

TREATMENT OF UPPER LIP LINES

Upper lip lines occur primarily in fair skinned/fair eyed individuals, may be genetic, and occur with aging, chronic ultraviolet light exposure, and smoking. They are much less common in dark skinned individuals and in men as the facial beard hair seems to be protective. The ultraviolet light primarily responsible for photoaging and fine lines on the face is UVA which is the same intensity from sunrise to sunset and in all seasons. Therefore, wearing a broad spectrum (UVA/UVB) sunblock SPF30 or greater containing zinc oxide/titanium dioxide on a daily basis may be protective and preventative.

Treatment of upper lip lines is multifaceted including prevention, treatment, and maintenance. As noted above, daily sunblock and makeup is preventative. Treatments include topical agents such as tretinoin cream (stimulates collagen production to tighten the skin), chemical peels, microdermabrasion, Microneedling, Botox, fillers, radiofrequency, and laser devices all of which work via different mechanisms to smooth lines and tighten skin. Oftentimes, a combination of treatments is required to obtain optimum improvement. Maintenance with topical tretinoin and daily sunblock will be helpful in sustaining the results.