

## Lip Rejuvenation Filling and Lifting Lip Enhancement Surgical and Non-Surgical Procedures

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### Abstract

Nowadays, women and men crave fuller looking lips. Recent rise in popularity of aesthetic procedure today includes lip rejuvenation. There are diversity of techniques and modifications for surgical and non-surgical lip enhancement described in literature. But not single method is being considered optimum. As a dentist who practice cosmetic dentistry on a daily basis our mission is to advise, educate and inform patients who are looking for a younger look to be aware of all techniques and alternatives, advantages and consequences to "rejuvenate" the lower third of the face, which are included in dentistry and dermatology treatments (Figure 1).



**Figure 1:** Lip Rejuvenation FILLING and LIFTING LIP ENCHANCEMENT Surgical and Non-Surgical Procedures.

**Keywords:** *Ylang-Ylang; Cananga odorata; Aroma*

### Introduction

In the past cosmetic procedures to rejuvenate or improve people's appearance were only accessible to celebrities and those who could afford them Facial aging is almost always accompanied by perioral hard and soft tissue changes, appearance of wrinkles, flabby skin, loss and worn teeth, thus the lower third of the face and lips lose volume and contour. Nowadays, even young beautiful women undergo surgical procedures to change their appearance.

The teeth and jaw are the 'frame' of our face. Looking at the upper half of the face, does not necessarily determines how old someone is, but looking at the lower third of the face can really tell someone's age. This is a reason why cosmetic dentistry and aesthetic dermatology work great approaching holistically [1,2].

Clearly cosmetic dental treatments can be costly and involve much downtime as aesthetic treatments do, but the end-result can be more long-lasting and subtle, and dental treatments can even preserve overall health [3]. So, all alternatives should be discussed before any decision is made.

Methods of lip enhancement work with the same basic principles as many other cosmetic treatments. The lower structure is increased to change the appearance of the surface [4]. Naturally the teeth give support to the lips; in a restorative procedure, increasing only microns to middle and incisal thirds of the central and lateral incisors would project the lips significantly, making them to look fuller and with more volume [5,6].

A lip improvement can make a subtle or profound difference, depending on how much the teeth change. A restorative dentist will be able to control the amount of enhancement to produce thicker lips, without over-generating dental contours [7,8]; Following the minimally invasive dentistry protocols, where the wear of the natural tooth will be minimal or nil and on the critical and epicritical surfaces, such as the marginal terminations and integrity margins will not be structurally or negatively affected by restoration structure, nor by any cementing material [9].

A lip enhancement can be achieved in a dental treatment too. It can be done in four ways: 1. By changing the shape of the buccal dental arch of the teeth through orthodontics, this procedure will take a relatively long time, but depending on the case it may be the most appropriate. 2. Changing the shape of incisors with restorative treatments such as ceramic contact lenses and ceramic veneers. 3. Complete oral rehabilitation for full mouth restorations. 4. Restoring loss of vertical dimension.

For these reasons, dentists often suggest making ceramic veneers or lenses unless the tooth has large structural loss. In some cases, the combination of crowns, veneers and lenses is necessary to obtain the best results. Both the crowns and the laminates can make the teeth look more harmonic, restore darkened teeth to their natural white color and at the same time provide better lip support. Naturally thin or age-thinned lips can be complemented with these restorative procedures creating lips with more volume and better appearance [10-12].

If we compare combined treatments to improve the harmonic and dental appearance along with the volumetric enhancement of lips, I must emphasize that improvement of lips with dermal fillers by injection of collagen or hyaluronic acid generally last three to six months [13]. In addition, there are some adverse side effects, sometimes irreversible such as deformation of the vermilion of the lips, activation of the herpes simplex virus, formation of nodules, granulomas, migration of product to other areas of the face, cutaneous necrosis, and asymmetries among others. Surgical procedures describe below also enhance and rejuvenate the lower third of the face.

We dentist, who focus on oral health, dedicate our work to the architecture, beauty, and dental harmony of mouth, taking into consideration that the lips play a huge role in framing the smile. Therefore, we must seek safe and effective methods that minimize adverse effects to improve aesthetics of the lower third of the visage of our patients.

### Pathophysiology of young lips

#### In repose position

- Rhomboid shape across the edges of the vermilion.
- Smooth 'M' shape formed from outline of the upper lip that has two peaks that correspond to the ridges of the philtrum
- The contour of the lower lip forms a 'W', the two peaks of which are slightly wider than the peaks of the upper lip.
- The central line between both lips forms another 'M' that is less pronounced than the edge of the upper vermilion.

