

## Lip augmentation and reduction surgically    Helena Singerova M. D.

These are lip size adjustments by the surgical method. There are a number of other so-called **mini-invasive methods** available for lip augmentation nowadays - usually by injection of various macromolecular long-term absorbable substances, or implant placement. Their disadvantage is that they are gradually absorbed and the effect disappears, or they may be disturbing emotionally and visually in the lip. With the surgical method, the effect is long-lasting. The scars on the inside of the lip heal well and are not visible, but because it is a method of moving the mucous membrane of the lip, the degree of lip augmentation is limited by this possible movement. If it is a requirement to reduce lips, the surgical method is the only possible choice. The shape and size of the lips are not only inherited, but they are affected even with long-term accustomed facial expressions and the gradual weakening of the skin and soft facial structures in the context of aging.



### When and how lips are operated on

If the upper lip is narrow and the distance between the upper lip and the nasal septum is longer, then the so-called **Bullhorn lip lift** operation can be chosen, see photo 1. If the mouth corners are "fallen", the so-called **corner lip lift** can also be performed separately or together with the Bullhorn lift, see photo 2.

3. The third option is to enlarge the upper or lower lip using the so-called **W-Y lip augmentation** method. With this lip augmentation, we do not interfere to the red lips, but only into the mucosa. This will avoid scars on the lip, which would be conspicuous and visible. It does not interfere with the muscle of the lip, so as not to limit facial expressions. During surgical lip augmentation the mucosa moves forward, to make the lip red more arched and more pronounced.

During surgical reduction of the lips, the necessary part of the mucosa is removed, this reduces the lips and they are not so wide. As this is not a very burdensome operation, it is possible to operate at any time in adulthood after stabilization of facial growth after the age of 18.

### Plastic surgery of the lips - description of the procedure

First, the excess skin is drawn, see Photos 1. and 2., which is removed after application of the local anaesthetic, electrocoagulation stops the bleeding of small blood vessels and the skin is sutured with non-absorbable stitches. Scars are covered by special strips

of patch. 3. For lip enlargement is marked serrated cut, releasing beams of mucosa and shift (the so-called W-Y). Then the mucous membrane sutured with absorbable or non-absorbable sutures. If the surgery lip is done under local anaesthetic, hospitalization after surgery is not necessary and the patient can be discharged to home care.

## **The postoperative process**

Lips after surgery are quite considerably swell, so we particularly recommend first to third postoperative days carefully put cold compresses. It is necessary to ensure increased oral hygiene after eating rinse mouth mouthwash, cleaning teeth must be very careful to avoid injury healing tissue. Especially in the first week after surgery lips we do not recommend sharp spicy foods you should eat more soft foods. When used in plastic surgery lips non-absorbable sutures, sutures are removed usually 7 to 10 days after the surgery, absorbable sutures are gradually eliminated. They have minimal swelling in this period and gradually returns mimics lips limited swelling. May be temporarily reduced sensitivity of the mucous membrane of the lips, which gradually adjusts within a few weeks.

## **Complications- enlarge lips**

Given that the ability to heal lip mucosa is very good, are not usually self-healing problems. With careful massaging the scars in the postoperative period are gradually soften the scars and are not usually problems with them. Lips are only composed of soft tissue, and therefore even relatively small scar hypertrophy or a tension can cause pulling or bowing mucosa, which may be visible. If this persists after 4-6 months after plastic surgery lips, it is possible to perform corrective surgery during which the tension is released scars and smooth contour lip as equals. But it occurs very rare.