

## Enhancing the appearance of the upper lip

As you age, your upper lip may lose volume, become longer, and cover the upper teeth. By getting lip-lift surgery, you can reduce the distance between the base of your nose and your lip, increase the fullness of the upper lip, and reveal more of your upper teeth. This procedure can accomplish more than lip fillers, which may increase the fullness of the lips, but limit the visibility of the teeth.

An upper-lip lift is done in one of several ways. Each method typically utilizes an incision that is made underneath the nose to lift the lip up:

- **The gull-wing lip lift:** This surgical technique helps accentuate the coloring of the lips by removing skin and other tissues directly under the nose. This incision removes tissue and alters the shape of the lip by moving up the red portion of the lip and increasing lip fullness.
- **Subnasal lip lift:** Also known as a bullhorn lip lift, this procedure removes a smaller amount of tissue from under the base of the nose. The skin is then raised and sutured, lifting the lip to expose more of the red portion of the upper lip.
- **Corner lip lift:** If the outer corners of your lips turn down, this procedure can provide improvement. Incisions are made on the edge of the upper, outer-lip. Triangles of tissue are then removed to turn the lips up. This same technique can also be applied to the groove beneath the lower lip for cases in which the groove is overly deep and prominent.

## Planning and recovery

### What to expect

When you meet your surgeon, the two of you will discuss in detail your concerns, anticipated results, and how the procedure will be performed.

Your lip-lift procedure can be performed either in your surgeon's office under local anesthesia or it can be done in a procedure unit under sedation or general anesthesia.

### Recovery after surgery

Sutures are generally removed five days following your surgery. You should expect your lips to swell for one to two weeks. It is not uncommon for the lip-lift incisions to take about six to eight weeks to begin to look good. You may also experience tightness in the affected area for two to four months.

You should expect long-lasting results from your lip lift. Follow-up consultations with your surgeon should help ensure optimum results.