



**ABSOLUTE**  
COSMETIC MEDICINE

## LIP LIFT INFORMATION

### WHAT IS A LIP LIFT?

The Lip Lift shortens the skin between the upper lip and the nose which raises the vermilion border (the edges of the lips) and may also define the cupid's bow. This can lead to the lips looking more enhanced, less heavy and giving the appearance of added volume. Due to recent advancements and revision of the incision placement, the procedure has become much more consistent and natural looking.

There is an 'ideal' measurement to the philtrum (skin between the nose and lip); from 11mm to 13mm for women and 13mm to 15mm for men. Every decade the philtrum can increase in size up to 3mm due to the loss of collagen and lengthening of soft tissue.

There are typically two types of patients who are interested in the surgical Lip Lift. Older patients are often frustrated with the elongation of the philtrum and often have this procedure at the same time as other procedures such as a Mini Face Lift or a Blepharoplasty. Younger patients who are interested in the Lip Lift are typically looking for a more dramatic or permanent result than lip filler can give. There is only so much that Dermal Filler and Wrinkle Relaxer can achieve to flip out the upper lip. These younger patients are often interested in pairing this procedure with a fat transfer to the lips for more permanent fullness.

### DOES IT HURT & WHAT IS THE DOWNTIME?

At **Absolute Cosmetic**, we provide patient focused care with minimal discomfort so most of our patients will have their procedure carried out under sedation. It is normal to expect minimal discomfort and potentially some bruising for the first few days post-op. The sutures are removed 5 days post-op and normal activities can then be resumed. Some swelling and bruising may still be present at this point. The patient will find their mouth movement limited for two weeks and because of its location it may hurt to speak and laugh during this time also. There is to be no massage or other pressure to the mouth for one month post-op. Most patients are able to return to work after the sutures are removed at day 5-10 post-op.

### PREPARING FOR YOUR PROCEDURE

Make arrangements for someone to drive you to and from your procedure. The medications and experience will make you drowsy and dizzy, thereby it is against our policy to allow patients to drive after sedation.

### THE ROAD TO RECOVERY

This procedure will cause swelling and possibly bruising. The area will be sore, puffy and possibly discoloured from the minor inoperative bleeding (i.e bruising). You are told not to make exaggerated facial expressions, massage the mouth, rub the mouth in any way and not to sleep on the face or disturb the area while recovering.

### WHY CHOOSE ABSOLUTE COSMETIC FOR YOUR LIP LIFT PROCEDURE?

Absolute Cosmetic has over 20 years of full-time experience in Cosmetic Medicine and was one of the first full time cosmetic clinics in WA. We offer a full range of surgical and non-surgical rejuvenation options to help ensure that we can suit your needs.

Our Doctors are highly experienced - Dr Glenn Murray has over 20 years of full-time experience in cosmetic medicine. We are Health Department licensed and fully insured to perform this procedure.

Any surgical or invasive procedure carries risks. Before proceeding you should seek a second opinion from an appropriately qualified practitioner.