

BUTT AUGMENTATION AND BRAZILIAN BUTT LIFT

Butt augmentation refers to the addition of volume to the butt, and that can either be with an implant or one's own fat. There are advantages and disadvantages to both.

Fat is preferential to a silicone implant mainly because one, this is natural tissue and two, it is more natural looking and feeling; however, the disadvantage is that one needs a lot of fat (to harvest for injection), and often women coming in with flat (or small) butts have no fat.

The ideal patient for butt implant thus is one who is generally thin, has no fat, and has a flat buttock and desires more projection. The ideal candidate for fat grafting, or Brazilian butt lift as we call it, is someone who has enough fat to do such things (remove several hundred cc's of fat through liposuction).

One usually requires about 300-500 mL per side, sometimes more to really see a difference because when we put the fat into the body, we know we are going to lose some (not all fat cells survive upon transfer), and so we are going to overcorrect (by adding more volume than one initially wants to anticipate volume loss as fat cells absorb).

Brazilian butt lift, or butt augmentation with fat, is generally combined with liposuction naturally, because we need the fat anyway for the buttock. It is most commonly the love handles or belly or the lower back where we harvest the fat, and then inject it with syringes into the buttock to improve projection.

It should be noted that the liposuction of the lower back is actually part of the creation of the pleasing buttock shape because we can create a slope in the lower back. And, also when there is fat deposits in the lower back, it hides the sexy arch from the lower back to the buttock cheek, or "lordosis" as we call it. Lordosis, or the slope of the lower back, is very attractive.

The butt implants we use are generally more firm and not quite soft as the breast implants. In appropriate patients if we put a butt implant in, again these are more firm than the soft silicone implant, it will look and feel pretty natural if there is enough natural padding (of tissue); however, in the wrong patient that has very little tissue to start with the implant may be more visible and palpable.

The second thing is of course the scar. As the implants that are placed through these incisions, if they do not heal well, it is tough to treat and it can become visible. (There are generally no visible scars on the buttock after injection of fat with a Brazilian Butt Lift).

The other thing to consider is infection rate. The breast is a much more clean area than the buttock when it comes to surgery, so unfortunately butt augmentations with implants have a higher complication rate than breast augmentation, actually much higher complication rate.

One of the reasons is because we sit on our buttocks, and so (the implants) can move around, and malposition is greater. (Malposition refers to a shifting of the butt implant).

Two, is extrusion, through again sitting and pressure, and also infection. (Extrusion refers to the implant eroding through the skin).

It is not uncommon to remove butt implants from infection. It is very uncommon to remove breast implants from infection, so these are apples and oranges, and not the same thing (or same type of surgery).

It is important for the patient to understand who wants a buttock augmentation with implant that there is a significant risk to this (infection and extrusion). This risk is lessened of course with natural fat (Brazilian butt lift), which of course is preferable if one has fat.

It seems like big butts are in, so I will say that most woman who have this procedure from either fat or implants can be very happy and are not shy showing their results on Instagram and Facebook. I will say that butts are the new breasts in 2016 (and 2017!).

TAKE HOME POINT: Butt augmentation can be performed with one's own fat when one has adequate fat, or, with a silicone implant.