

## Read their lips! As a new study reveals what makes cosmetically enhanced pouts look fake, plastic surgeons and dermatologists give more telltale signs

- A study conducted by JAMA Facial Plastic Surgery determines why some cosmetically enhanced lips look more artificial than others
- Plastic surgeons share more characteristics that make lip fillers look obvious

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Considering that Kylie Jenner's Instagram feed of plump-lipped selfies has over 91 million followers, it's no surprise that lip augmentation procedures are more popular than ever. Now, doctors are working on further honing their skills to achieve realistic results that meet their clients' demands.

'One of the main challenges for clinicians is to know when to stop treating the lips before the results appear artificial and unnatural,' reads a new study conducted by **JAMA Facial Plastic Surgery**.

To get a more concrete guideline, the researchers asked 98 participants to look at 30 digitally altered images of a model's lips. After viewing each photo, they were prompted to determine if the lips in each photo appeared cosmetically enhanced and whether they found the lips attractive and natural or artificial and unnatural.

The results show that 'a balanced augmentation between the upper and lower lips' is the key to achieving a natural look with lip fillers.



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Lip service: A new study reveals the characteristics that make lip enhancements look attractive or artificial

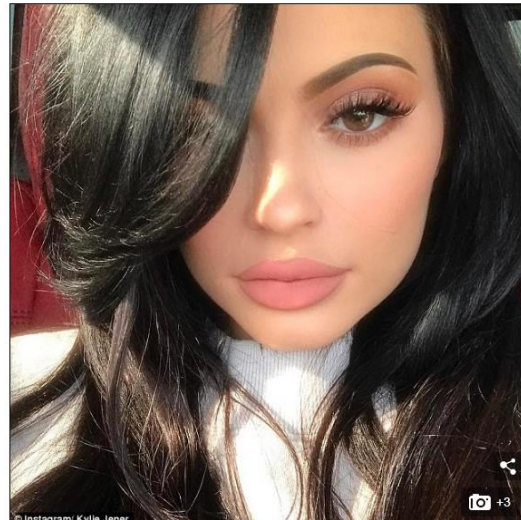
**Dr. Joseph Russo**, a Newton, Massachusetts-based plastic surgeon, agrees with the findings and notes that it's also important that the full lips are proportional to the rest of the face.

'When all you see is a person's lips because they are too large for her face, that typically makes them appear artificial,' he told FEMAIL.

Another misstep can come from adding volume at the sides to elongate the shape. 'Youthful lips usually have the volume concentrated in the center, also known as the pout,' Dr. Russo said.



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The perfect pout? One plastic surgeon told FEMAIL that actress Charlize Theron, 41, inspires his older clients (ages 40 and up), who prefer a natural and smooth look



© Instagram/ Kylie Jener  
In demand: The study found that those between the ages of 20 and 40 seek full, voluptuous lips like Kylie Jenner's, 19

Though the conclusion of the study revealed that a proportional look is ideal, it noted a discrepancy when it came to the overall size of lips.

Participants aged 20 to 40 found bigger lips more attractive and realistic-looking than those over 40.

Dr. Russo has found the same to be true at his practice. 'Younger patients tend to want larger, more volumized Kylie Jenner-type lips these days. Older patients are seeking more natural-looking but hydrated lips with nice shape, like Charlize Theron's,' he said.

For plumping, he recommends the filler Juvederm Ultra XC, which takes on water, and for structure and smoothing, he suggests Juvederm Volbella XC, though there are many options available to talk to your doctor about.

**Dr. Paul Jarrod Frank**, a New York City-based cosmetic dermatologist, said that he usually asks patients to come back one to two weeks after the treatment to make sure lips look balanced.

'You need to give the lips time to settle and develop to see the true results. About 70 to 80 percent of the time I will make a small tweak.'