

## THE ZOE REPORT

### Everything You Need To Know If You're Thinking Of Getting Lip Injections

Andrea Navarro | June 26, 2017

It seems everyone is on a mission these days to get a plumper pout, and fillers are the solution du jour. As with any procedure, if you're looking to go the injection route, it's important to know the ins and outs of the process. To help you cover your bases, we spoke to Beverly Hills dermatologist and founder of SKINxFIVE **Ava Shamban**, MD, for a full breakdown. Read on to get all your questions answered.



#### Lip Injections 101

##### Your Options



Lip injections can add volume to both lips or add contour and adjust symmetry. While there are different options for fillers, Dr. Shamban explains that they typically employ the same ingredient—hyaluronic acid—for a natural-looking temporary result. "Brands that have been tested in the lip include Restylane Silk, Volbella, Restylane and Juvéderm," she says.

##### About The Procedure



Based on your needs and your

doctor's opinion, anywhere from a

half syringe to a full syringe of filler can be used on each lip, costing anywhere from \$400 to \$1,100. Dr. Shamban says topical anesthetics or nerve blocks are typically applied beforehand to reduce discomfort.

### Where To Go



Dr. Shamban advises visiting only certified and experienced aesthetic injectors for your fillers. Due to the nature of this procedure, avoid too-good-to-be-true online discount programs or promotions. Do your due diligence in researching facilities and reading reviews and accounts of past experiences.

### Possible Risks



As with any other injectable, you face the risk of bruising. The lips are a very sensitive area, and if you're not given a numbing component, the process can cause discomfort. Swelling is also common and can last several days. According to Dr. Shamban, infection nodules can occur if the procedure is not done correctly.

### The Results



Injections won't change your lip's natural texture. The plumping effects can last anywhere from six months to a year (your pout will gradually return to its original shape and size), and according to Dr. Shamban, because the fillers attract water, your lips may actually feel more moisturized than they typically do.

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