#### On balanced lips

- The upper lip is always narrower than the lower lip.
- In the midline the height of the upper lip is approximately 7 mm and in the lower lip is 10 / 11 mm.
- Young and attractive appearance of lips is given by the natural shape of M,W,M of waved contour of upper, union and lower lip.

### Pathophysiology of aging effect

- Lips lose tone.
- Rough surface.
- Discolored lips.
- Dehydrated dermis.
- Uneven middle lip line.
- Corners become ptotic.
- Depigmented lip contour line.
- Emergence of vertical lines on the lips.
- Flattening of undulation of lip contour.
- Lips lose volume and become narrower.
- Lips get inverted (inward rotation) or reversed (outward rotation).
- There are changes in the skin around the lips that show the signs of aging in the form of wrinkles.

Teeth and lips are the most predominant features of the face, they can reflect our emotions, and can make you look happy or sad [14]. Nowadays cosmetic dentistry and lip aesthetic surgery offer patients a radical way to rejuvenate the lower third of the face and therefore reduce the natural effect of aging. There are a variety of optional techniques and procedures to improve lip volume and contour, hence improve appearance [15].

### Lip fillers

#### Lip fillers

Lip fillers are a series of injections of collagen or hyaluronic acid that shape and plump lips. Lip fillers are only a semi-permanent solution [16,17]. These injections are applied to the vermillion border and in the red middle area of lips. Lip fillers are based on infiltrations of different substances that provide volume and hydration to the lip area, improving its appearance, texturing, and shaping them. Two types of infiltrations are used, depending on the needs or requests of each patient [18].

### Lip implants

Lip implants are one of the permanent options available for lip augmentation and a great alternative to temporary filling. A tunnel in the lip is made, then the implant is clutched and pulled into the lip tunnel. [19]. The implant is placed below the lip fat and over lip muscles [20,21]. After implants are in a good position, incisions are closed with absorbable sutures. If lip implants are not implanted to a reasonable depth, the lip can show a whitish discoloration or a stiffness that is not well tolerated by the patient.

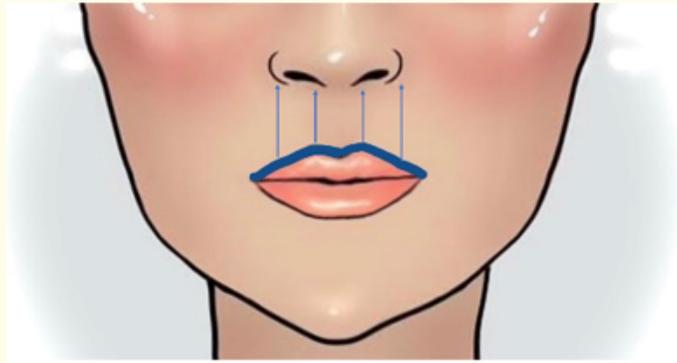
### Fat grafting

Use of own fat for lip augmentation, or autologous fat lip augmentation [22,23]. Fat tissue is transferred (usually from abdomen, around belly or from around knee), to the lip. This procedure is performed under local anesthesia. This treatment usually reabsorbs 2/3 thirds of the amount injected. There are some controversies regarding its effective effect.

### Tissue grafting

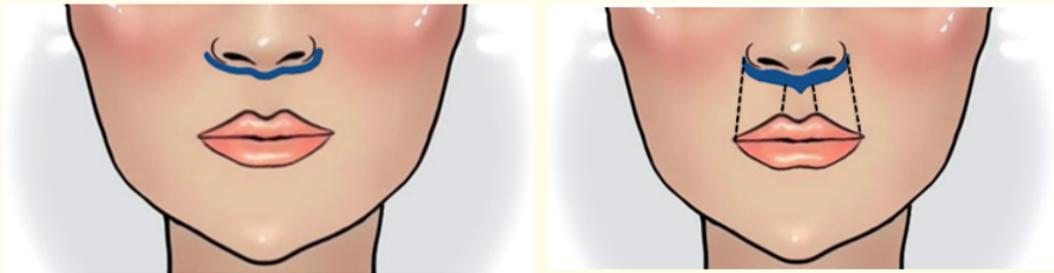
Another type of autologous lip augmentation that is used in combination with fat injection. A piece of own skin (dermis) from the lower stomach or from a facelift area is used. [20] [24]. This dermis is rolled then inserted into the lips. This procedure can be performed under local anesthesia. The shape and volume achieved can last two years or more.

