

PURITY BRIDGE CLINIC
PATIENT INFORMATION on Upper Lip Lift

THE PROCEDURE

An upper lip lift is a local anaesthetic surgical procedure that both reduces the distance between the bottom of the nose and the lips, and also helps to lift and improve the shape of the upper lip. Furthermore, it helps to balance facial proportions and rejuvenate the lower face.

WHAT DOES IT INVOLVE?

The procedure is done under a local anaesthetic (with you awake) as a clinic based operation. An area to be marked under the nose is carefully marked. Once the upper lip area is numbed using injections (much like at the dentist) a skin pattern (that is similar in shape to a bull’s horn) is removed. Deep stitches are used to lift the upper lip and secure it to the base of the nose, and fine removable stitches are used to close the skin. This leaves a subtle scar under the base of the nostrils, curving around the bottom edge of the nose.

WHAT ARE THE BENEFITS?

This is a reliable and safe operation that provides a natural rejuvenated appearance of the upper lip. It can improve facial harmony and has a pleasing overall effect to the facial appearance.

HOW LONG DOES THE SURGERY TAKE?

The operation takes about 60-minutes in the clinic.

WHAT IS THE RECOVERY PERIOD?

Following surgery, tan-coloured surgical tapes are used to support the wounds. These are then removed at the time of stitch removal – around 7-days after surgery. The tapes may then be reapplied for another week or so.

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Discomfort after surgery is usually relieved with paracetamol and ibuprofen for 24-48 hours after surgery. There will be swelling to the upper lip that gradually resolves over the next few weeks. Due to the swelling, the upper lip skin is not as supple as normal initially, which can reduce the upper lip movement on smiling. This returns to normal by around a month.

HOW LONG BEFORE DAILY ACTIVITIES MAY BE RESUMED?

You should avoid heavy physical activity for 2-weeks following the surgery to prevent worsening swelling and issues with wound healing. Contact sports should be avoided for at least 8-weeks.

WHAT ARE THE SUCCESS RATES?

This technique is very reliable and safe. In some cases, in order to achieve the best possible result, supplementation with hyaluronic acid filler (lip filler) is recommended.

WHAT ARE THE POSSIBLE COMPLICATIONS?

Lip lift surgery has a low complication rate. The main complications with any surgery include infection and bleeding, however rates are low.

The scar is usually inconspicuous, but in some people a problematic scar may form – this may be because of the position of the scar (descending and ending up too low) or because the scar becomes lumpy. Should it be required, further treatment (at extra cost) might be needed to either surgically revise the scar or to treat any problems with the scar non-surgically. Sometimes small surgical revisions may also be required for asymmetry.

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