

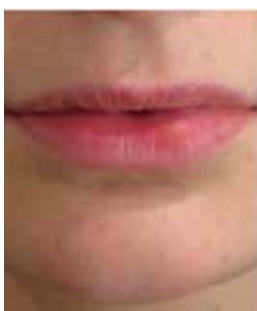


# Everything you wanted to know about LIP FILLERS, but were afraid to ask.

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Whilst there's no doubt that a full pout is considered sexy and desirable, a "full-time" pout is a dead giveaway for over-injections. Whether you're worried about fine lines around the lips, dehydration or want to regain a little more volume, there's a filler of choice that can be tailored to your needs, to create beautiful and natural-looking results.

According to the British Association of Aesthetic Plastic Surgeons (BAAPS), 2015, 'tweaked, not tucked' appears to have become the new aesthetic ideal with patients seeking more subtle, understated cosmetic procedures with minimal downtime. The aim is for a more refreshed look rather than looking 'done'.



Here are 8 steps to guide to through your lip filler journey:

**Ideal lip proportions:**

The Golden Ratio for ideal lips is 1:1.6 with the lower lip being 1.6x fuller than the upper lip. Keeping within these mathematical proportions help create beautiful and natural-looking results. Bigger is not necessarily better.

**Hyaluronic Acid (HA):**

Is the best injectable product for your lips. Being temporary, it will naturally dissipate with time. HA is a naturally occurring sugar molecule with unique water-loving properties found in the dermal layers of the skin providing moisture and hydration.

**Is there downtime?**

Treatment can take up to 15 minutes. I advise patients not to consume alcohol, or exercise on the day of treatment as this may cause unwanted bruising and swelling. Daily activities can be resumed afterwards.

**Are the results immediate?**

Yes, and continuously improve as HA gel slowly break down and bind more water over time giving smooth, plump and hydrated lips.

**Will they feel unnatural?**

When done correctly and gradually using the correct product, together with the right technique, lip fillers will feel like they belong to you.

**Do the injections hurt?**

The latest dermal fillers contain lidocaine, an anaesthetic within the product, and we use the finest needles. Topical anaesthetic cream can also be applied 30 minutes prior to treatment, all of which make treatment relatively painless.

**What happens to the filler eventually?**

The benefit of HA fillers are their reversibility. Our bodies produce an enzyme called hyaluronidase, which naturally breaks down our own HA daily. Depending on the type of HA filler used, results can last up to 1 year.

**Qualified practitioner:**

Finding a qualified practitioner is vital to ensuring a safe treatment. Knowledge of anatomy and technical delivery is crucial but most important is your actual consultation, facial assessment and mutually agreed treatment plan.

We would like to invite all Riverside Journal readers to have a complimentary VISIA skin analysis and lip filler consultation. Please quote 'RIVERSIDE JOURNALS' when booking.

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Case Study: Before and immediately after lip fillers with Juvederm® Vycross®: