

# REFINING AND REDEFINING PLASTIC SURGERY

## BUTTOCK AUGMENTATION



**VIVARI**  
AESTHETICS

Institute of Surgical Excellence

# VIVARI AESTHETICS

The Vivari Aesthetics Institute of Surgical Excellence is a specialised cosmetic surgery facility that combines expert surgical procedures with five-star boutique hospitality.

Vivari Aesthetics is a specialised cosmetic hospital and clinic in Featherbrooke, Johannesburg, South Africa. It is the brainchild of Dr Anushka Reddy, a medical doctor and owner of Medi-Sculpt, a specialised non-invasive cosmetic and anti-ageing clinic that is also on the same property. Dr Reddy's vision is to provide a luxurious and tranquil environment for patients to have their aesthetic procedures done with an option to stay over and be cared for by qualified health professionals post-surgery. The facilities of the hotel are available to them to enjoy.

These facilities have redefined beauty and wellness by combining luxury accommodation with a luxury day spa, a non-invasive aesthetic clinic, as well as a hospital and clinic all on the same property. This offers patients, a private and secure location for a getaway, treatments and ultimately cosmetic procedures in a luxurious and serene setting for recovery.

The facility offers state-of-the-art equipment and fully qualified medical staff, ensuring that our Patients are well looked after pre- and post-surgery, particularly if they choose to stay over post-surgery. The medical staff will be able to provide the patients with the necessary post-surgery care they require while they recover in the hotel.

The cosmetic surgery has a state-of-the-art operating theatre with 5 post-surgical day beds. Accommodation for patients who choose to recuperate at the hotel is directly above the wards with a lift for convenient and easy access to and from the hotel rooms.

## CONSULTATION

At Vivari Aesthetics we want to ensure that our patients are well informed and receive professional and trusted advice about their chosen procedures before the day of the procedure. For this reason we have set aside specific days for surgeons to consult with them and respond to any of their queries which will ensure that their chosen procedures are indeed what they require.

We will also provide consultations via Skype for patients who are not able to come in for face-to-face consults.



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## BUTTOCK AUGMENTATION

### OVERVIEW

Buttock augmentation surgery is a body contouring procedure designed to reshape sagging buttocks or add volume to a flat behind. Buttock augmentation is done in one of two ways:

- either fat is taken from somewhere else in the body and injected into the buttocks (a “Brazilian butt lift”), or
- soft silicone implants are surgically inserted in the buttocks to add volume and create the desired shape.

Buttock augmentation can also be combined with a buttock lift.

The Brazilian butt lift is normally the preferred of the two methods, mainly because the surgery itself is much less invasive, and therefore the recovery time is shorter and less difficult. It also has the advantage of being completely natural. If there are areas of excess fat on a patient’s body, a Brazilian butt lift has the added benefit of slimming those areas down when collecting fat to expand the buttocks.

### BUTTOCK 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.

Ageing, sun damage, pregnancy, significant fluctuations in weight and genetic factors may contribute to poor tissue elasticity that can result in sagging of the buttocks.

In order to achieve a smoother and more pleasing contour, excess sagging skin and fat are removed. A traditional gluteal lift will not make a butt larger, but may improve a dimpled, irregular skin surface. This procedure may be included in a body lift or may be performed separately.

### BUTTOCK AUGMENTATION RECOVERY

After buttock augmentation 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 how to care for your buttocks and any areas where liposuction was done, medications to apply or take orally to aid healing and reduce the risk of infection and when to follow up with your plastic surgeon.

You will be instructed to wear a support garment “around the clock” following your surgery. Your surgeon will tell you how long you need to wear the garment and if there are any other garments that you may have to wear during your recovery.

You will need to follow the steps outlined below to ensure a healthy recovery and good results:

### BUTTOCK AUGMENTATION WITH IMPLANTS

You will need to wear a support garment for approximately two to three weeks after your procedure. This will help the skin re-drape properly and provide support to the augmented buttocks. Final results are noticeable three months after surgery. At this point, most of the swelling will be gone and the implants will be settled in their normal position.

### BUTTOCK AUGMENTATION WITH FAT GRAFTING

You will be asked to avoid prolonged sitting for about two weeks (some surgeons prefer longer). This is very important because prolonged sitting will damage the fat.

