

e-book



# PERFECT LIPS

*Brazilian Style*

cupid's bow defined

Mouth's corner facing up

Proportion

Symmetry

Lower lip fuller

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# Introduction

Having sculpted lips is a desire of many people who are looking to improve their physical appearance. Our lips are responsible for giving us freshness, beauty and definition, in addition to harmonizing our face.

Before going to any office and performing the procedure, it is interesting that you study and know which model you would like to make, what is the best technique and what would look more beautiful on your face.

It is a fact that the natural result of the procedure is what makes the lips more beautiful. The patient's face needs to be taken into account, so that it does not look artificial or disproportionate.

There are some golden tips that you will learn here in this e-book, to achieve the perfect mouth, the best result, and your personal satisfaction.

# PERFECT LIPS

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# what to set a perfect lip.

## 1ST RULE DISTANCE

The first rule is to analyze the distance between the base of the nose and the height of the upper lip.

Over the years, the movement we perform with our mouth when speaking stretches our skin, and this distance between nose and lips is naturally predictable to increase throughout life due to several factors.

In some cases it is necessary to have a Lip Lifting done before actually sculpting them. That's why a specialized medical analysis is extremely important for your case.

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## 2ND RULE QUALITY OF THE SKIN

According to the movements we make with our mouth over the years, we cause some expression lines. The patient's skin needs to be analyzed, in some cases the gel can spread through these lines, and the mouth will look like a harder "duck".

It is during the skin analysis that we use some means to soften these lines, with biostimulators, laser and new technologies, aiming to stimulate collagen production and prevent new lines from appearing and the lines already present from intensifying.

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# 3RD RULE MUSCLES

There are 3 muscles that interfere with the lips. Botulinum toxin is widely used to block the excess action of these muscles, to reduce expression lines and collaborate for a better result.

## 1 ANGLE OF MOUTH DEPRESSOR

There is a muscle that we know as "Depressor of the angle of the mouth", it interferes with our smile and can make the person look depressed, so it is a place where Botox points are applied, one in each corner of the mouth.

## 2 ORBICULAR MUSCLE

The second is the "Orbicularis Muscle", it is circular and accompanies the mouth, responsible for forming most of the lips and controlling their shape and movement.

## 3 UPPER LIP LIFTER AND NASAL WING

The third, often not even mentioned, is the "lifter of the upper lip and nasal wing". When used, it takes our mucosa inside, making the mouth thinner in its thickness. In these cases, the botox point is done on the inner side of the lips.



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## 4TH RULE FILLERS

After all the previous rules, we actually arrive at the filler application. This is the last step, done only after all others have been analyzed and completed.

There are several brands of fillers, and it is common for some doubts to arise when choosing. There is no "best filler", each doctor has a better command of a type of product, and there are several studies on these items to verify greater durability, elaboration, etc. Your doctor will indicate what is best for your body type.

The concentration of these products also vary, normally the less concentrated ones are used for expression lines, lip lines, etc. The most concentrated ones are applied to the chin, cheekbone, etc. This is the responsibility of the physician performing the application.

Filling should start at the edge, we call it "Cupid's bow", right on the line where the skin ends and the mucosa begins. This already causes an aversion on the edge, after that we fill in the tubercles, which highlights the red part of the lips and causes a lipstick effect.

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# Brazilian Style

## The two secrets of Brazilian lips

When you are going to inject a filler, the beauty of a mouth must obey two rules:

**1** The upper lip should be  $\frac{1}{3}$  (one third) of the total thickness of the mouth, which will belong to the redness of the upper part, and  $\frac{2}{3}$  (two thirds) will belong to the thick of the lower lip.

**2** The upper lip should be longer than the lower one.

The final touch is to inject hyaluronic acid in a liquid form, inserted superficially, to give a glossy effect to the lips.

A new laser technology can also be used, which is made on the mucosa of the mouth, stimulating collagen production and causing a glowing effect, of a more lit and hydrated mouth.

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# Prof. Múcio Porto

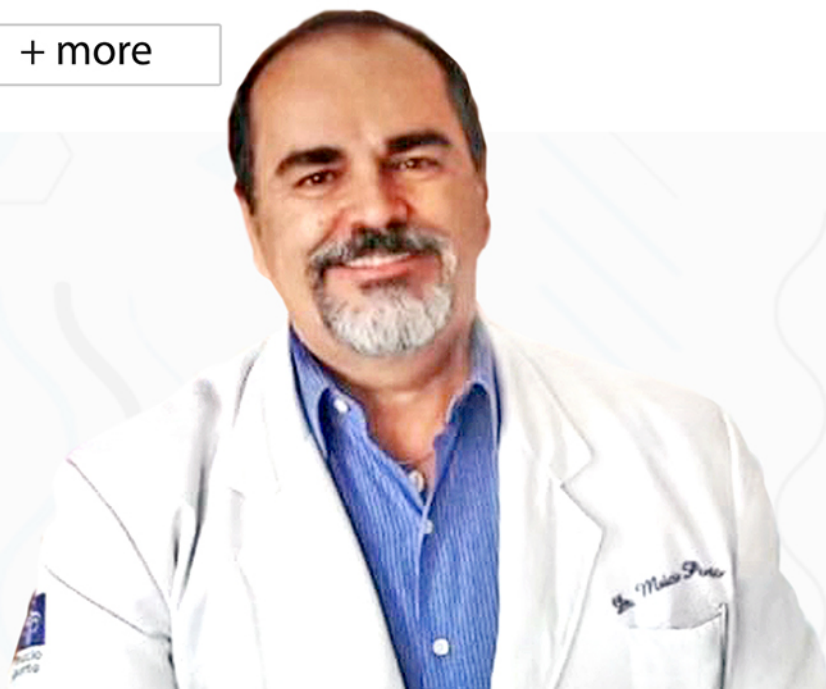
Dr Múcio Porto is from Patos de Minas from Minas Gerais and has lived in Brasília, the capital of Brazil, since 1969.

He graduated from the Federal University of Goiás and attended his internship at the public servant hospital of the state of São Paulo in 1985. He graduated as a general and digestive system surgeon at the Hospital das Forças Armadas in Brasília in 1988, during which he did an internship at the French Institute the hand and liposuction clinic of the renowned Dr Yves Gerard-Illouz in Paris and the plastic surgery center in Genova, Milan in Italy and Geneva in Switzerland.

Between 1989 and 1991 he specialized in plastic surgery at the Pontifical Catholic University of Rio de Janeiro, under Professor Ivo Pitanguy. During this period, he participated in training in the burn service of the Hospital do Andaraí, in the oral and maxillofacial surgery service of the Beneficência Portuguesa de Niterói, in the micro-surgery service of the Hospital dos Servidores do Estado do Rio de Janeiro, in addition to the hand service and reconstructive and aesthetic surgeries at the 38th ward of Santa Casa de Misericórdia as well as at the Ivo Pitanguy Clinic.

During this entire period, Dr Múcio Porto ranked first among colleagues from Brazil and several countries. He was also chosen as chief resident of Santa Casa, secretary of the "Professor Pitanguy Studies and Research Center" and also exclusive resident of the Pitanguy Clinic where he participated in private surgeries, scientific works and preparation of lectures and demonstrative surgeries as an assistant to Dr Ivo Pitanguy .

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