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Rules to a safe and optimized results in buttock augmentation with fat graft

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Buttock appearance is undeniably important to human attraction. A low (0.70) waist-to-hip ratio in women is regarded as ideal. Today, the Brazilian Butt Lift is one of the most requested cosmetic surgical procedures. The gluteus area is a symbol of sensuality and sexuality, which is important according to the body image scale for both women and men. Deformities or lack of a pleasant shape of the region is very frequent and the demand for correction is increasing. A combined procedure of liposuction and lipostructure that aims at shaping the gluteus contour by modifying the natural convexities and concavities has been used by the author for the past 4 years with good results and patient satisfaction. The advantage of autologous fat is that there is minimal risk of infection and no risks of implant malposition, rotation, or extrusion. Another advantage of autologous fat transfer is that fat is removed from less desirable

areas such as the abdomen, flanks, back, and/or thighs. The key area to suction is the lumbosacral triangle (the "V" zone). This alone gives the visual illusion of a prominent buttock. The fat is harvested using standard tumescent liposuction techniques and then separated by gravity. The most serious complication of buttock fat injection is fat embolism, which is often immediately fatal. This problem is caused by deep penetration of the cannula, with trauma to the gluteal veins. Surgeons may reduce the risk by injecting tangentially to the muscle, staying within the subcutaneous plane. The authors present here their approach for this predictable procedure explaining the golden rules to do it safely with a good outcome results. A good result depends on the harmonious combination of fat elimination by liposuction and fat grafting to the buttocks with long lasting results.

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