

WHAT DO GREAT LIPS LOOK LIKE?

Lips are one of the most important structures of the human face and far from just two soft bits of tissue that border the mouth - looking after them and enhancing their health and appearance is as important as caring for your teeth and skin!

From their very early role in breast feeding when we are young; their continued role in eating throughout life; and their incredibly important role in speech and facial expression, lips are uniquely placed at the crossroads of health and aesthetics, as they are also considered to be one of the most critical features when assessing facial beauty and attractiveness.

While lips vary greatly in appearance, and a person's lips are as individual as their fingerprints, research shows that there are certain characteristics of lips that, when present, or enhanced, mean the difference between healthy, vibrant lips and unhealthy, unnatural and lack lustre tissue.

Lips should be in a certain proportion to the rest of the features of the face and in proportion to each other. As the result of poor maintenance or ageing, lip tissue deteriorates, losing structure, volume, definition and character. This deterioration process not only leads to poor aesthetics, with shrinking lips and lines cutting through the border of the lip making application of make-up difficult, but it leads to a reduction in the health, vitality and function of one of the body's key sensory organs.

LIP CHARACTERISTICS



HOW CAN I ACHIEVE GREAT LIPS?



Because Facial Ageing and skin deterioration is a multi-factorial, 3-dimensional and ever-changing process, it often requires a multi-pronged approach to treatment which involves several different types of therapies used in unison- there is no single treatment that can be used in isolation to achieve the best results. Studies show that lip tissue is not as robust as the rest of the skin, making it more prone to dehydration, disease and aging, all of which means lips deserve special attention!

WHAT ARE DERMAL FILLERS & WHAT DO THEY DO FOR MY LIPS?

A vital component of skin and lip tissue is called Hyaluronic Acid (HA). Essentially HA is a naturally occurring sugar, produced by your body, which is present in abundance in structures like your joints, eyes, skin and lips, possessing a vital role in hydration, lubrication, moisturisation, elasticity and volume/plumpness of the tissue. It attracts and binds water in the skin, supporting collagen and elastin fibres and providing a medium, or carrier, for chemical messages between the cells.

As we age, the level of HA in the skin and lips dramatically decreases, as does the rate of new production of HA. This decrease in a vital tissue preserving component contributes to loss of volume, vibrancy and protective ability of tissues like the lips, with an increased dryness and deterioration leading to the development of lines, wrinkles and folds around the mouth.

Dermal fillers are manufactured by binding molecules of HA together to create sterile, pharmaceutical-grade gels which are injected directly into the skin and lips, by specially trained Dentists, to provide instant improvement in tissue health, quality and appearance. Injection of HA gels are able to restore structure, definition, natural and youthful character, together with enhanced volume to lips, depending on your needs and desired appearance. Different brands of gel exist and within each brand there is a range of different gel types/consistencies designed to cater to a variety of indications and offer differing degrees of longevity and clinical characteristics. Your Dentist will recommend the most appropriate type of gel to achieve the best results for your individual condition.



WHAT CAN I EXPECT DURING THE PROCEDURE?

After diagnosing the need for HA Dermal Filler treatment, your Dentist will determine the most appropriate type and amount of HA gel required in your case and administer local anaesthetic to the areas of your skin or lips that will be treated.

Treatment time varies depending on the condition and area being treated but generally is between 30-60 minutes, with the gel being delivered to the lip tissue via a series of injections, after which you will be able to resume your everyday activities. Thanks to the use of local anaesthetic, most people experience no pain or discomfort with this procedure.

Your Dentist will apply a soothing and hydrating gel and/or mask to the lips at the end of the appointment to enhance the results of treatment.

As there are several options to consider, these should be discussed in consultation with your Dentist as they are among the only people qualified to assess all aspects of your lip condition and to help you determine the most appropriate choices for your individual circumstances. Available treatment options address different aspects of the deterioration process, depending on the cause, and they vary in cost, complexity and the expected results, including how long they last and potential complications.

Options include:

- Use of scientifically proven home lip care products, including various lip balms and sunscreen protection
- Active reconditioning lip therapies at the Dentist
- Anti-wrinkle injections, eg. Botox
- Skin tightening devices, eg PDO Threads
- Volume & hydration adding injections, eg. Dermal Fillers



WHAT CAN I EXPECT AFTER THE TREATMENT?

Immediately after treatment, the area will still be numb for some time. Some swelling, redness, bruising, itching, tenderness and a tightness of the skin are all normal from the injections and this may last several days. Mild analgesics like paracetamol can be used if needed.

Do not schedule any major events on the day of, or for two weeks following treatment, to allow for any bruising or swelling to subside.

Do NOT touch the skin for a couple of hours, after which time the face can be washed as usual. Do not apply products or make-up to your lips for 24 hours, after which you can resume your using your regular lip products/make-up and you should use a lip balm which contains sunscreen.

A full list of post-treatment care instructions will be provided by your Dentist in order to minimise potential side effects and maximise results in your individual case. You should schedule a review appointment with your Dentist two weeks after receiving treatment to review results and discuss any further treatment and alternative therapies that may be required.

Results will be immediate but will look their best as the the lips start to rejuvenate and new collagen is stimulated by the procedure. Within two weeks you will notice a reduction in visible fine lines & wrinkles and an improvement in lip definition, hydration, tone, texture, volume and brightness. The HA gel is temporary, being eliminated completely from your body within a few months and, while improvements in skin quality do last longer with proper care, to achieve the best long-term outcome, it is recommended to have repeat treatments at least twice a year in line with your regular dental appointments.

ARE THERE ANY POTENTIAL PROBLEMS?

The use of HA dermal filler gels has been shown to be very reliable and safe, yet all medical and dental procedures have the potential to cause unwanted side effects/complications and you should discuss these with your Dentist.

While problems are rare, the most common issues come from the injection process rather than the product itself and can include redness, swelling, itching, bruising, bleeding and skin infection.

Though uncommon, the injection of HA dermal filler gel has been known to cause blockage of the blood supply to the skin or lip tissues which could create significant skin health and aesthetic issues if not treated promptly. Rarely, these blockages of blood vessels has also been linked to cases of vision impairment. For these reasons, it is vital to contact your treating Dentist immediately should you experience any pain, vision loss or skin discoloration at anytime following the treatment and to attend your scheduled review appointment.

Patients prone to cold sores may experience an outbreak and while exceptionally rare, life-threatening allergic reactions are possible.

Rest assured that your Dentist will conduct a thorough review of your health and medical history prior to delivering treatment to ensure that you are safe to undergo therapy and unlikely to encounter problems. Pregnant or breast-feeding women should not undergo these procedures.

YOUR **AADFA CERTIFIED DENTIST IS:**



GREAT SMILES ARE
NOTHING
WITHOUT
GREAT LIPS



BEAUTIFUL LIPS DELIVERED
BY YOUR DENTIST!