

## BUTTOCK AUGMENTATION

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### Buttock Augmentation

**Buttock augmentation**, or gluteal augmentation, is used to improve the contour, size and/or shape of the buttocks. This is done using buttock implants, fat grafting or sometimes a combination of the two.

Buttock implants are silicone-filled devices that are surgically placed deep within the tissues of the buttock. Buttock augmentation using fat grafting involves the transfer of fat from one area of the body into the tissues of the buttocks.

### What Buttock Augmentation Surgery Can Do

- Increase fullness, roundness and projection of your butt or buttocks
- Improve the balance of your figure
- Enhance your self-image and self-confidence

In addition to buttock augmentation procedures, a buttock lift can be accomplished by the surgical removal of soft tissue.

### Buttock Lift

A **buttock lift**, or gluteal lift, improves the shape and tone of the underlying tissue that supports skin and fat in the buttock area.

Aging, sun damage, pregnancy, significant fluctuations in weight and genetic factors may contribute to poor tissue elasticity that can result in sagging of the buttocks.

In order to achieve a smoother and more pleasing contour, excess sagging skin and fat are removed.

### **Who Is A Good Candidate For Buttock Augmentation?**

You may be a **good candidate for buttock augmentation** if:

- You are physically healthy
- You have realistic expectations
- You are bothered by the feeling that your butt is too small
- You are unhappy with the roundness or general shape of your butt
- Your butt is asymmetrical

### **Who Is A Good Candidate For A Buttock Lift?**

In general, **buttock lift candidates** include:

- Individuals with significant soft tissue looseness in the gluteal area
- Individuals with a positive outlook and realistic goals for what gluteal lift surgery can accomplish

### **What Should I Expect During A Consultation For Buttock Enhancement?**

During your **buttock augmentation and/or buttock lift consultation** be prepared to discuss:

- Your surgical goals
- Medical conditions, drug allergies and previous medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco and drug use
- Previous surgeries

Your plastic surgeon will also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Examine and measure your body, this may include detailed body measurements
- Take photographs for your medical records
- Discuss your body lift options
- Recommend a course of treatment
- Discuss likely outcomes of gluteal lift surgery and any risks or potential complications

### **What Questions Should I Ask My Plastic Surgeon About Buttock Enhancement?**

Use this checklist as a guide during your **buttock enhancement consultation**:

- Am I a good candidate for this procedure?
- What will be expected of me to get the best results?
- What surgical technique is recommended for me?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What are the risks and complications associated with my procedure?
- How can I expect my butt to look over time?
- Do you have before-and-after photos I can look at for this procedure and what results are reasonable for me?

## **How Should I Prepare For Buttock Enhancement?**

In **preparing for a buttock augmentation and/or buttock lift**, you may be asked to:

- Get a blood test
- Take certain medications or adjust your current medications
- Stop smoking
- Avoid taking aspirin and certain anti-inflammatory drugs as they can increase bleeding

## **Buttock Augmentation Procedures**

Buttock augmentation can be achieved through either the use of implants or through transferring your existing fat, or sometimes a combination of both. Your surgeon may choose between a variety of incision patterns and techniques.

The appropriate technique for you will be determined based on:

- Butt size and shape
- The amount of fat you have on your body that is available for use through liposuction
- Your goals and activity level
- Skin quality and elasticity as well as the amount of extra skin

## **Buttock Implant Procedure**

### **Step 1 – Anesthesia**

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation and general anesthesia. Your doctor will recommend the best choice for you.

### **Step 2 – The incision**

An incision will be made. The incision can be made toward the top of both sides of the upper buttocks, toward the bottom in both of the gluteal creases (the areas where your "cheeks" meet the top of the thighs), incisions between both cheeks (hidden in the crease) or with one incision

placed down the center of the sacrum, or the crease between the buttocks. The length of the incision and scar is directly related to the affected areas.

### **Step 3 – Implant placement**

A silicone implant specially made for the buttocks is inserted either in the muscle or above the gluteal muscle on each side.

The method for inserting and positioning implants depends on the type of implant, degree of enlargement desired, your body type and your surgeon's recommendations.

### **Step 4 – Closing the incisions**

Incisions are closed with layered sutures in the buttocks tissue and with sutures, skin adhesive or surgical tape to close the skin.

### **Step 5 – See the results**

The results of buttock augmentation are immediately visible. Over time, post-surgical swelling will resolve and incision lines will fade.

