

The five things you must know before getting Lip fillers



The five things you must know before getting Lip fillers

This is information most laser/cosmetic clinics WON'T tell you. By the end of this E-book, you will learn how to be properly assessed, have your lip goals understood, ask questions, and know exactly what you are getting.

Learn the key ingredients to creating the perfect pout. Understand the thought process that underpins our outstanding results. Arm yourself with the key questions you should ask your injector prior to having your lip fillers performed.



1) The golden ratios

Sausage or duck lips do not happen by mistake. Rather, by the injectors poor understanding of the delicate contours of normal lip anatomy.

First studied by Indian mathematicians over 2000 years ago, and first illustrated in da Vinci's classical proportions of the lips relative to the face, the golden ratio has been known and practiced for hundreds of years.

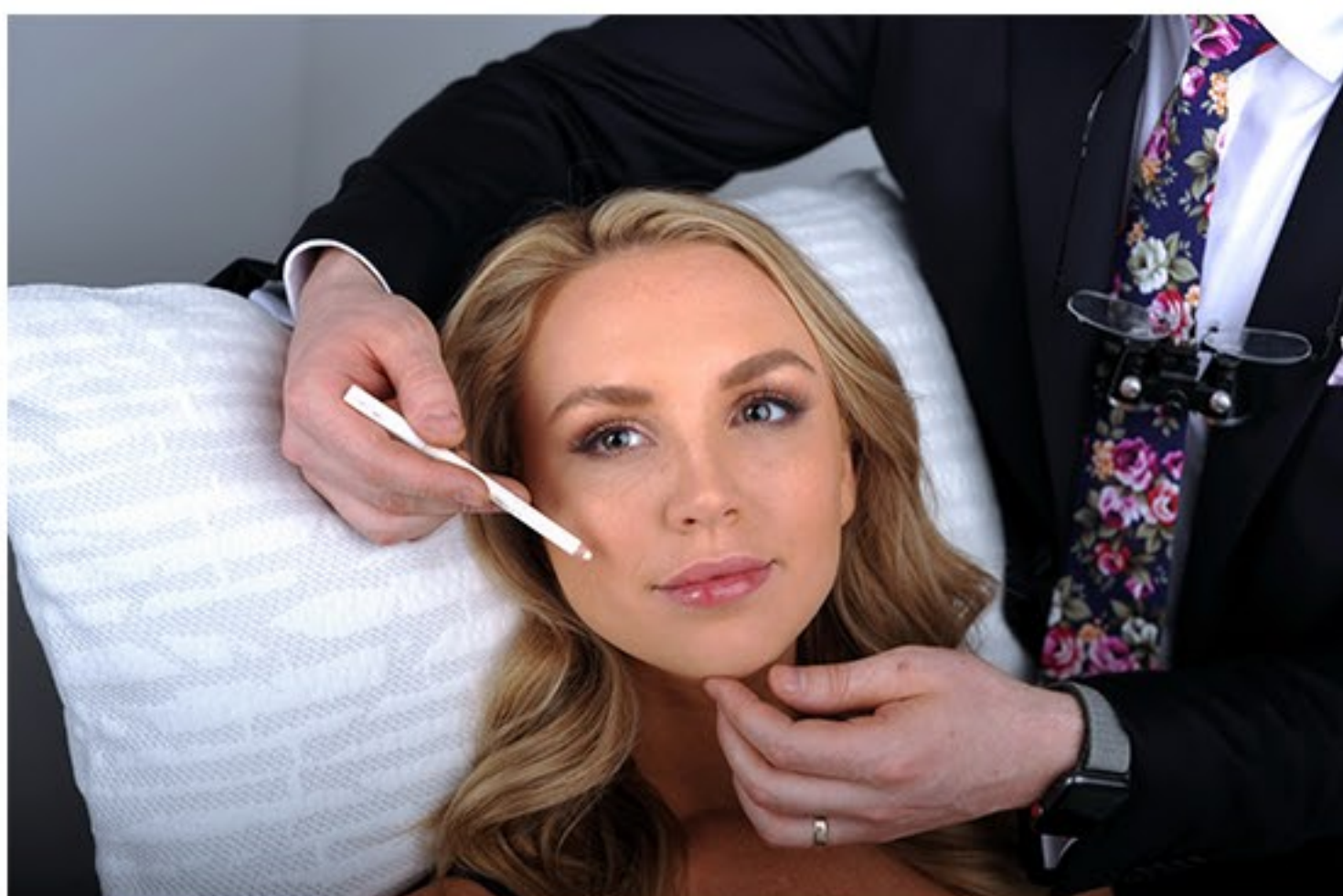
Considered Key to the mystery of aesthetics, attraction and human beauty, the golden ratio when applied to the lips is a ratio of 1:1.6.

