

Buttock Augmentation



AMERICAN SOCIETY OF
PLASTIC SURGEONS®

What is Buttock Augmentation?

Buttock augmentation surgery involves using implants, fat grafting, or sometimes a combination of both to increase the size of your buttocks.

This procedure can:

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

Buttock augmentation surgery is right for someone who does not like the shape or size of their buttock or is looking to balance their body.

It is performed in one of two ways:

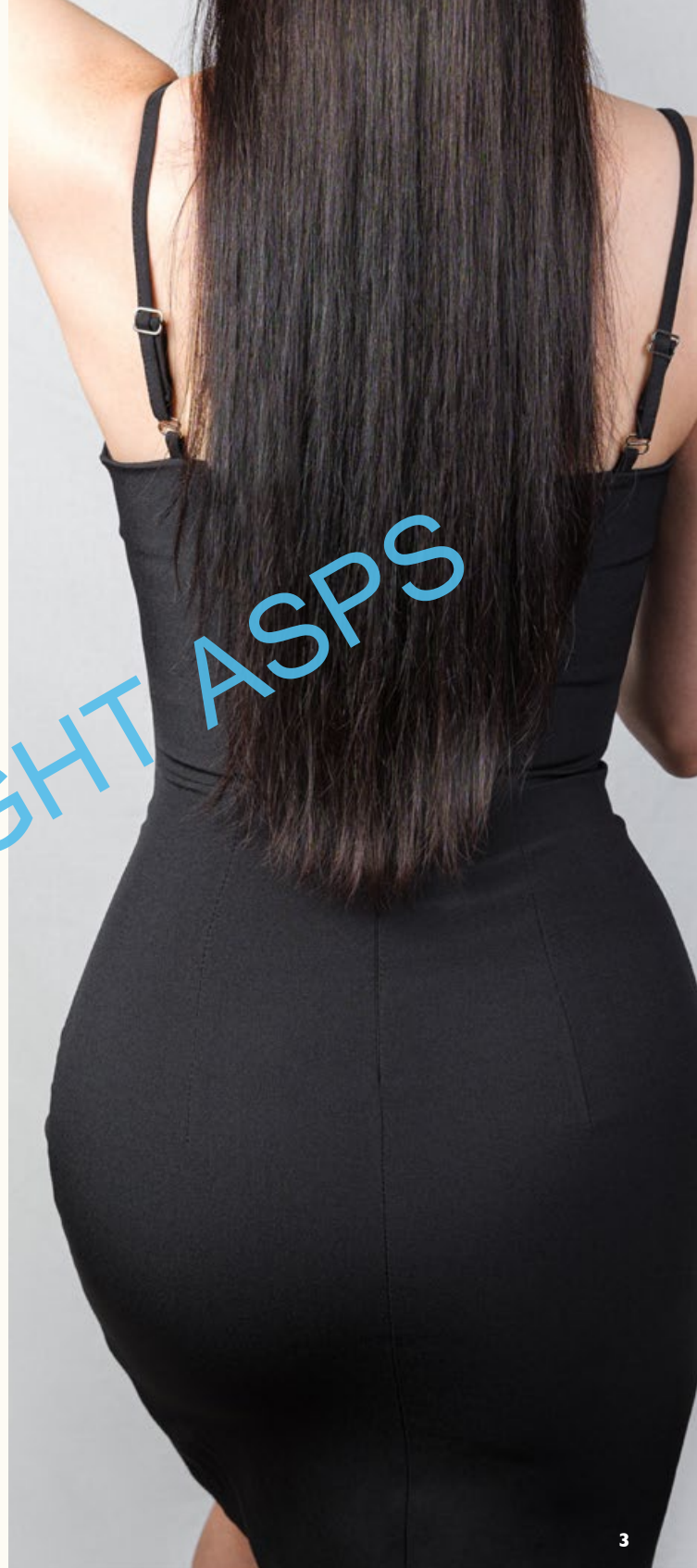
With **implants** (a buttock augmentation) or **fat transfer** (commonly referred to as a Brazilian butt lift).

For patients who may require removal of excess tissue, a third option called a **buttock lift** may be a better fit. During the procedure your surgeon may also perform liposuction or fat transfer on other parts of the buttocks.

