
THE 5 REFERENCE POINTS

- Point 1 — Left Cupid's bow peak: Highest point of the left upper lip vermillion
- Point 2 — Right Cupid's bow peak: Highest point of the right upper lip vermillion
- Point 3 — Cupid's bow centre dip: Lowest point between the two peaks (philtral dip)
- Point 4 — Left commissure: Where upper and lower lip meet at the left corner
- Point 5 — Right commissure: Where upper and lower lip meet at the right corner

MEASUREMENT PROTOCOL

- Use a flexible ruler or digital caliper — never estimate
- Measure upper lip height: from Cupid's bow peak to where upper lip meets lower lip at centre
- Measure lower lip height: from centre meeting point to lowest point of lower lip vermillion
- Record ratio: ideal range is approximately 1:1.6 (upper:lower) but varies by ethnicity and anatomy
- Measure total width: commissure to commissure (Points 4 to 5)
- Document all asymmetries — do not average or ignore them

ASYMMETRY DOCUMENTATION

- Compare left peak height to right peak height — note difference in mm
- Compare left commissure position to right — note vertical and horizontal offset
- Check centre dip: is it on the facial midline? Note any lateral shift
- Photograph with ruler visible for permanent record
- Discuss visible asymmetries with client before proceeding — set expectations

MAPPING SEQUENCE

- Step 1: Identify and mark Point 3 (centre dip) — anchor the mapping from centre
- Step 2: Identify Points 1 and 2 (peaks) — assess symmetry relative to centre
- Step 3: Identify Points 4 and 5 (commissures) — assess horizontal symmetry
- Step 4: Measure all vertical and horizontal distances
- Step 5: Document on worksheet with measurements and asymmetry notes
- Step 6: Photograph the marked mapping before beginning any procedure