## **Fat Grafting / Brazilian Butt Lift Procedure**

### **Step 1 – Anesthesia**

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation and general anesthesia. Your doctor will recommend the best choice for you.

### **Step 2 – Liposuction**

Liposuction is performed through small, inconspicuous incisions. Then a thin hollow tube, or cannula, is inserted through the incisions to loosen excess fat using a controlled back and forth motion. The dislodged fat is then suctioned out of the body using a surgical vacuum or syringe attached to the cannula. In general, your surgeon may liposuction up to three times the amount of fat than what will actually be injected into the buttocks.

### **Step 3 – Fat injection**

The fat, tissue and blood that were removed through liposuction are then processed. The syringes are then connected to a special cannula. Your surgeon will use this cannula to add the fat to the buttocks through small injections all over your behind.

### **Step 4 – See the results**

The results of buttock augmentation are immediately visible. This procedure offers natural-looking and -feeling results.

## **Buttock Lift Procedures**

Buttock lift procedures are surgical procedures and they may require extensive incisions. Incision length and pattern depend on the amount and location of excess skin to be removed, as well as surgical judgment. Advanced techniques usually allow incisions to be placed in strategic locations where they can be hidden by most types of clothing and swimsuits.

### **Step 1 – Anesthesia**

Medications are administered for your comfort during the surgical procedure. The choices include intravenous sedation and general anesthesia. Your doctor will recommend the best choice for you.

### **Step 2 – The incision**

One common technique of gluteal lift uses an incision just below the waist line and is commonly combined with an abdominoplasty incision in a body contouring procedure. Liposuction may be used for improved contouring as well.

Another technique uses an incision just below the buttocks and is placed in the crease between the buttocks and the upper thigh. The excess skin and tissues are removed resulting in a more defined crease and sometimes smooths the skin of the back of the upper leg.

### **Step 3 – Closing the incisions**

Deep sutures within underlying tissues help to form and support the newly shaped contours. Sutures, skin adhesives, tapes or clips may be used to close the skin incisions.

### **Step 4 – See the results**

The results of a gluteal lift are visible almost immediately. However, the tissues will need to settle within the first 3-6 months and the incision lines can take up to two years to mature.

## **What Should I Expect During My Buttock Enhancement Recovery?**

After your buttock enhancement procedure, dressings/bandages will be applied to the incisions.

You will be instructed to wear a support garment around-the-clock following your surgery. Your surgeon will tell you how long you need to wear the garment and if there are any other garments that you may have to wear during your recovery.

You will be given specific instructions that may include:

- How to care for your surgical site(s) following surgery
- Medications to apply or take orally to aid healing
- Specific concerns to look for at the surgical site or in your general health

- When to follow up with your plastic surgeon

Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period:

- Where will I be taken after my surgery is complete?
- What medication will I be given or prescribed after surgery?
- Will I have dressings/bandages after surgery? When will they be removed?
- When can I bathe after surgery and how may I bathe?
- Are stitches removed? When?
- When can I resume normal activity, driving and exercise?
- When do I return for follow-up care?

### **Buttock Augmentation with Fat Grafting**

You will be asked to avoid prolonged sitting for about two weeks (some surgeons prefer longer). This is very important because prolonged sitting will damage the fat.

You will also be encouraged to sleep face down or on your side. When you do have to sit, you will have to use a pillow or cushion placed behind the legs (hamstring muscles) to help raise the buttocks, avoiding pressure onto the fat grafts.

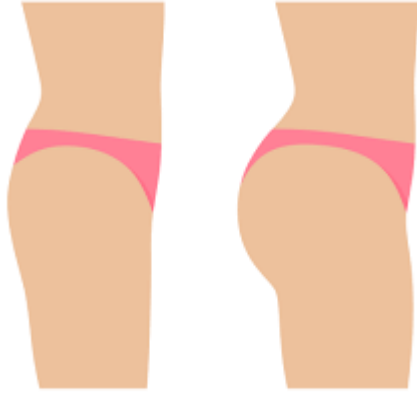
### **What Results Should I Expect After Buttock Enhancement?**

The **results of buttock augmentation and/or buttock lift surgery** are visible almost immediately. However, it will take some time for the final results of the procedure to fully develop. Satisfaction with your new image should continue to grow as you recover from surgery.

Following your physician's instructions is essential to the success of your surgery.

### **Before & After Photo**





**Visual Animation**  [Adi care 007](#)

**FOR APPOINTMENT**

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