Is it right for me?

Buttock augmentation is a very personal procedure and you should do it for yourself, not for someone else. It is a good option if:

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



Consultation & Preparing for Surgery

During your consultation be prepared to discuss:

- Why you want the surgery, your expectations, and the desired outcome
- Medical conditions, drug allergies, and previous medical treatments
- Current medications, vitamins, herbal supplements, alcohol, tobacco, and drug use

Your surgeon may also:

- Evaluate your general health status and any pre-existing health conditions or risk factors
- Take photographs
- Discuss your options and recommend a course of treatment
- Discuss likely outcomes of buttock augmentation and any risks or potential complications

Prior to surgery, 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 surgery may be performed in an accredited office-based surgical facility, licensed ambulatory surgical center, or a hospital.

Be sure to arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

Be sure to ask your plastic surgeon questions. It's very important to understand all aspects of your procedure. It's natural to feel some anxiety, whether it's excitement for your anticipated new look or a bit of preoperative stress. Don't be shy about discussing these feelings with your plastic surgeon.

The Procedure

Your buttock augmentation surgery can be achieved either through the use of implants, 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:

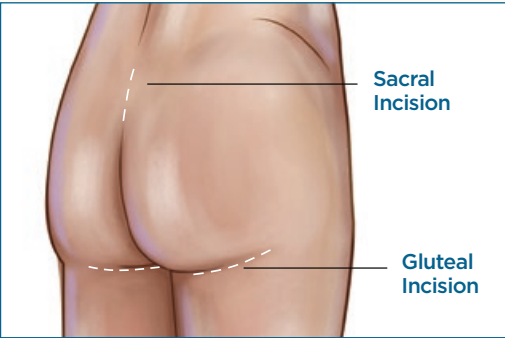
- Buttock size and shape
- The amount of fat you have on your body that is available for use through liposuction
- Your goals and activity level
- Skin quality and elasticity as well as the amount of extra skin

Medications are administered for your comfort during the surgical procedures. The choices include intravenous sedation and general anesthesia. Your doctor will recommend the best choice for you. No matter which type of buttock augmentation procedure you have, anesthesia will be used to ensure your comfort during the procedure.

Buttock Implant Procedure

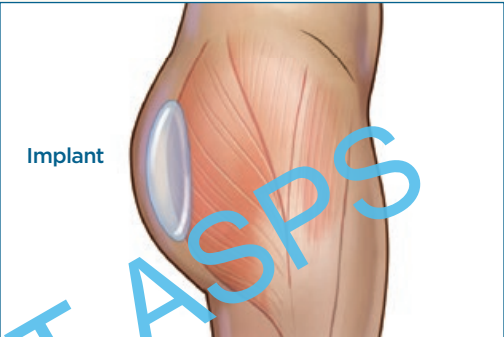
Step 1 – Buttock implant procedure

Your surgeon will make incisions toward the top on both sides of the upper buttock, toward the bottom in both of the gluteal creases (the areas where your “cheeks” meet the top of the thighs), between both cheeks (hidden in the crease), or will use one incision placed down the center of the sacrum (the crease between the buttocks). The length of the incision and scar is directly related to the affected areas.



Step 2 – 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.

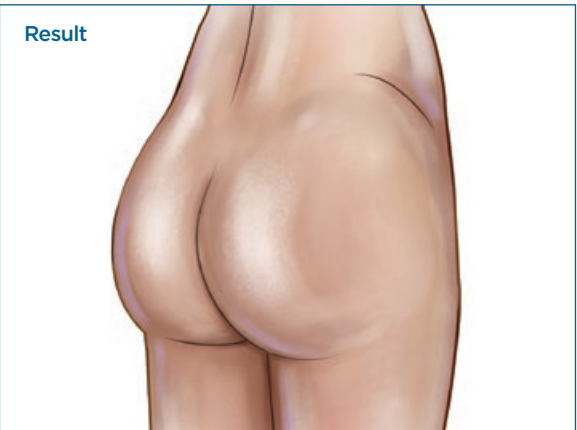


Step 3 – Closing the incisions

Incisions are closed with layered sutures in the buttock tissue and with skin adhesive or surgical tape.

