



May 26th, 2010

Avoid “Trout Pout” from Plastic Surgery

Luscious lips like Angelina Jolie or Jennifer Garner are constantly sought after, but rarely duplicated. In the pursuit of the perfect pucker, plastic surgeons have introduced countless injections, treatments and even implants to create instant volume. Unfortunately for most, puffy lips usually do not look natural – and can cause some to be labeled as a “trout pout.”

According to Las Vegas oculo-facial plastic surgeon **Dr. Shoib Myint**, “creating natural-looking volume in the lips is an art form.” Dr. Myint notes the technique and experience needed to create perfectly bee-stung lips is something learned over many years. Below, he points out his top recommendations for anyone looking to achieve fuller-looking lips.

- **Proportions are crucial.** Nearly all lips have a similar proportion – the bottom lip should be at least twice the size of the top. A perfectly even set of lips are a “dead giveaway to those wondering if you’ve had work done,” says Dr. Myint.
- **LESS is more.** Your mouth is one of your face’s defining characteristics. Dr. Myint suggests being as conservative as possible in the first stages of lip enhancement. While other plastic surgery procedures might be more easily concealed, lips that go from thin to oversized overnight are not easily overlooked.
- **Know when to say NO.** “Almost all lip enhancements are temporary,” says Dr. Myint, “so you will lose the volume after several months. One of the problems with this is lip enhancement can become a slippery slope. Most patients want to go larger than before, and don’t know when to stop.” By staying conservative with every round of enhancements, you can create subtle volume that doesn’t look cartoonish.
- **Be prepared for downtime.** The lips are a very sensitive part of your face, notes Dr. Myint. Any kind of injection will cause them to swell beyond just the filler. Most swelling goes away in a few days time, but for first-timers, the extra volume can be scary. If you are determined to hide your new work, schedule some time off of work or away from friends to allow your injections to heal completely.
- **Refer to your youth.** The lips, like other parts of the face, lose volume as you age. Looking at any movie star over the age of 40 whose lips are larger than they were when they are 20, Dr. Myint knows they have had an enhancement. “The key is to return youthful volume to the lips. We cannot double or triple the size of your lips beyond what you originally had, otherwise the look becomes unnatural.”