### Lip lifting



**Figure 2:** Labial lifting.

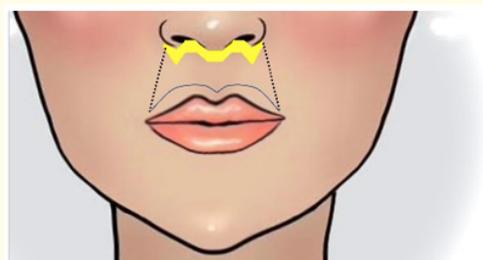
Lip lift, enlargement of the vertical height of the red lip (lip surface), increasing lip width by advancing the vermilion border superiorly towards the cutaneous portion of the white upper lip contour, resecting a portion of the white lip around the superior vermilion margin, then the lip skin is repositioned, and the mucosa is advanced as if it were a flap to the new position of the vermilion border [24].



**Figure 3:** Subnasale lift.

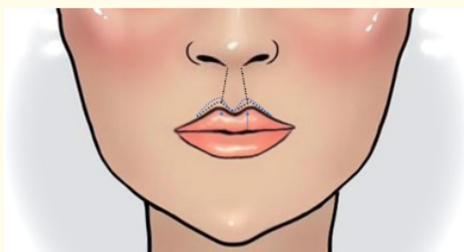
Effective technique in patients who have an excessive length of the cutaneous portion of the lip. This procedure is performed to increase the vertical height of the central portion of the upper red lip and decrease skin length from upper lip to base of nose, it also increases lip width by advancing the vermilion border superiorly towards the cutaneous portion of the nose's base [25,26].

The treatment is recommended in patients with a broad base of the nose, a flat philtrum, a horizontal component of the vermilion of the flat upper lip, and with a pronounced anatomy of the nostrils. A regular width ratio between the base of the nose and the lip should be 1:2, in the case of nasal base is narrower (ratio up to 1:3), this technique should be discarded. It is important that the nostrils be large because this allows camouflage the incision forming a natural bond between two flaps [27].



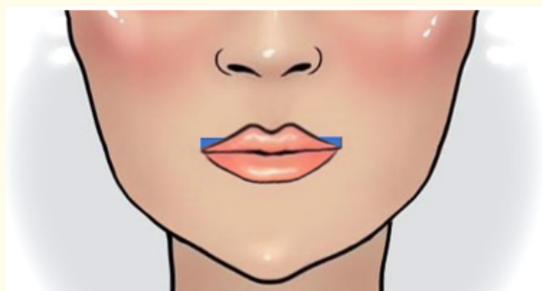
**Figure 4:** Endonasal Lip Lifting.

Given the shortcomings of current methods to shorten the cutaneous upper lip, it's a modified sub nasal lip lift with endonasal flaps. Ideal surgical candidates are adults with tall philtra, negligible dental exhibition, and no anatomic maxillary abnormalities. [28]. Benefits of this procedure include improve scar appearance, enhance pout manifestation, absence of tension in visible areas, minimal scar migration, amplify dental display and increase vermilion display [29].



**Figure 5:** Flap by Inward and Forward Advancement.

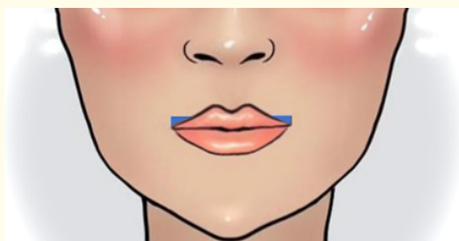
Flaps with 'V' and 'Y' shape are performed on the inner part of both lips. The volume of the lip is moved inside out. This procedure is very predictable but unfortunately leaves multiple internal scars and the definition of the inter-labial line become very demarcated [30].



**Figure 6:** Corner Mouth Lifting.

This technique recuperates the permanent frown expression caused by aging, where corners of the mouth turn-down. Inversed commissures can be corrected by performing incisions on the side of the mouth which place the mouth's corners in a more attractive position [31].

The protocol involves triangular excision of the corner's mouth and an incision of the commissures that relocate the lateral labial vermilions in order to lift up the corners of the mouth. The Orbicularis muscle of the mouth must be dissected to release tension [32]. This procedure ads an aesthetic pleasing youthful mouth appearance. This treatment uses very fine sutures and it's performed under local anesthesia.



**Figure 7:** Bullhorn Lip Lift.

During this procedure, an incision in the shape of a bullhorn is made beneath the nose. A tiny band of skin and tissue is removed, the muscle is tightened, and the upper lip is raised up to a new position. [33]; the scar is practically imperceptible because it is hidden in the curves of the nose.

### Conclusions

In order to alter facial features, which includes teeth and adjacent structures, particularly in cosmetic treatments, it is paramount that practitioners know techniques, methods and its modifications thoroughly, understand, educate and advice patients of all available alternatives to rejuvenate their faces.

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