

# SHOES, BAGS & BOOTS GALORE!

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SEPTEMBER 2005

**How much?** Lip treatments are quick, but not painless. "We have a liquid we put in to numb the area," says Dr. Sarnoff, "but there's a lot of swelling." There's some pain in your wallet, too: The average cost of a combination of fine fillers and Botox is \$500–\$1,000. Results last four to six months. **Best-case scenario** After the initial swelling wears off (in four days or so), you have full lips and less obvious lines above the mouth area. **Worst-case scenario** Your doctor uses too much filler and you end up looking like Mick Jagger's sister. Or your doctor overdoes the Botox and you're left a drooling, slurring mess. "With the lips especially, technique really matters," says Dr. Sarnoff. "Be very specific about what you're trying to accomplish, and remember that it's better to underfill and come back for more than to walk around with a fat lip for half a year." **What not to try** Permanent fillers like silicone or Artefill and Artecol (neither has been approved by the FDA). "All of these ingredients tend to bead up, and since they're permanent, when you have a problem, it's permanent," says Frederic Brandt, MD, director of many FDA clinical trials on injectables.

Another long-term issue with permanent fillers is that they can get infected or swollen even years later. Warns Dr. Sarnoff: "If you have any kind of infection—like sinus or tooth—all of the sites where you have silicone or long-term fillers can swell up as part of the body's inflammatory response."

So, are you now a wrinkle-eraser expert? Not so fast. "Fillers change like cell phones change," says Steven Victor, MD, a New York-based cosmetic dermatologist.

"Remember your first cell phone, that big clunky thing? Now you have a much better one. Same with fillers." So what's next? Teosyal. You heard it here first.

—CHRISTINE FELLINGHAM

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