This means the lower lip should be 1.6 times bigger than the upper lip. This may approach 1:1 in Asian, or African lips.

Side projection also adheres to specific golden ratios. Ideally the top lip should slightly over-project relative to the bottom. It is crucial to avoid over projection as this creates a 'duck pout'

Questions to ask your injector

- What is my ratio?
- What ratio are we aiming to achieve?
- How much product should go in each lip?



2) The 6 steps to the perfect pout

Assessment for lip fillers is not a one size fits all and is as much an art as a science.

The perfect pout requires consideration of the following 6 steps:

Vertical Height



1) Vertical Height

- The size of the lips when looking front on. This can range from 20-80% bigger depending on the filler chosen, amount of filler placed, position of filler.

Horizontal Projection



2) Horizontal projection

- How much the lip protrudes when looking from the side. There is very little agreement amongst researchers as to what constitutes the perfect lip projection. We suggest the bottom lip should project 3.5mm and top 2.2mm from a plane drawn from the base of the nose to the chin.

Ratio/PHI
1/1.6



3) Ratio/Phi of top to bottom lip

- A concept with roots dating back thousands of years. The phi ratio is present in all beautiful things and has consistently been shown to be true in the most aesthetic lips. This changes depending on ethnicity, with Asian lips approaching 1:1 rather than 1:1.61.

Width



4) Width

- The width of the lips, especially the top when smiling is an important consideration, and varies with personal preference.

Balance with Face



5) Balance with face

- Careful consideration of facial proportions as they relate to the lips is essential in creating the perfect look.

Filler Consistency/ Crosslinking



6) Filler consistency and cross-linking

- This characteristic is essential when choosing the look of a lip augmentation. Those with greater cross-linking provide a plumper, more exaggerated look. Thinner, less cross-linked filler provides a more natural look. Your cosmetic doctor will discuss the choice of filler as it relates to your goals.

Questions to ask your injector

- All six steps should be addressed at the time of consultation. Failure to do so can result in a poor aesthetic result.



3) Choosing the right filler, what laser/cosmetic chain clinics won't tell you

The MOST IMPORTANT choice when it comes to your lip augmentation procedure. This is what clinics WON'T tell you.

Many specials advertised are for cheap inferior fillers. These don't even have a numbing local anaesthetic component! Unfortunately, due to TGA regulations we aren't able to tell you here what filler this is.

Hit us up in a DM/Email and we can let you know!

There are four major brands approved in Australia for use in lip filling. These are expensive for clinicians to buy from the filler companies. Hence, you need to be wary of any clinic offering filler for any less than \$350-400 per ml of filler. This is a RED FLAG.

Questions to ask your injector

- What filler are you using?
- Does this filler have a local anaesthetic incorporated into the product?



4) Safety of lip fillers.

Choosing your injector carefully

Choosing your injector carefully is one of the most important considerations you can make when undergoing lip fillers.

Things to consider when choosing your injector include:

- Is your injector onsite every day?
- Is there a doctor present in the clinic daily?
- Does your clinic have protocols in place in case of complications?
- What procedures are in place in case of an after-hours complication?
- Is this your injectors full-time job, or casual side gig. Nothing beats experience in this field.
- How long has your injector been practicing for?
- How does your clinic manage bruising?

These are the must ask, essential questions before being treated at any clinic!

Rarely asked but crucial prior to having any dermal filler.

- Do you have a bee-sting allergy?

Sounds weird right? The reason this is crucial is the reversal agent (hyalase) for filler cannot be used if you have any previous allergy to beestings. This is because of the significant cross-reactivity of the hyalase and bee-sting venom.

If you are one of the rare people to experience a complication with filler, this must be reversed immediately to prevent permanent damage. Not asking about a previous bee-sting allergy could be setting you up for a potentially life-threatening allergic reaction!

5) Ensuring a painless experience

Lip fillers need not be painful!

Compounded numbing creams can completely rid lip filling of any pain. Can you imagine? Lip fillers with ZERO pain!

At Contour Clinics, we use a specifically compounded prescription numbing cream to apply prior to treatment. Unlike other numbing creams it acts in 5 minutes!

Anxious about needles? Try our happy gas!

- Acts fast, within 20 seconds
- Quickly wears off, meaning you can drive home after the procedure
- Decreases pain sensation
- Improves anxiety associated with injections

Other pain zapping procedures we like include:

- Icing
- Vibration

BEFORE AND AFTER

