

**INSPIRE**

# Nip & Tuck

*Dr Tracy Mountford*



*THE leading cosmetic doctor answers your questions on dealing with ageing...*

**Q** AT 64, I have quite a lot of fine wrinkles around my mouth, and my lips have got much thinner. Am I too old for fillers? Is there anything I can do to improve matters that won't be overly dramatic?

**A** FINE lines around the mouth and a less defined lip line are key signs of ageing on the face.

Smoking and sun exposure contribute, but genetics and gum recession also play a part.

The problem is that lip fillers can look obvious, particularly in our 60s and over.

You could improve skin quality with a fractional laser. This

## How can I get rid of the fine lines around my lips?

encourages skin rejuvenation and texture improvement, while stimulating collagen production, for smoother-looking skin.

It is safe and effective, but skin is often red for three to seven days, depending on the skin quality.

If lasers aren't for you, Intracel radio frequency micro needling delivers good results with little recovery time. This improves fine lines and wrinkles around the mouth. A course of three is sufficient and costs from £595.

To firm the lip area, I would

recommend Ultherapy Lips, an ultrasound skin-tightening procedure that remodels collagen deep under the skin around the mouth.

Follow it with small amounts of light dermal filler via micro injections of hyaluronic acid.

It costs from £375 depending on the product, but less is more for mature patients: lips should look fresh and rejuvenated, not contrived or over-filled.

■ *IF YOU have a question for Dr Mountford, email [drtracymountford@dailymail.co.uk](mailto:drtracymountford@dailymail.co.uk)*