



Cosmetic Treatment Recommended by an Expert

Lip Reduction, as an aesthetic procedure, is creating quite a buzz. *Salon India* speaks exclusively with Dr Debraj Shome, Cosmetic Surgeon and Director at The Esthetic Clinics, to understand the process and technology used



About: A person's facial appearance and the way others perceive him or her is greatly influenced by the structure of the lips. Once you have reached facial maturity, the shape and size of your lips are set. As with any other facial feature, irrespective of age, many people tend to be self-conscious and believe it is a hindrance on their path to professional success.

Process and technology used: With today's advancing technology, experienced doctors in the country have been able to find a solution to this concern. While many individuals aim to correct thin lips through lip augmentation procedures and lip fillers, there are those who want to make their excessively large lips smaller. The procedure that facilitates this facial alteration is called Lip Reduction surgery or Bikini Lip Reduction.

Lip reduction surgery is a procedure to remove excess lip tissue for a thinner lip appearance. It is gradually gaining momentum with people across the globe, and surgeons now commonly refer to it as 'Bikini' Lip Reduction surgery. It consists of an excision of a 'bikini top' from the upper lip and a 'bikini bottom' from the lower lip.

USP: Research suggests that this procedure not only makes the lips smaller, but also aesthetically more pleasing. Such a procedure aims to fulfill the three basic requirements of a good lip reduction treatment such as, decreasing the overall size, restoring the curves of the lips, and to maintain a good relationship of volume of the upper and lower lip.

Teamed with other surgeries: The result of paring the bikini lip reduction surgery with any other treatment and their benefits are still unknown.



Pre-treatment measures: Before you decide to undergo this cosmetic procedure, there are a few things to keep in mind. It is important that the lips be in good condition, the patient is a non smoker and can freely share any known allergies with the doctor. The patient will be advised to go for tests of blood and urine, and any other standard test that the doctor deems necessary.

Post-treatment: The reduction procedure is done under local anesthesia and lasts for half an hour to 45 minutes. You may experience some swelling, bruising and pain for the first three-four days. The initial healing period takes about a week, and you will be advised to follow a liquid diet for the same amount of time. The patient needs to take care of the stitches and maintain good oral hygiene.

Time taken for both the procedures: 45 to 60 minutes.

Sessions recommended: It is a surgery, so one is enough.

Side-effects: Although the lip reduction surgery is fairly simple, an asymmetrical appearance, cyst formation and numbness are some of the possible side-effects.

Future of the surgery: These cases are common in Western countries, however, a 'bikini' lip reduction surgery has been performed in India, as well. Bikini lip reduction surgery is now slowly gaining momentum in India and will continue to grow. A gentleman, who aspired to become a film star and believed that his lips needed an aesthetic transformation, had approached me. A surgery was performed on his lips as they were quite large. It gave his face the right proportion and the result was effective.

View on the surgery: "To me, it is ironic that a male lip can be shaped better using the principles of a female bikini. In a patriarchal society, what can be more ironic? A bikini style lip reduction can allow a man to have smaller and more aesthetic looking lips. It is true that well-shaped lips can change your smile, face and enhance the other facial features in both men and women." 🗣️