Step 4 – See the results

The results of buttock augmentation are immediately visible. Over time, post-surgical swelling will resolve and incision lines will fade. Satisfaction with your new image should continue to grow as you recover and realize the fulfillment of your goal for fuller buttocks. Results of this surgery are permanent.

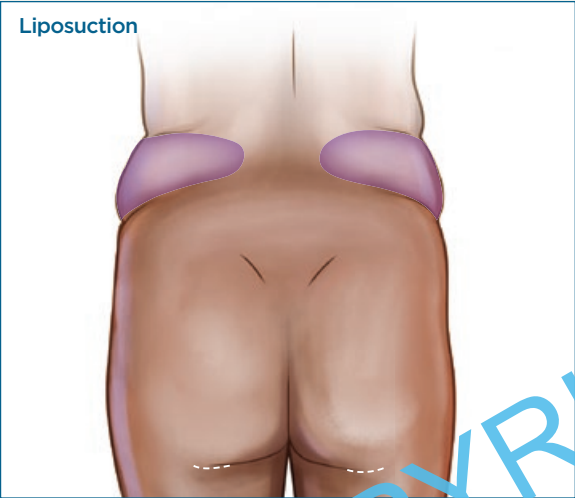


The Procedure

Fat Grafting/Brazilian Butt Lift Procedure

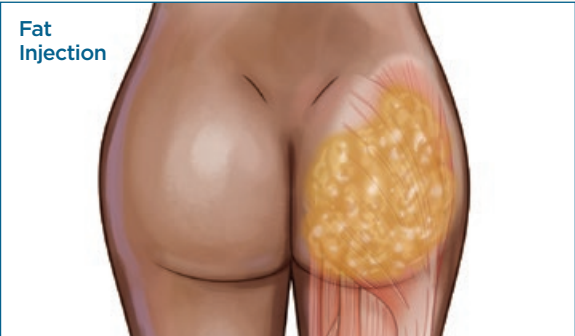
Step 1 - Liposuction

Liposuction is performed through small, inconspicuous incisions. First, diluted local anesthesia is infused to reduce bleeding and trauma. The cannula, or a thin, hollow tube, 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.



Step 2 - Fat Injection

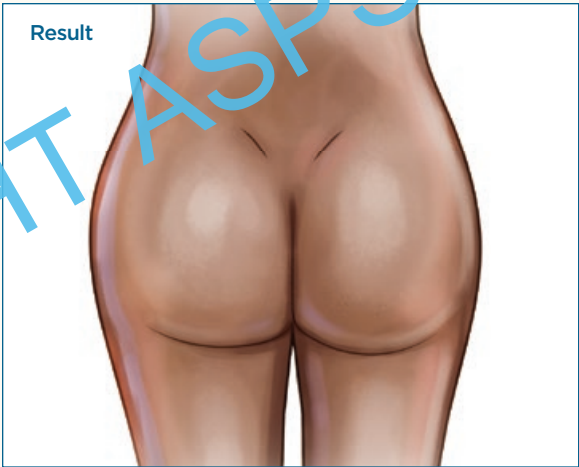
The fat, tissue, and blood that were removed through liposuction are then processed. The syringes are then connected to a special cannula. Your surgeon will use this cannula to add the fat to the buttocks through small injections all over your buttocks.



Step 3 - See the results

Immediate results can be seen after buttock augmentation, but the final outcome may not be fully visible until a year after the surgery as the fat needs time to settle. This procedure provides natural-looking and feeling results, although the projection of the buttocks may decrease over time. On average, patients retain 60-80% of the transferred fat as some of the initial volume may be lost due to absorption by the body.

As you recover, you should experience increasing satisfaction with your new image and the realization of your goal for a fuller buttocks.



Risks & Safety

The decision to have buttock augmentation surgery is extremely personal and you'll have to decide if the benefits will achieve your goals and if the risks and potential complications are acceptable.

You will be asked to sign consent forms to ensure that you fully understand the procedure and any risks and potential complications.



