



Michael S. Kluska,
D.O., F.A.A.C.S., F.A.C.O.S.



Joseph Niamtu III,
D.M.D., F.A.A.C.S.

What's
a
liplift?

Dr. Niamtu:

While the most common lip augmentation procedures

include injectable fillers and lip implants, many patients don't know about the subcutaneous, or "subnasal," liplift. This is a procedure during which excess skin and muscle are removed from the upper lip, just under the nose. It is done for two reasons: first, to shorten the aging lip, and secondly, to roll out the upper lip to provide pout.

When we're young, we tend to have shorter, fuller and more pouty lips. As we age, the lip elongates and loses volume and pout. In addition, upper-lip excess can cover the front teeth in some patients, giving them a "denture smile," in which the teeth are hidden while speaking and smiling. A surgically shortened lip can provide a more

youthful and cosmetic show of teeth.

This procedure is most commonly performed on patients with an excessively long upper lip from heredity or aging. The lip must be at least 18 mm long from the bottom of the nose for the patient to be a candidate for this procedure.

This procedure takes about 30 minutes and can be performed with local anesthesia or IV sedation if the patient wishes. When the procedure is performed correctly, the area heals in about seven to 10 days, and by 30 days, the scar is usually hardly perceptible.

My skin is sagging. Do I need a lift?

Dr. Kluska:

Traditionally, sagging facial skin has been corrected with a brow-, face- and necklift. Along with that comes a three-

to six-hour trip to the OR and a recovery time of at least two to three weeks. Today, surgeons are trying to restore lost volume, which is partly the cause of sagging skin. The result is a more youthful appearance with less downtime.

The most common ways to restore facial volume have involved using the patient's own fat (fat grafting) or placing synthetic implants into the face. But today's plastic surgeons have a multitude of options for improving facial aesthetics without using a scalpel. Based on the underlying origin of the wrinkle, surgeons can use patients' own fat, Botox, Restylane, Juvéderm, Sculptra or Radiesse to improve these areas.

In addition to injectables, lasers can be used to soften surface lines. They can be used alone or in conjunction with fillers. Laser rejuve-

nation of the face can be accomplished in the physician's office, usually in under an hour. Often, the patient can return to daily activities with no downtime.

Surgical correction may also be an option. Less-invasive facelift procedures that produce similar results to those of traditional facelifts are available. These "mini" lifts take about two hours, are outpatient procedures, involve only a short incision in front of the ear, and require about five to seven days for complete recovery. ❗



For more Q&As with the ITK doctors, or to submit your own question, go to www.itkbeauty.com/askthedoctor