is to ease into lip filling. If you want a significant increase in volume it is very important to do this augmentation slowly and over a number of visits. Visit somebody who has a good understanding of lip anatomy.

