CHLAMYDIA - the silent epidemic

Have great HOLIDAY SEX all year round

ARE YOU OBSESSED WITH YOUR WEIGHT?

GLOW
REAL LIFE • REAL ISSUES
July/August Issue 2009

PINS & NEEDLES
THE LATEST WAY TO ROLL BACK THE YEARS

OUR ULTIMATE LIFE MAKEOVER WINNERS ARE UNVEILED!

one of Ireland’s leading ladies of literature, Cathy has a proposition for you...

IDEA
LUSCIOUS LIPS

by Dr Hâzem Kahlout
Medical Director, Castleknock Cosmetic Clinic

The lips are the softest and most animated of all facial features. Lips are sensual, poetry in motion radiating with sex-appeal and passion. Many consider them to be the most pleasing feature of the lower third of the face. Unfortunately our lips become thin as we age, the wet lip line recoil backwards, fine lines appear above them and the lip angles begin to downturn. These thin, flat, and poorly defined lips convey a sense of age. With this in mind, specific procedures are on hand to address each of these lip aging signs. Some of these procedures include augmentation to help restore, redefine and proportion lips in a manner that impart a reflection of beauty and youth. As a cosmetic doctor I am always aware of how changes to the lip alter their movement, beauty and function. Patients occasionally refer to this as “kissability.”

In the mid 1990s archaic attempts were made to augment the lips with silicone. More recently specialised materials were developed that could be used specifically for lip augmentation. Some of these materials include hyaluronic acid, collagen and of late fat transfer. Over the last couple of years autologous fat transfer has re-emerged as an outright winner, following the introduction of sophisticated fat stabilisation methods to ensure fat cells survival. As a cosmetic doctor, although I have clearly defined targets in mind I view the patient as a whole. Firstly, I consider whether the patient is a better candidate for short-term, semi-permanent or permanent augmentation. For example, short term temporary injections are better for patients who have had no prior cosmetic surgery or who are unsure if they will do well with fuller lips. If my patient is pleased with their results, a longer lasting remedy may be offered, especially the exciting new stabilised autologous fat lip enhancement...
THE COMPOUNDS

Hyaluronic Acid

Hyaluronic acid (HA) is a natural substance that already exists in the human body and is used to provide volume and fullness. There are many grades of HA and in my practice I would rather use Restylane Lipp™ or Teosyal Kiss®, I find that other HA formulations used for skin correction are unacceptably too firm for lips. These advanced compounds are softer, more durable and are manufactured especially for use in this most pleasing and important part of my patients’ face.

Collagen

As a temporary measure, collagen is an excellent choice. Old collagens required skin testing prior to use, however, thanks to improved purification and manufacturing processes new collagens don’t. Different people metabolise (breakdown) collagen at different rates. Nowadays we expect collagens like Evolence® to last up to a year.

Fat Transfer

For the suitable candidate, autologous fat is harvested from inconspicuous regions of the body. Autologous fat transfer is a safe and natural procedure, but certainly to be performed only by a well-trained cosmetic doctor. I perform autologous fat transfer to the body of the lip only, as the luscious softness obtained with fat transfer does not suit correction of the vermilion border.

POPULAR PROCEDURES

Specific features of the lips deserve attention. When assessing lips for enhancement, I take the whole appearance of my patient, their personality and facial features in consideration. However, I also keep in mind factors that influence all augmentation procedures like patients’ health and habits.

Luscious Volume

Dulcere enrichment of the lip is one sure way to add fullness to thinner lips. Patients who want luscious, fuller lips enjoy the results obtained when collagen or soft HA are used because these are the softest of all the approved compounds in use.

Border Definition

The vermilion border (where skin meets the pink part of the lip) should be clearly distinct, sharp, and ever so slightly raised. Correction of the vermilion border will invariably prevent lipstick from bleeding up and minimise the use of lip-liner. In many cases this is all what’s needed to address those annoying fine lines around the lip.

Cupid’s Bow

The Cupid’s bow, the central portion of the upper lip, should be well defined and individual. The presence of Cupid’s bow portrays youth and adds new lustre to the face. Defining the bow requires artistic flare and vision as much as skill and competence. I enjoy defining lips and consider Cupid’s bow sculpting to be akin to the final touches to a well-presented masterpiece.