You will also be encouraged to sleep face down or on your side. When you do have to sit, you will have to use a pillow or cushion placed behind the legs (hamstring muscles) to help raise the buttocks, avoiding pressure on the fat grafts.

You will also be provided with a support garment that will apply even compression to the areas that were treated with liposuction. In addition, small temporary drains may be placed in existing incisions beneath the skin to remove any excess blood or fluid.

You will be given specific instructions that may include how to care for the surgical site and drains, medications to apply or take orally to aid healing and reduce the potential for infection, specific concerns to look for at the surgical site or on your general health and when to follow up with your plastic surgeon.

Your surgeon may encourage you to seek a lymphatic massage from a licensed massage therapist. You can generally resume exercise after six to eight weeks.

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

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Be sure to ask your plastic surgeon specific questions about what you can expect during your individual recovery period:

- What medication will be given or prescribed after surgery.
- What dressings/bandages there will be after surgery.
- How long the compression garment needs to be worn.
- Will stitches need to be removed, if so when.
- When normal activity including exercise may be resumed.
- When follow-up care will be scheduled.

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.

Following your physician's instructions is key to the success of your surgery. It is important that the surgical incisions are not subjected to excessive force, swelling, abrasion or motion during the time of healing. Your doctor will give you specific instructions on how to care for yourself.

## BUTTOCK AUGMENTATION PROCEDURE

Your buttock augmentation procedure can be achieved through the use of either implants or 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:

- Buttocks size and shape.
- The amount of fat you have in 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 anaesthesia. Your doctor will recommend the best choice for you. Regardless of the type of buttock augmentation procedure you choose, anaesthesia will be used to ensure your comfort during the procedure.

## BUTTOCK IMPLANT PROCEDURE

### Step 1: Buttock implant procedure

An incision will be made. The incision can be made toward the top of both sides of the upper buttocks, toward the bottom in both of the gluteal creases (the areas where your "cheeks" meet the top of the thighs), incisions between both cheeks (hidden in the crease) or with one incision placed down the

centre of the sacrum, or 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 buttocks tissue and with sutures, skin adhesive or surgical tape to close the skin.

### 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 realise the fulfilment of your goal for fuller buttocks. Results of this surgery are permanent.

## FAT GRAFTING BRAZILIAN BUTT LIFT PROCEDURE

### Step 1: Liposuction

Liposuction is performed through small, inconspicuous incisions. First, diluted local anaesthesia is infused to reduce bleeding and trauma. Then a thin hollow tube, or cannula, 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. In general, your surgeon may liposuction up to three times the amount of fat than will actually be injected into the buttocks.

### 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 behind.

### Step 3: See the results

The results of buttock augmentation are immediately visible. However you will not see your final results until a year after the surgery, as it takes a while for the fat to "take." This procedure offers natural looking and feeling results, but the

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projection of the buttocks may decrease over time. Some of the initial volume you experience after your fat grafting procedure will fade as the fat is absorbed by your body (on average patients will retain 60-80% of the transferred fat, in some cases more in others less). Satisfaction with your new image should continue to grow as you recover and realise the fulfilment of your goal for fuller buttocks. 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.

## YOUR BUTTOCK AUGMENTATION CONSULTATION

During your buttock augmentation 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 plastic surgeon will 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.

The consultation is the time to ask your plastic surgeon questions. It is important to understand all aspects of your buttock augmentation surgery. It is natural to be nervous about it, whether it is excitement for your anticipated new look or a bit of preoperative stress. Do not be shy about discussing these feelings with your plastic surgeon.

## PREPARING FOR BUTTOCK AUGMENTATION SURGERY

In preparing for buttock augmentation, 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 should be performed in an accredited outpatient or ambulatory surgical centre or a hospital. This is for your safety. If your surgeon has an informal setting, he or she may not be a board-certified plastic surgeon.

If your buttock augmentation is performed on an outpatient basis, arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.

# VIVARI OVERNIGHT PACKAGES

OPTIONAL PACKAGES FOR HOTEL, RESTAURANT AND SPA
<p><b>REFRESH</b> One night full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*</p>
<p><b>REVIVE</b> Two nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*</p>
<p><b>RENEW</b> Three nights full board basis with nurse care cover, inclusive of 1 hour Classic Body Ritual at Vivari Spa.*</p>
<p><i>* Please note that packages exclude incidentals like drinks and any additional spa treatments.</i></p>









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