

## **Buttock augmentation or lift**

There are two types of buttock augmentation:

- Lifting of the buttocks.
- The surgical enlargement of the buttocks through the insertion of a molded synthetic implant or through the use of substances such as elastomer.

### **Different types of procedures**

- ✓ **Liposuction** can be used to reduce and reshape the fat content in and around the buttocks. There are three liposuction procedures - wet, dry and ultrasound (breaking up the fat using ultrasound prior to removal). These procedures are performed under general anesthetic, and take between 1-2 hours. A small incision is made to insert the cannula (metal tube) to extract the fat. Afterwards a suture or stitch is put in place to close the incision and the buttock lift is complete.
- ✓ **Surgery and implants** are sometimes employed to create the buttock lift. The surgeon will cut along the top and possibly the sides of the buttocks (depending on the individual) where sections of fat and skin are removed. The remaining area is pulled together and sewn up to create the buttock lift.
- ✓ **Suture or threadlift** techniques are also an option for the buttock lift. Sutures or threads with small 'teeth' are placed into the brow of the buttocks and the threads pulled up to create the lift, which is finally stitched closed.
- ✓ **Fat injections** are an alternative method that patients may wish to employ to achieve their desired shape or lift.

### **Recovery period**

You will probably have to stay overnight in hospital following the buttock lift procedure. Liposuction patients can normally go home on the same day and will be given painkillers for discomfort. Bandages will be used to support the area and may need to be worn for several weeks. Patients are advised to try and not sit down for one week, not return to work for around two weeks and avoid strenuous exercise for a month.

### **Risks**

Risks associated with having a buttock lift include scarring, nerve damage, numbness, fluid build-up, infection, pulmonary embolism and asymmetry.