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Ask An Expert: What Injectable Filler is Best for Lip Enhancement?

Monday, February 16, 2015, Leiana Briganti

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Q: What injectable filler is best for lip enhancement?

A: If you've never heard of **hyaluronic acid** fillers, you're missing out on an anti-aging essential. Hyaluronic acid is a substance found naturally in human skin that retains skin's moisture and fills the space between collagen and elastin fibers, enhancing the skin's plumpness. As we age, our levels of hyaluronic acid decline, resulting in crepey, dry and wrinkle-laden skin. Hyaluronic acid fillers like Juvederm and Restylane can correct the effects of diminished hyaluronic acid, especially on the lips.

If you think the words "inject lips" and "natural" aren't compatible, think again. "My motto is less is more. If you can tell you've had something done, I haven't done my job. I try to educate [patients] and let them know my goals are for them to look rested, not 'done,'" says Baton Rouge, LA dermatologist **Ann Zedlitz, MD**.

According to New York dermatologist **Adebola Dele-Michael, MD**, **Restylane Silk**, the newest hyaluronic acid on the market, is perfect for a subtle, natural-looking lip enhancement. Dr. Zedlitz agrees. "It is now my favorite filler for the lips. It is softer, therefore the enhancement is even more natural than before."

"For patients aiming to achieve more pronounced and fuller lips, Juvederm XC or Restylane-L are great choices," adds Dr. Dele-Michael.