Risks of buttock augmentation with implants can include:

- Infection
- Bleeding
- Opening of the incisions with implant exposed, requiring removal
- Scarring
- Nerve damage
- Firmness
- Implant rupture
- Implant migration
- Fluid accumulation (seroma)
- Pressure on your sciatic nerve
- Anesthesia risks

Risks of buttock augmentation by fat transfer can include:

- Excessive loss of blood
- Blood clots
- Bruising
- Deep vein thrombosis, cardiac, and pulmonary complications
- Possibility of revisional surgery
- Numbness and pain
- Fat embolism, injection of fat into the bloodstream that causes inflammation in the lungs
- Infection
- Fluid shifts and lidocaine toxicity
- Complications of liposuction
- Complications of anesthesia
- Swelling and bruising
- Asymmetry
- Possible need for a revisional surgery at a later date
- Fatty tissue found deep in the skin might die (fat necrosis)
- Anesthesia risks
- Oil cyst
- Hematoma
- Stretch marks
- Cellulite
- Serious injury and death

All risks will be fully discussed prior to your consent. It is important that you address all your questions directly with your plastic surgeon.

Recovery

After surgery you will be taken into a recovery area to be closely monitored. You may be permitted to go home after a few hours. Before leaving, you will be given specific instructions that may include:

- Post-surgical care of the site(s)
- Topical or oral medications to aid healing and reduce the risk of infection
- Specific concerns to look for at the surgical site or in your general health
- When to follow-up with your plastic surgeon

After your surgery, you will receive instructions to continuously wear a supportive garment. Your surgeon will specify the duration for wearing the garment and if any additional garments may be necessary during your recovery period.

Each buttock augmentation procedure has specific steps that you need to take to ensure a healthy recovery and good results:

Buttock augmentation with implants:

After your procedure, it is recommended to wear a supportive garment for about 2-3 weeks. This garment helps the skin to properly re-drape and supports the newly augmented buttocks.

Final results will become noticeable after 3 months at which point most of the swelling will have subsided and the implants will be in their final position.

Fat grafting recovery:

To protect the fat grafts, avoid sitting for prolonged periods (up to 2 weeks or as advised by surgeon) and sleep on your side or face down. Use a pillow or cushion when sitting to reduce pressure on fat grafts. You'll receive a support garment for even compression and may have temporary drains for excess fluid removal.

Your surgeon will provide detailed instructions for aftercare, including signs to watch for and when to follow up. Lymphatic massage from a licensed therapist may also be encouraged. You can typically resume exercising after 6-8 weeks.

With either procedure, it is important to be informed about the steps you can take to aid your recovery.

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?
- How long will I wear the compression garment?
- Are stitches removed? When?
- When can I resume normal activity and exercise?
- When do I return for follow-up care?

It may take several months for the swelling to fully dissipate. As it does, your new contours and enhanced self-image should continue to develop.

Recovery Period	What to expect
Week 1-2	<ul style="list-style-type: none">• Wear support garment• Avoid sitting directly on buttock• No heavy lifting
Weeks 4-6	<ul style="list-style-type: none">• Return to work (depending on your job)• Limit exercise and activities
Weeks 6+	<ul style="list-style-type: none">• Return to normal activity, including light activity and sports

Results

The results of your buttock augmentation surgery are immediately visible. Over time, post-surgical swelling will resolve and incision lines will fade. Satisfaction with your new image should continue to grow as you recover from surgery. Incision lines are permanent, but will continue to fade over time.

The final results of your **buttock augmentation with implants** will appear over the next few months as your buttock shape and position continue to settle.

If your procedure was performed **with fat transfer**, it can take up to a year to see your final results. Some of the fat that leads to the initial shape after surgery will be reabsorbed by your body.

It is also important to keep in mind that this fat can behave like any other fat in your body. As you gain or lose weight, your results may change as the transferred fat can grow or shrink just as any other fat in your body.

The results of your buttock augmentation surgery will be long lasting. Over time, your buttock size and shape can continue to change due to aging and gravity.

You'll be able to retain your new look longer if you:

- Maintain your weight
- Keep a healthy lifestyle



Cost

Prices for buttock augmentation surgeries can vary. A surgeon's cost may be based on his or her experience and geographic office location. Many plastic surgeons offer patient financing plans, so be sure to ask.

Cost may include:

- Any special pillows that may be required for your recovery
- Anesthesia fees
- Hospital or surgical facility costs
- Implant fees
- Medical tests
- Post-surgery garments
- Prescription medication
- Surgeon's fee



Your satisfaction involves more than a fee:

When choosing a plastic surgeon for buttock augmentation surgery, remember that the surgeon's experience and your comfort with him or her are just as important as the final cost of the surgery.

