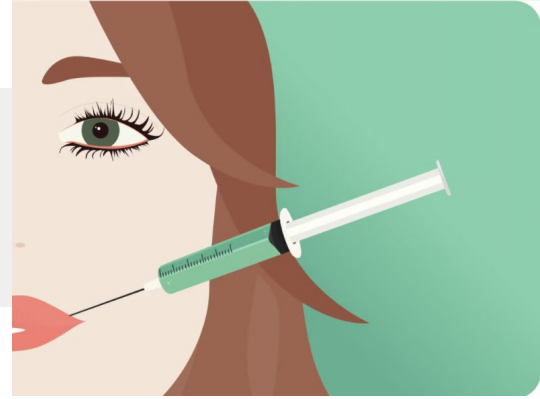


# TZR

(Procedures)

## Everything You Need to Know About Getting A Lip Flip For Fuller Lips



### *What Is A Lip Flip?*

“A lip flip is a non-surgical and temporary cosmetic procedure designed to plump and enhance your upper lip,” says board-certified plastic surgeon Dr. Yannis Alexandrides, founder of 111 Harley St., who shares that it has become a popular procedure in his clinic over the last year.

Board-certified dermatologist Dr. Neda Mehr adds that there are two main reasons to use a neurotoxin around the perioral region of the mouth. “Number one is [for lessening smoker’s lines]. Secondly, because it softens the muscle around the lip, it can cause a lip eversion, or a pouting-out of the lip. The reason the lip curls inward is that some people have strong cheekbones or strong muscles above the lip, or sometimes people simply have super thin lips that disappear when stretched.”

So what happens during the procedure? Physician Associate Cheyanne, founder of The Private Suite LA, says that “the goal is to relax the orbicularis oris muscle, which [is what] helps form and shape the lips.” This is done using small injections of neurotoxins like Botox, Xeomin, or Dysport in select points along the vermilion border that stop the movement of the muscles that pull the lip inward. While these are the same neurotoxins used to minimize fine lines and wrinkles on areas of the face like crow’s feet and the glabella, by contrast, the lip flip uses significantly less units of neurotoxin (eight units on average, according to Dr. Mehr, compared to 10-30 units for the forehead alone).

# *Lip Flip Aftercare*

It takes roughly 3-10 days for the neurotoxin to take effect, during which time Dr. Alexandrides warns against any heavy massaging of the area in order to allow it to settle into its intended place. “Try not to over-use the area for a couple of days because that will make it metabolize quicker,” Dr. Mehr says. “So don’t drink from a straw, smoke, and take a break from social activities so that the neurotoxin can get into the muscle receptor before it metabolizes.”

## *Lip Flip Risks*

To be clear, this is an off-label use of neurotoxins, but that is not necessarily something to be concerned about. “This just means [the use of neurotoxins for lip flips] has not gone through the rigorous and costly FDA-approval stage, even though we use FDA-approved neurotoxins,” says Dr. Mehr. “For reference, they were being used for roughly ten years for crow’s feet prior to FDA-approval. At the time, they were only FDA-approved for use on the glabella. It’s not uncommon to use off-label ingredients prior to FDA-approval.”

But as with any procedure, there are concerns like bruising at the injection site and general discomfort. Dr. Mehr also warns against this procedure if you are a musician. “It can cause you not to be able to purse your mouth, making it an issue for people that play instruments, for instance,” she says. This is because the muscles around the mouth are a sphincter, and by relaxing them, it makes activities like smoking a cigarette, drinking from a straw, singing, or whistling more challenging (though you’ll still be able to do all of these things with a lip flip — it might just feel a little odd at first).

There are also injector mistakes that can happen, making it even more important that you vet your pick carefully. “Too much [neurotoxin] can cause the puckering of the inside of the lip, making the lips look weird,” says Dr. Mehr. “But this can be corrected with just a touch more.” Just remember — choosing to get a cosmetic procedure and wanting to be as frugal as possible are not always the best combo.