

Lip Reduction

Surgery to reduce the size of the lips and create an attractive, harmonious mouth contour

What is Lip Reduction?

Lip Reduction or Cheiloplasty is surgery to reduce the size of the lips. The procedure removes excess lip tissue, to diminish the size of the upper lip, the bottom lip, or both. Cheiloplasty decreases the lip volume and improves the mouth's balance and harmony.

Why have Lip Reduction?

If you have large lips that feel out of proportion with the rest of the face, Lip Reduction offers a permanent solution. The procedure can also be beneficial if either your upper or lower lip is out of balance.

If your lips are affecting your body-image and self-esteem, the specialist surgeons at Bella Vou can help. Lip Reduction can permanently decrease the size of your lips so that you can smile with confidence.

What happens in Lip Reduction surgery?

At Bella Vou, Lip Reduction is usually performed under local anaesthetic. It is done as a day case procedure, meaning you won't need to stay in hospital overnight.

The surgeon makes incisions inside the mouth so that the scars are discreet and not visible normally. They remove any excess lip tissue to reduce the volume of the lips and create an attractive, natural-looking lip contour.

How long is the recovery from Lip Reduction surgery?

Swelling after Lip Reduction surgery can be significant. In the upper lip, swelling settles more quickly, and results become apparent after a week. However, swelling in the lower lip can take longer to resolve, making the lip hang down. This will settle by two to three weeks. You will be given cold compresses to reduce the overall swelling and help with healing.

Quick glance guide to Lip Reduction surgery

Procedure Time: 30 minutes per lip

Recovery: Swelling can last for 2-3 weeks. Back to work in 1-2 days

Anaesthetic: Local anaesthetic

Hospital stay: No

Treats: Large or asymmetrical lips

Why choose Bella Vou for your Lip Reduction?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable, stress, and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS). The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care, cleanliness, and infection control.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra bills or charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Lip Reduction journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon with no obligation to proceed to treatment. The surgeon will listen to your concerns, then carefully examine the size of your upper and lower lips and assess their balance and symmetry. Surgery should maintain the balance of the face, taking your ethnicity, facial size, and shape into account.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered a further appointment with your consultant before proceeding to Lip Reduction. This will give you a chance to find out more about the procedure and to ask any questions you may have.

Preparation for Lip Reduction surgery

You'll be given individual pre-operative advice to reduce your risk of infection and help your recovery.

Let your surgeon know about any prescription or over-the-counter medications you take. You may be asked to stop taking aspirin or anti-inflammatory medicines, which can increase the chance of bruising and bleeding. It's important to stop smoking cigarettes and e-cigarettes, which can slow down the healing process.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre. As you'll be awake for your procedure, your surgeon will greet you, explain what will happen, and offer reassurance throughout the operation.

What happens during Lip Reduction surgery?

At Bella Vou, Lip Reduction is usually performed under local anaesthetic. It is done as a day case procedure, meaning you won't need to stay in hospital overnight.

The surgeon will inject local anaesthetic, like in a dental block, so that the area is completely numb. You will feel some movement and pressure during the procedure, but it will be pain-free.

Your consultant will make incisions inside the mouth, then excise carefully measured amounts of excess lip tissue to reduce the lip volume, achieve an attractive shape, and balance the lips. The surgeon will suture the incisions closed using absorbable stitches.

Recovery from Lip Reduction surgery

You will be able to go home on the day of the procedure. Any discomfort is easily controlled with oral medication, and cold compresses will reduce pain and swelling and help with healing. The staff at Bella Vou will carefully monitor your recovery and provide support every step of the way.

After one week, the nurse and wound care specialist will check your scars and remove any stitches that haven't fallen out. Swelling after Lip Reduction surgery can be significant. Swelling in the upper lip settles by around a week. However, the lower lip can take longer. The excess fluid can make the lip hang down and appear more prominent. Many people worry at this stage. Don't panic. The swelling will go down by two to three weeks, and the final results of your surgery will become visible.

At around six weeks, your surgeon will check your progress, and at six months, you'll be offered a follow-up check to ensure that you remain healthy and happy with your results. However, if you have any questions or concerns, the staff at Bella You are always on hand to offer support, day and night.

FAQs

What restrictions do I have after surgery?

Following Lip Reduction surgery, you should keep the area as clean as possible. This will mean using regular mouthwash after each meal. This ensures that there are no food particles around the suture line, which can become a focus for infection. It is useful to avoid kissing for at least two weeks, if possible. This will reduce the risks of infection, while the wound is healing.

How visible are the scars?

The scars are placed inside the mouth and therefore are not visible usually. However, during the initial healing process, the lower lip may hang open so that the wound and stitches can be seen.