

# Peri-oral rejuvenation perfected

Tracey Bell explores all aspects of lip enhancement and demonstrates some examples of such procedures

Undisputedly the mouth is the most sensual part of the face. With it we eat, communicate and display expressions of affection enveloping the functions of our lips, teeth and tongue. Neglect compounded with the natural effects of aging however sometimes prematurely deteriorates the youthful intoxicating beauty of one's smile.

Historically, aesthetic attempts to restore the perfect smile have to some degree been futile as the end result has often resembled something more like an ostentatious conceptual clone of the physician's portfolio of patients rather than a series of subtle customised cosmetic enhancement procedures. In the end a consumer looked like an artificial android with neglected teeth transformed into massive Chicklet veneers coupled with oversized lips crammed with collagen fillers, and over stretched face lifts with poor complexion quality; all over the top, all overdone and anything but natural!

It has been this series of events that has inspired me to exact my peri-oral rejuvenation procedures and to create what I refer to as a reinvention of the perfect smile, which is a customised, 360 degree rejuvenation program to meet the unique demands of the consumer. As a proactive response to the evolution of this challenge I spearheaded the Designer Dentistry division of my practice into overdrive and re-sourced multiple medical aesthetic and cosmetic enhancement procedures from global conceptualisations.

## In the beginning

It all initiates with my clinical understanding that the teeth are the internal support system as well as the foundation of the face in sync with



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my interest in medical aesthetics. As a chain is only as strong as its weakest link, a smile can only be as good as the adornment of its well-groomed teeth. Beyond its visual impact, poor oral health has a direct correlation and can be linked to diseases ranging from heart disease to cancer and it is my personal theory some forms of acne. Additionally a poorly structured set of teeth means a poorly structured smile hence premature aging.

## Secondary solutions

After setting the structural issues to rest the next line of defence is to resolve peri oral issues with non surgical solutions. The immediate non surgical solutions I suggest are injectables which include but are not limited to Botox and fillers because they will provide the patient more or less with rapid results gratification.

### Botox (Botulinim Toxin Type A)

Botox is one of the most common non-surgical procedures with a reported one million injections administered in the UK last year. As we age our expression of laughter and fine lines can appear more definitive around in between the eyes, on the forehead and around the mouth. Botox contains a substance which inhibits the facial muscle actions, thereby decreasing the brow and forehead furrowing, wrinkling and creasing of the skin around the eyes while lifting the corners of a drooping mouth. These areas become 'at rest' and hence the lines diminish and disappear temporarily. The full effect of the injections takes up to nine to eleven days and lasts up to three to four months. The treatment takes up to ten minutes to administer and no anaesthesia is required.

### Fillers-temporary and semi permanent

Time diminishes our skin's elasticity and collagen production slows down whilst the face loses volume as well as its youthful plumpness. The nasolabial are the lines which come from the base of the nose and go down towards the mouth, sometimes these can appear deeper with age from smiling and a loss of volume or they can be a naturally deep characteristic. The marionette lines are the ones which extend down from the corners of the lips and can give



Figure 1: Restylane Injector lower face



Figure 2: Before Restylane lip



Figure 3: After Restylane lip

the appearance of a downturned mouth these are due to skin losing elasticity, ageing and sun damage. Dermal fillers such as Restylane, Restylane Perlane, Juvederm, Hylaform and Evolence are excellent in the softening out of these deep folds and creases, with just a few simple injections the overall look can be enhanced beautifully, the jaw line is re-defined, the lips plumped, the upper and lower face can appear lifted and re-contoured. These are primarily formulated of hyaluronic acid, a natural protein found within the body with results lasting between three to six months or more.

Restylane Vital and the newly launched Restylane Vital Light injector pen is excellent



Figure 4: Lisa before IPL and Restylane lipp



Figure 5: Lisa after IPL and Restylane Lip

to use for retexturing and reconditioning the areas of skin around the mouth and lower face and diminishing the 'crêpey' look. Restylane Vital Light is a newly formulated, less concentrated hyaluronic acid gel specifically designed for use in more sensitive skin areas.

On the other hand, the semi-permanent filler options comprise of Sculptra and SubQ. These may require more than one treatment to optimise fuller and longer lasting results for up to two years. Sculptra is principally developed to facilitate the body to 'fill-in' the lines, wrinkles as well as depressions which occurs part of the aging process. Sculptra fosters the body to stimulate its own production of collagen within the target area, making the skin appear smoother and firmer. The poly-L-lactic acid in Sculptra is biocompatible and biodegradable and especially ideal for replacing lost volume, deep folds and wrinkles, scars, volume defects, contour enhancement.

## Refine the lines-the new generation of laser skin re-surfacing technologies

### Non-ablative, ablative and fractional rejuvenation

The new generation of laser resurfacing technologies remove the upper layers of skin via target tissue vaporisation while harnessing photodynamic energy to smooth out fine lines and wrinkles, revise scars or to treat irregular skin pigmentation and for my favourite to refine the vermillion of the lips. The most conventional are either non ablative (mild) or ablative (deep) applications within the Erbium Yag family of lasers that is a 2940 wavelength on the infrared or invisible side of the light spectrum. My approved arsenals of lasers include the Whisper Extended Ablation Laser Peel, the Harmony Erbium Yag Laser and the Pixel.

