

INSPIRE

Nip & Tuck

Dr Tracy Mountford

Q I HAVE clear skin, and not many wrinkles, but the one thing that really ages me is my prominent smile lines that run from my nose to the corners of my mouth. I've had them for years and they're only getting worse with age. Is there any way to get rid of them?

A DEEP nose to mouth lines (called nasolabial lines or folds, or laughter lines) can appear at an early age. In the absence of other wrinkles, they are not particularly ageing but, as you get older, they do become more established and tend to draw the face downwards.

In the past, cosmetic doctors used fillers to soften these lines. This was successful to a degree but, over time, it can lead to an

I hate my deep smile lines. How can I get rid of them?

overfilled, puffy appearance — especially if the treatments are performed too frequently.

Now, though, there is a more sophisticated, natural-looking approach. A very experienced cosmetic doctor can use strategic placement of filler deep into the skin, usually starting high on the cheekbones and temples, then working further down the face, to generate lift and support the whole face, which, in turn, will soften the nasolabial lines.

This is sometimes known as the 'eight point lift' and, depending

on your age, skin quality and the depth of the nasolabial fold, can involve injecting a surprisingly small amount of filler to achieve a very pleasing result.

The face will appear refreshed and the overall proportions are more balanced and attractive. Fees start from £850, and it lasts around 12 months.

■ *IF YOU have a question for Dr Mountford, email drtracymountford@dailymail.co.uk. All correspondence will be printed anonymously.*