Words to know

- **Gluteal augmentation with fat:** Also commonly called a Brazilian butt lift, this technique involves the transfer of fat from one area of the body into the tissues of the buttocks.
- **Buttock implants:** Silicone-filled devices that are surgically placed deep within the tissues of the buttock.
- **Butt 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.
- **General anesthesia:** Drugs and/or gases used during an operation to relieve pain and alter consciousness.
- **Hematoma:** Blood pooling beneath the skin.
- **Intravenous sedation:** Sedatives administered by injection into a vein to help you relax.
- **Liposuction:** Liposuction, sometimes referred to as "lipo" by patients, slims and reshapes specific areas of the body by removing excess fat deposits and improving your body contours and proportion.
- **Local anesthesia:** A drug injected directly to the site of an incision during an operation to relieve pain.

Questions to ask my plastic surgeon

- ☐ Are you certified by the American Board of Plastic Surgery?
- ☐ Are you a member of the American Society of Plastic Surgeons?
- ☐ Were you trained specifically in the field of plastic surgery?
- ☐ How many years of plastic surgery training have you had?
- ☐ Do you have hospital privileges to perform this procedure? If so, at which hospitals?
- ☐ Is the office-based surgical facility accredited by a nationally- or state-recognized accrediting agency, or is it state-licensed or Medicare-certified?
- ☐ Am I a good candidate for this procedure?
- ☐ What will be expected of me to get the best results?
- ☐ Where and how will you perform my procedure?
- ☐ 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 are complications handled?
- ☐ What are my options if I am dissatisfied with the outcome?
- ☐ Do you have before and after photos I can look at for this procedure and what results are reasonable for me?

This brochure is published by the American Society of Plastic Surgeons®, including text, graphics, illustrations, and images, and is strictly intended for educational purposes. It is not intended to make any representations or warranties about the outcome of any procedure. It is not a substitute for a thorough, in-person consultation with a board-certified plastic surgeon. The models depicted in this brochure are not actual patients, and the use of these model images is for illustrative purposes only.

Make the Right Choice

Plastic surgery involves many choices. The first and most important is selecting a member of the **American Society of Plastic Surgeons (ASPS)**.

ASPS member surgeons meet rigorous standards:

- Board certification by the American Board of Plastic Surgery (ABPS)® or in Canada by The Royal College of Physicians and Surgeons of Canada*
- Complete at least six years of surgical training following medical school with a minimum of three years of plastic surgery residency training
- Pass comprehensive oral and written exams
- Graduate from an accredited medical school
- Complete continuing medical education, including patient safety each year
- Perform surgery in accredited, state-licensed, or Medicare-certified surgical facilities

Do not be confused by other official-sounding boards and certifications.

The ABPS is recognized by the American Board of Medical Specialties (ABMS), which has approved medical specialty boards since 1934. There is no ABMS-recognized certifying board with “cosmetic surgery” in its name. By choosing a member of The American Society of Plastic Surgeons, you can be assured that you are choosing a qualified, highly trained plastic surgeon who is board certified by the ABPS or The Royal College of Physicians and Surgeons of Canada.



AMERICAN SOCIETY OF PLASTIC SURGEONS®

AMERICAN SOCIETY OF PLASTIC SURGEONS

444 East Algonquin Road
Arlington Heights, Illinois 60005-4664
(847) 228-9900
PlasticSurgery.org

***Connect with us on Facebook, Twitter,
Instagram and TikTok***



facebook.com/PlasticSurgeryASPS



twitter.com/asps_news



instagram.com/PlasticSurgeryASPS



tiktok.com/@PlasticSurgeryASPS

The American Society of Plastic Surgeons® (ASPS®) is dedicated to advancing quality care in plastic surgery by encouraging high standards in training, ethics, physician practice, research, and continuing medical education. ASPS members are certified by The American Board of Plastic Surgery® (ABPS) in The United States and its territories or The Royal College of Physicians and Surgeons of Canada®.

©2023 American Society of Plastic Surgeons®.
All rights reserved.

Reorder # 1831 - 0323