

Buttock lift (Brazilian butt-lift)

A buttock lift or Brazilian butt-lift is a surgical procedure that adds volume and lifts the buttock to leave a more youthful and desirable buttock shape. Women who have flat or sagging tissues, around the bottom, either racially defined or from body changes, such as massive weight loss or ageing, tend to benefit from this procedure.

Using a technique of fat grafting the buttock can be shaped and lifted. This procedure has the added benefit of taking fat from where it is not needed and re-injecting it into an area where you do (see diagram below). In the past, buttock implants were used to create a similar look, but have fallen out of favour, because of infection risk with a foreign material and the unnatural feel, particularly when sitting. As a result, fat injections have fared better and now most surgeons tend to use this as their preferred technique.

The surgical procedure



The procedure is performed under general anesthetic (you're asleep) and uses fat cells, which are first harvested from areas around the buttocks (see far left diagram) and abdomen. This, in itself can result in a better harmonised look. However, by purifying the liposuctioned fat and injecting into each buttock, more volume is added, with the effect of a lift, at the same time (diagram to the right).

Fat cells will reabsorb, to some degree, however about 70 % of volume will survive. The volume of fat required varies but about 300 mls of injected fat per buttock, is common.

What to expect

Following surgery, you will have small dressings around the areas of liposuction and fat grafting. A compression garment will be usually put on in the operating room, for you to wear securely. Depending on the extent of the surgery, the Butt-lift is performed as a day case procedure or occasionally with an overnight stay. The liposuction access incisions are stitched with dissolving stitches. You can usually go back to work after 7-10 days.

Aftercare

You will be encouraged to mobilise after the first post-operative day. Most patients experience very little - mild discomfort following fat grafting and is easily controlled by pain killers. The protective garment is worn for 6 weeks and can offer extra support and speed-up your recovery. Sitting on your bottom for long periods of time is to be avoided too. Lying on your side or on your tummy, whilst sleeping is also helpful (this takes the pressure off the fat grafted area and improves circulation and survival).

You will be invited for a return clinic visit at 1 week for a wound check. Following this Mr Misra will advise about getting the incision sites wet. Massaging of the grafted areas will be shown to you at this time. Refraining from physical activity (eg. gym work or other exercise) for 6 weeks following surgery, will help the recovery. At about 3 months, most of the swelling will have settled.

Risks and complications

Cosmetic surgery is usually undertaken in patients who enjoy good health. However, no surgery is risk-free. Some of the general risks such as DVT (deep vein thrombosis / PE (pulmonary embolus) and chest infection although uncommon, can happen and your risk for will be discussed at consultation. However, specific risks to buttock lift surgery are listed below, although not exhaustive:

Bleeding

Occasionally, post-op bleeding (haematoma) is possible. Usually this means one of the buttocks is slightly more tense, bruised and causes more discomfort, as a result. A swift return to the operating theatre will usually correct this and the impact on the recovery is fairly minimal, when responded to in this way. A blood transfusion may be necessary, if the bleeding has caused a drop in your blood (haemoglobin) count.

Buttock shape

This is unpredictable, but your preference will be taken into consideration during the planning stages. Initial post-op buttock swelling will take time to settle and takes place around 3 months in most patients. The buttock will change with life, too. Ageing, weight loss or gain, will affect your results accordingly and warrant possible surgical revision, later.

Infection

Occasionally, infection from bacteria normally present in the bottom region can be troublesome. Infection can be treated with oral antibiotics but may delay the healing process, scars may become worse. Fat grafts may necrose (die) if the infection affects deeper areas.

Asymmetry

No paired structures in the human body are perfectly symmetrical and this includes the buttocks. Butt-lift surgery relies on an *artistic* eye of what looks the same, but may not measure exactly in the same way. Mr Misra will explain pre-op buttock asymmetries (measurements that differ in each buttock) and how these will not be entirely correctable by your surgery.

Graft failure

Thankfully this is low, with good postoperative aftercare. However, with infection, in smokers and inadvertent sitting pressure related graft loss, the graft volume will reduce and may need further fat graft injections to top-it-up. Revision surgery, in this context, is commonplace, partly due to the unpredictability of graft survival and 1-2 sessions, following this first operation, may be required.

Scars

The scars will be hidden in normal clothing (tucked under a bikini bottom, as much as possible). Scars fade over months to become paler and less obvious. However, they will always be present and visible out of clothes. Rarely, scars become lumpy or stretched. Surgical revision of the scars may be needed, when bad scars fail simple treatments (silicone application / steroid injections).

Sitting down after surgery

Fat grafts will need time to develop a blood supply and too much pressure, will risk graft loss. Lying on your side and avoiding long sitting (eg. journeys) for the first 3 weeks is recommended, for the best chance of graft survival. Months later, areas of hardness, may be felt or become noticeable and could result from scar tissue build up or fat necrosis (see Fat necrosis).

Bottom sensation

In the first week or so, part of your bottom may change in terms of sensation. This is likely from the skin nerves being stretched or pulled during the fat graft injections. This will return, most of the time, by 6-8 weeks.

Long-lasting result

If you gain or lose weight and with increasing age the buttock shape will change and your final result will be affected. Revision surgery may be necessary if the appearance change alters, greatly.

Fat necrosis

Fat grafts that do not survive and can form scar tissue as a lump or slight indentation, in the skin of the buttock. This may take place months – years after surgery. Re-assessment of this change is necessary by Mr Misra to confirm the diagnosis. Reassurance and massage techniques often help, when confirmed.

Smokers

Chest infection, wound healing problems and fat graft non-survival are high-risk complications in smokers. Mr Misra will discuss this with you in clinic and may not be able to undertake you operation until smoking cessation.

Further information

If you are interested to know more about Butt-lift, please call: 01753 66571 / email: surgeon@alokmisra.com

Disclaimer: This information leaflet is designed to supply useful information but is not to be regarded as advise for a specific case. It does not replace the need for a consultation with Mr Misra and in this regard he accepts no liability for any decision taken by the reader in respect of the treatment they decide to undergo.