

Let's talk about lips: Pucker Up!

Presented by River Region Facial Plastics



Dr. Michael Bowman

Hello, This is Dr. Michael Bowman with River Region Facial Plastics.

I wrote this column just a few days after Valentines Day, and so there

has been a lot of romantic information out there to peruse. CNN had an article which reported that kissing can help you reduce your blood pressure, get rid of headaches, and increase your "happy hormones" to name just a few of the benefits.

When thinking about kissing, you have to think about lips. I am frequently asked about the best way to rejuvenate the lips and area around the mouth. Although it may seem like one area to you, I actually subdivide that lower portion of the face into several different areas to help me get the best results from all my products and rejuvenation techniques.

First, there are the nasolabial folds, the creases that extend from the corners of the nose towards the corners of the mouth. These folds can be easily diminished with a filler like Juvederm® or Restylane®. These products work very well, but I find that many people overemphasize the importance of these folds, so don't be too surprised if I focus your attention on other parts of your face first.

The vertical lines above the lip have been a challenge to deal with in the past; however, I have some great new products and techniques that are proving excellent at addressing this area!

I was recently appointed as a physician trainer for Galderma, the maker of Restylane®, Sculptra® and Dysport®. As a result of my faculty status, I've been one of the first in the state to get experience with Galderma's newest product called Restylane® Silk. I, along with many of my colleagues, am very happy to see that this product has finally been FDA



approved in the United States, as our colleagues in Canada and Europe have had this same product for over 10 years. Therefore, we know it is a very safe and dependable product.

Restylane® Silk is in the basic family of hyaluronic acid (HA) fillers like Restylane® L, Perlane®, Juvederm® and Voluma®. It is unique in terms of its small and

fine particle size, hence the name "Silk." It is indeed very smooth, and it does a remarkable job of addressing those fine lines around mouth.

The same product is called "Restylane® Fine Lines" in Canada where it has a 10+ year track record. While it is new to the US, this is a tried and true product.

Restylane® Silk excels in correcting the vertical fine lines that emanate from the lips. It is also great for adding volume to the lips themselves. For people with more severe lines around the mouth, a drop of Botox® Cosmetic or Dysport® will help soften even the most severe of those lines. Juvederm® Ultra Plus is

thicker than Restylane® Silk, and so it is great for adding volume to the lips and helping to correct the downward turn of the mouth that sometimes creeps in with age.

The great news about all these techniques and products is that a beautiful but subtle enhancement can be done in 20 minutes or so. I also use a dental block technique to ensure that the procedure itself is just about painless.

Afterwards, there is very rarely any bruising, and swelling isn't too severe, and usually lasts less than 24 hours.

Finally, I have to address one of the biggest universal concerns with lip rejuvenation. Of course I am writing about the dreaded "Real Housewives" look. If you watch TV or look at magazine covers in the grocery store, you've probably seen a pair of over-done lips. If the look of those lips scares you... that is precisely the reason you should come visit River Region Facial Plastics for your facial rejuvenation. Proper technique, knowledge of facial anatomy, and an artist's eye for what looks natural will keep your lips looking fresh, beautiful, and most importantly, natural.

I certainly hope your Valentines Day was full of sweet kisses from your Valentine of choice. Remember to "Do Something Beautiful!" Come by to see what we can do to help make your lips look their best.

Yours in good health,
Michael Bowman

Restylane
Silk

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when you submit a question for our column and we answer it (One treatment area only)
Submit your question today to RiverRegionFacialPlastics@gmail.com