

# LIP AUGMENTATION

## VOLUPTUOUS LIPS, ANYONE?

### Lip Augmentation

One of the most requested services at our office is lip enhancement. As we age, our lips tend to drop and become thin. The red portion of the lip and the border of the lip lose their fullness and voluptuous shape. A thinning upper lip can also give an appearance of anger. If your lips are thinning or you desire fuller lips, then you may want to consider lip augmentation.

### Lip Augmentation through filler treatment



Any woman desiring bigger lips can gain some benefit from lip augmentation. Often, we see younger women who desire larger, “pillow-like” lips to mimic those of famous movie stars. Those already blessed with larger lips usually benefit the most from additional augmentation. Some may appreciate the improved presentation and framing of their lips that can be achieved by filling and defining the lip border. Those who have thinning lips and loss of a definable lip border secondary to the aging process will greatly appreciate the ability of filler to replace what was once there. If lipstick is bleeding into the fine “smoker’s lines,” then filler may also provide benefit. Those who were born with very thin lips will achieve a very nice, yet limited improvement following filling. Unfortunately, naturally thin lips will not allow their lips to expand to the full, voluptuous, red lips common to movie stars and may fall short of expectations. It is important that as a patient you understand what to expect, so as to not be disappointed. Before and after photos of other woman who have lips similar to their own is helpful to illustrate what to expect.



Steven H. Dayan, MD, FACS  
Water Tower Place • 845 N. Michigan Avenue  
Suite 923 E • Chicago, Illinois 60611  
(312) 335-2070 • [www.drdayan.com](http://www.drdayan.com)

## Treatment Options

There are many treatment options, both temporary and permanent, to consider. Products derived from Hyaluronic Acid (HA) such as Restylane® and Juvederm® are often used to augment the lips. HA is a naturally occurring building block of skin and as we age the level of HA in our body depletes. Lip augmentation with fillers takes only a few minutes to perform.

## What to Expect

- Complete medical history and evaluation of the lips during consultation.
- Those who are on blood thinners such as aspirin, ibuprofen, or fish oil may want to consider stopping these medications for one to two weeks before their treatment if it is approved by their primary physician. These products may result in more bruising, and although the bruises will resolve in a week, it can be an unnecessary burden.
- Prior to injection, the lips will need to be numbed by an anesthetic. Nerve block available to anesthetize the entire mouth region.
- Injections are then performed with Restylane® or Juvederm® beginning by cleansing the lips with an alcohol pad.
- The lip border is often the first area that is injected, starting at one end of the lip and depositing product evenly as the needle is withdrawn all the way across the lip. Immediately, the roll and gentle curve of the upper lip is returned to its native youthful position. The remaining product is placed into the lip body in order to plump the body of the lip. This helps to roll out the lip and, therefore, allow for what we call more “red show” or more of the voluptuous full body lip to be seen.

## After Care

Following treatment, the lips are numb and usually feel bigger than they actually are. Lip balm can keep lips from drying out. An anti-bruising Vitamin K cream named Auriderm®, has been shown to reduce bruising time and severity. We provide an ice pack and recommend that patients apply it to their lips on and off for the next 12 hours. Most people go home that evening and comment that their lips are tender, but not significantly enough to interfere with their routine. We allow lipstick to be placed six hours following the treatment. Most people return to their daily schedule the next morning. Some will comment that their lips feel a bit sore for up to a week. If a bruise occurs, which is more likely for those on blood thinners, cover up make up may be necessary. Patients can eat and drink whatever they would like, and we allow them to start kissing within hours after being treated. Most people enjoy the benefits of their enhanced lips for six to nine months. Occasionally, some people metabolize the product quickly and it is gone in twelve weeks. Others hardly break it down at all, and it will persist up to three years! Everyone is different. How long it will last for an individual is difficult to predict, but overall satisfaction from this procedure is very high for just about everyone.