Shape Correction

Ideally, the lips should have left to right balance. Many people following injury, facial weakness, excessive facial dominance or indeed dental work will lose this balance. It is fulfilling to help someone with shape correction and the results are very satisfying.

Fuller Lower Lip

Vertical asymmetry, with the lower lip being slightly fuller than the upper lip gives glamorous sex-appeal and youthful complexion. Although in the late 90s a vertical balance of 40:60 in favour of the lower lip was the trend, we find in the last few years a 50:50 balance is back in vogue.

45
Any manipulation to the lip could result in bruising at an expected rate of about 5%
ADVANCED PROCEDURES

Autologous Fat
Lip augmentation with fat transfer ensures permanent results. Lips augmented with fat transfer tend to display the most natural look and feel softness. Fat cells have the ability to differentiate. The procedure is safe in competent hands. I process the harvested fat on-site in order to make it suitable for implantation. Fat preparation is an essential part of this delicate lip enhancement procedure and include treating it with stabilising compounds and careful centrifuging of the harvest. When the fat is ready to inject, a special cannula is used, administered through tiny incisions. Sequence of little fat beads are injected under low pressure in the carefully thought location. New micro-vascularise surround these tiny droplets of fat ensuring their survival.

Lip Lift
A lip lift is a relatively advanced and pleasing procedure in patients with a vertically long philtrum (the portion between the nose and the top part of the lip). This procedure is performed to create a greater red lip body height relative to the above lip portion below the nose. I include a lip lift as part of the treatment regimen, if the lowest horizontal third of the face is too long and the teeth are visible on neutral pose.

Lip Advancement
Lip advancement is a sophisticated procedure for asymmetrical lips. I only perform this procedure if the patient is willing to outline her lips, either daily or permanently. Lip advancement is not a good choice for males in almost all cases. An exception to this is a poorly defined vermilion border, an already flat vermilion border, or lip tattooing that has gone away.

Angular Lift
This procedure is satisfying if the corners of the mouth require a small lift. Although not easy to perform, expert hands the procedure yields a nice finishing touch to any lip enhancement technique.

Pout
I seldom use a single thread of material to stretch across the entire upper lip. This results in an abnormal showing of the upper teeth when the patient smiles. For this reason, I place at least 3 distinct injection sites. The lower lip requires only 2 sites; however, if the patient is suitable I may not want to volumise the entire lower lip, instead I augment only the central region to create a pout. Pout creates an “amorous” look to the lips and is only really suitable for the younger patient.

OTHER ALTERNATIVES

Some patients are truly poor candidates for lip augmentation by any of the methods outlined. Camouflage may be a better option for these patients. Long-lasting options include tattooing the vermilion border of the lip with a darker colour or even extending the pigment beyond the natural borders to give the appearance of larger and fuller lips. These techniques can be outstanding options for most patients who are poor candidates for lip augmentation, and they may be used with other techniques. I use CO2-laser resurfacing, mesotherapy or chemical peels for patients who request only a smoothing of wrinkles, without a change in the shape or volume of their lips.

UNDESIRED EFFECTS

In competent hands side effects are uncommon. Any manipulation to the lip could result in bruising at an expected rate of about 5%. Bruising, should it occur, is usually temporary but may be quite disturbing to the patient. The lips are extremely sensitive and some patients may experience some discomfort following the procedure, thankfully simple over the counter analgesics usually suffice, if needed at all. Treatment with anaerobic covering antibiotics should take care of the lips if an infection develops. On rare occasions, hypersensitivity reactions requiring immediate medical attention may occur. Trained cosmetic doctors should be well able to deal with any of these inconveniences.

WHAT TO EXPECT

I perform all lip procedures with local anaesthetic, either field block or nerve block and this is, in fact, an ideal way to work on the lips. Once work begins, the lips swell quickly because the tissue structure in this area does not resist manipulation well, thus, the lips are soft. However, post-procedural application of ice to the lips helps to slow the swelling process over the following 24 hours.

I inform all my patients that, after surgery, their lips will appear larger than they expected. Most post-procedural lip swelling settles in about 48 hours, however on rare occasions it could take up to 10 days. As a rule of thumb, if the lip is of normal size immediately after correction, it will ultimately be too small.

Dr Házem Kahlout is a cosmetic doctor with dermatological interest in the ageing face. He is the Medical Director of the Castleknock Cosmetic Clinic. Tel: 1850 211 311 or visit: www.castleknockcosmetics.ie