



THE PERFECT POUT?

Non-surgical lip enhancement is becoming one of the most popular elective non-invasive cosmetic treatments being carried out today. In the past decade there have been various references to 'Trout Pouts' etc but these were as a result of lip enhancements carried out using permanent filler/collagen implants. Today with the emergence of third and indeed fourth generation dermal and lip fillers such as Hyaluronic Acid (HA), one can predictably and safely enhance a person's lips with little fear of ending up with a trout pout, and every chance of having beautiful naturally looking, and minimally obvious looking enhanced lips. Many people now opt for lip filler because they want more volume in their lips; it is an entirely elective cosmetic treatment. Some people choose to have lip filler because they do not like the shape of their lips, or their top lip is very thin, and they want to do something about it. Let's have a look at what constitutes the ideal lip or the perfect pout...

By Dr. Danielle Meagher

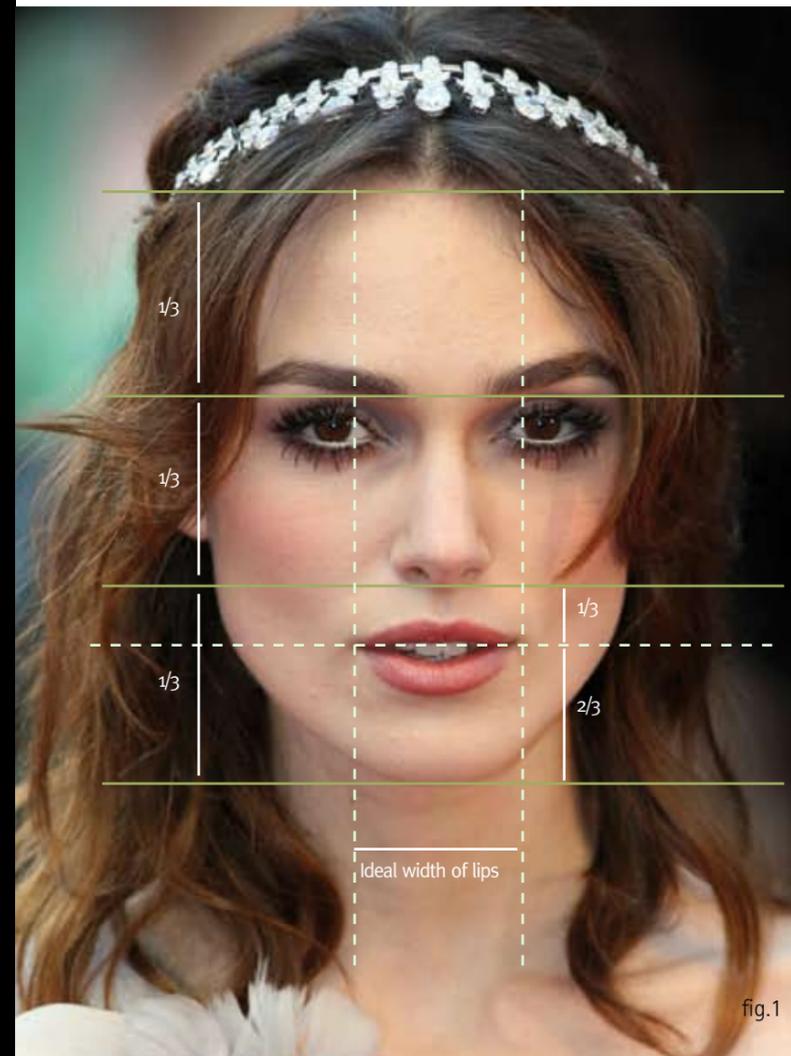


fig.1

The Ideal Lip/ Perfect Pout

In an ideal situation where the balance is favourable, the width of the lips should be equal to the distance between the irises of the eyes. If you divide the distance between the base of the nose and the chin into thirds, then the lips ideally should be about one third of the way between these two anatomical markings (fig.1). The naso-labial angle, the angle between the base of the nose and the top lip should be circa 98.5-99 degrees (fig.2). This is an approximation yet apt for most racial groups. Lip protrusion depends on the depth of soft tissues, lip musculature and the position of your teeth and also the bone structure of the patient. Ideally your upper lip is 2-3 mm in front of your lower lip (fig.3), and normally speaking your lower lip should be bigger than your top lip (fig.4). Now I am not suggesting for one minute that you invest in a geometry set; protractors, rulers and marking pens. I am just setting the scene for what is generally accepted as the aesthetic gold standard in lips. Again, I often stress that lips are by far the trickiest facial aesthetic treatment one can do, and when it comes to lips your cosmetic practitioner either has it or doesn't! When volumising the lips, it is important to balance volume and symmetry while maintaining a natural look. When sculpting lips

it is important that the volume of the upper lip should be less than the lower lip, and both left and right sides of the lip mirror each other. Fillers can achieve ideal balanced lips supporting their natural function, while enhancing their appearance. The use of lip fillers is recommended if you wish to make your lips look more volumised and contoured. Fuller lips are generally regarded as looking healthier, softer and sexier. Also very importantly lip filler used around the edge of the lips can reduce, and often minimise those vertical smoker or ageing lines that extend vertically upwards from the top lip. Lip enhancement eliminates wrinkles, creates happy upturned mouth corners and defines the lip lines.

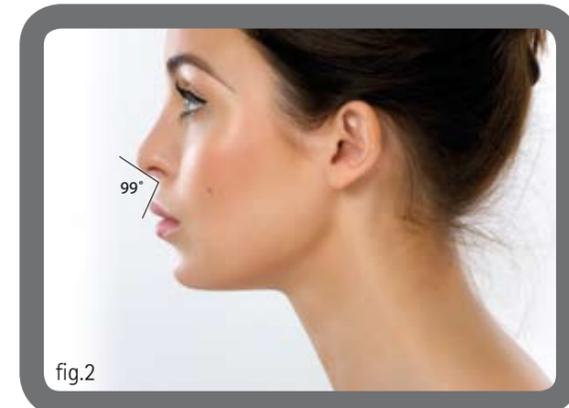


fig.2



fig.3



fig.4