The Whisper Peel technology is specifically indicated for pitted acne and keloid scarring,

lines and wrinkles, mild hyper pigmentation, and collagen remodelling for natural skin rejuvenation. It is equivocal to 12 microdermabrasions per treatment delivered with micro precision and control for superior results. It requires three to five sessions over a three to five month period for optimum results but can also be accomplished as a 'tween time' beauty boost as well. The patient can expect anywhere from three to five days of downtime for an intensive 'arctic' peel or no downtime for a lunchtime express rejuvenating 'LitePeel'. Full facial treatments or local region sessions are available accomplished with no discomfort and if applied properly may be used directly on the lips.

You can however, dare to go deeper with the 'rapid results' Harmony Erbium Yag Laser. The Harmony is indicated for the same conditions on more severe cases. The treatments can take between 30 minutes (regional areas) to an hour (full face) and the recovery time is five to ten days.

### Pixel photo rejuvenation

The Pixel is a safe and effective treatment for fractional ablative skin resurfacing on the face, neck, chest, arms and hands. Designed to treat aged and photo damaged skin, to improve the quality, appearance and texture of the complexion while it stimulates collagen regeneration. The skin around the treatment area feels firmer and tighter with a smoother surface texture. It is premised on micro beam technology and is intended as a gradual process protocol that happens over several treatments. Approximately three to five treatments are recommended at bi weekly intervals and take around 45 minutes with no recovery time.

### Broad Spectrum Photodynamic Therapy

This harnesses light energy from the visible light spectrum which includes wavelengths of



Figure 6: lynn before close up lips



Figure 7: lynn after close up lips



Figure 8: Restylane lipp close up

400-1200 nanometres. These Intense Pulsed Light devices (IPL) channel the desired light energy via the use of a specially constructed xenon flash lamp coupled with focusing optics. Applications may be indicated for rosacea, port wine stain and acne clearance treatments, micro/thread vein removal, skin tightening, hyperpigmentation, and more.

### Chemical peels

Chemical peels give an almost instantaneous improvement in the skins appearance, as the dead skin cells are removed and new skin regeneration is stimulated. They can be light (non-ablative) or deep (ablative) with the intensity indicated and customised according to the particular patient's goals. A light chemical peel will remove the superficial upper layers of the skin without downtime while aggressive treatments may require greater degrees of recovery. My peels are proprietary formulas



Figure 9: Caroline before 1



Figure 10: Caroline before front peri-oral.



Figure 11: Caroline before lips front



Figure 12: Caroline Mouth before



Figure 13: Caroline Side before



Figure 14: Caroline being injected with Restylane Vital



Figure 15: Caroline being injected with restylane vital 2



Figure 16: Caroline being injected with Restylane Vital 3



Figure 17: Caroline after peri-oral rejuvenation



Figure 18: Caroline side mouth after



Figure 19: Caroline after 2



Figure 20: Caroline after Vital light



Figure 21: Caroline front peri-oral after Restylane Vital



Figure 22: Restylane Injector Pen



Figure 23: Pauline before Smile makeover and peri-oral rejuvenation



Figure 24: Pauline side profile before treat



Figure 25: Pauline Side profile before



Figure 26: Pauline right profile before treatments



Figure 27: Pauline before peri-oral treatment marked up



designed for controlled delivery for a couture customised effect to maximise results while minimizing downtime. Peel solutions include retinoic acid, low concentration TCA, glycolics as well as the innovative Moth Bean Extract Peel.

The Moth Bean Extract Peel is touted as the ultimate anti-ageing face peel and is part of my express peel collection that I created for my SkinScription range utilising the latest multi active, anti-ageing ingredients which peel, nurture, repair and significantly accelerate the renewal of the epidermis; stimulating our own growth factors, collagen synthesis and elastin production. The Moth Bean Peel contains an extract which is like a botanical version of Vitamin A, is between 21 -34% protein and combined with trichloroacetic (TCA) acid for deep cell penetration. This ground breaking peel blend has been praised for its antioxi-

dant properties and its free radical scavenging strengths. The ultimate in anti-ageing properties, great for reducing sun damage, acne scarring and fine lines, wrinkles and blemishes, it leaves the skin looking and feeling radiant. The other SkinScription peel offerings of the professional range are the SkinScription Rejuvenating Peel, SkinScription Purifying Peel and the SkinScription Age Management Peel; these are the ultimate organic experience with tropical, exotic and classic cosmeceutical acids combined including lactic acid, pineapple, papaya, and grapefruit to execute a perfect paramedic peel. They take approx 30 minutes and if repeated every three weeks the results will continue to improve.

#### Microdermabrasion

This is a procedure indicated for all parts of the body and face to remove dead skin cells and

address fine lines, clogged pores, blemishes, minor scars and dull skin; post treatment the complexion is buffed and smooth. The application employs vacuum suction coupled with fine diamond tips or organic crystals which deeply exfoliate and polish the skin. A course of treatment is effective in specific problem areas and results improve after each 30 minute session.

#### Move to higher ground - the Lip Lift

As we mature a drooping and sagging of the upper lip occurs which in turn conceals the superior teeth thereby aging the mouth. The Lip Lift, innovated by Dr Dale Abadir, is a minimally invasive in office procedure that facilitates the proper placement of the lips by gently raising them via tiny nasal incisions once again revealing the teeth while creating the appearance of a fuller lip; the procedure heals imper-

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