

SPRINGFIELD ENT & FACIAL PLASTIC SURGERY

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INSTRUCTIONS AND INFORMATION FOR LIP AUGMENTATION

We wish your surgical experience to be as positive and free of stress as possible. Please contact our office if you have any concern; all questions are important when it comes to your health.

The lips play an important part with regard to a youthful appearance of the face. They are fuller in younger individuals, with the upper lip ideally projecting outward a little beyond the lower lip. The lower lip is normally slightly greater in vertical height. The aging process produces thinning of the lips with loss of the desirable, "pout." Also, the distance between the upper lip and nose increases, with some subsequent lowering of the lip. Most treatment for lip enhancement focuses upon restoring the youthful fullness, although elevation of a drooping upper lip is helpful.

A number of treatments have become available for lip enhancement over the years. Our office is pleased to offer two procedures – one for temporary enhancement and another for a permanent change for the lips.

Cosmoplast® Lip Injection

Cosmoplast® is a form of injectible collagen. Another material, Zyplast®, has been the most popular form of collagen used for lip enhancement. Since this is of bovine (non-human) origin, some individuals experience allergic reaction and one or two skin tests are required before treatment. Cosmoplast® contains *human* collagen produced in the laboratory, so that no testing is required. It may therefore be used on a *first office visit at the time of initial consultation* with the physician.

This material contains its own local anesthetic and treatment is performed in the office. Injection usually requires about 10 – 15 minutes. Discomfort is fairly minor. Afterward, some swelling or bruising may be noted but this is usually quite minimal. There is no restriction in diet or activity afterward.

Collagen injection is best used when a smaller amount of lip enhancement is desired. It may also be used as a, "test," to see whether a patient likes the look of the fuller lip without having to commit to a permanent change. Some initial *overcorrection* is desired because Cosmoplast® contains water, which is absorbed after injection. Subsequently, the body breaks down the collagen over a period of 3 – 4 months. Treatment would be repeated at this time if desired. A disadvantage of any collagen treatment is that it is temporary. However, if one decides that he or she does not prefer the change, this lack of permanence can be desirable.

Advanta® Lip Implants

Advanta® is a soft, permanent implant made of the same material as Teflon®. It is available in several sizes to offer different amounts of lip enhancement. This type of material has been used in medical applications for many years – both cosmetic and a variety of other types of surgery. Advanta® offers the benefit of a single, permanent treatment plus permits more enhancement of lip fullness than is offered by collagen. It comes in a tubular form with pores to allow one's own tissue to grow into and stabilize the material. Placement of Advanta® is normally performed in the office under local anesthesia. The procedure may also be done in the operating room with either sedation or general anesthesia, although this normally occurs when other aesthetic surgery is

being accomplished. A small incision is made at the end of the lip around the corner of the mouth. The implant is then placed under the border between the lip and adjacent skin. It is placed under the entire length of the upper and / or lower lip in this area. The incisions are then closed with fine suture

Lip Lift

Age, gravity, and some loss of the skeletal support may combine to cause the skin area above the upper lip and beneath the nose to elongate. A small number of patients will benefit from a lip lift to correct a droopy appearance of the upper lip and to help to reestablish a more youthful appearance. Most often, an incision is hidden just underneath the nose and tissue is removed to elevate the upper lip several millimeters. This will sometimes roll up the lip border as well to enhance fullness. Lip lift may be combined with the two enhancement procedures described above

Risks of lip enhancement procedures:

Aesthetic lip surgery is generally well-tolerated, not very uncomfortable, and allows a quick return to normal school and work activity. However, even the most minor procedures can carry the possibility of infection, bleeding, reaction to anesthesia or medications, and even death. Some of these possible risks include:

- **Unfavorable healing** - Or even scarring.
- **Asymmetry** – Some difference from one side to the other is present in everyone. Normally, one's own asymmetry goes unnoticed until something such as surgery draws attention and scrutiny to an area. *Some* difference from one side to the other will exist before any procedures and should be expected afterward.
- **Numbness** – may occur in the lip and should be temporary. This is unusual.
- **Infection** – May occur with any surgery and some increased risk occurs with implantation of foreign material. This is not common.
- **Reaction** - To implanted material.

What to expect after surgery:

- **Pain** - Usually mild and may be treated with Tylenol® (acetaminophen), Motrin® (ibuprofen), or similar medication. A stronger medication may be prescribed for Advanta® enhancement.
- **Swelling** –
 - Cool or iced compresses help reduce this in the first 24 hours.
 - Steroid pills may be prescribed to reduce swelling.
- **Bleeding** - Uncommon and would be a very small amount
- **Drainage** – Very minimal drainage may occur at incision sites. Persistent drainage, increasing pain, or fever suggests infection. Contact our office if concern exists regarding this.
- **Diet** - Normal diet - no restrictions after these procedures.
- **Texture** – One will be able to feel the implant afterward but it should not create as bothersome consistency.
- **Wound care** – apply antibiotic ointment to incisions 4 times daily for 1 week.

Thank you again for the opportunity to participate in your health care! Please let us know how we may make your surgical experience more pleasant.

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