

On the Butt lifting edge

With non-surgical options nudging their way into the field of plastic surgery, **DR ANUSHKA REDDY** explains the difference between the brazilian butt lift procedure and the non-surgical butt lift, while discussing the advantages and disadvantages of both thereof.

In an effort to achieve a perfectly toned butt, many women often resolve to have a surgical brazilian butt lift to tone, lift and flesh out their derrières. Nevertheless, non-surgical brazilian butt lifts (bum lifts) have made their way into the mix, broadening the client's choice in order to attain the same look in a safer and less invasive way.

What is a brazilian butt lift?

The demand for sculpted and beautifully toned buttocks seems to have been boosted by admirers of celebrities like Kylie Minogue and Kim Kardashian, both of whom sport pert and plump behinds. This surgical buttock augmentation helps patients to achieve an hourglass shape by harvesting fat from suitable donor regions on their body (areas such as the hips stomach or thighs) via a liposuction procedure, with this fat then being transferred to the buttocks. The result is a full and plump-looking bottom that wouldn't look out of place on a Brazilian beach.

BUT, there is a downside...

As is the case with any surgical procedure, there is a list of side effects attached to having it, including scarring and potential infections. In fact, the **American Society of Plastic Surgeons** deems it to be one of the riskiest procedures in the field of reconstructive surgery.

Can you elect to have a non-surgical brazilian butt lift?

Yes, absolutely. Patients can now achieve the same lifting and volumising benefits of a brazilian butt lift without going anywhere near a scalpel. Body contouring technologies can efficiently build volume in the buttocks to firm them up, while non-surgical skin lifting technologies can tighten the skin. The result is a firmer, more curvaceous and defined bum without any sagging or banana rolls.

What non-surgical techniques / methodologies are used?

The latest bio-stimulator (an

injectable launched recently in South Africa) effectively provides a fuller buttock shape without the need to harvest fat from a donor region. And because its active component is poly-l-lactic acid (PLLA), it is able to trigger collagen production, assist in providing structure to the skin, as well as keeping the joints strong.

Calcium hydroxyapatite (CaHA) is another filler which stimulates the body's natural collagen production. Made up of a material found in bones, it comes in a paste form and is more expensive than PLLA. CaHA is also harder to manipulate and adjust, with its effects lasting for about one-two years.

PLLA, on the other hand, presents itself as a liquid substance, making it easier to sculpt in the right area, and may last anywhere between two-three years.

Both filler options require two to three sessions initially.



Surgical buttock augmentation **helps achieve an hourglass shape by harvesting fat from suitable donor regions** on their body (areas such as the hips stomach or thighs) via a liposuction procedure, which is then being transferred to the buttocks.

Who is the right candidate for a non-surgical butt lift?

There are a number of reasons why one would consider opting for the non-surgical route:

- **Recovery time:** Downtime post surgery can take several weeks, compared to that of next-day recovery for a non-surgical treatment
- **Fat deficit:** BBL is ideal for people who do not have enough fat in the buttock area, or who may have hip dips (indents or depressions on the outside part of the upper legs just below the hip bone). PLLA has been shown to effectively plump the buttocks, while simultaneously filling out hip dips. It is also used in patients who've had previous BBL surgery to smooth out any irregularities.

The cost?

An excess of R80000 over the course of multiple sessions for a non-surgical butt lift is a figure one should expect to pay. However, sometimes it can go up to R250 000.

Affordability

Although choosing a non-surgical method is a money-saver in general, it's a bit different in this case due to how much more filler one would need

for their buttocks (as opposed to the amount required for facial filler injections). Suffice to say, this procedure is going to be pricey, so only consider it if money is no object. (See side bar)

Safety

The issue of safety around the brazilian butt lift remains a concerning one. There have been some fatalities over the last few

years, as the procedure carries a high risk, with high incidences of post-surgery problems being reported. One of the reasons that these complications occur are generally caused by the removing of fat from one location to another (which is by no means an easy feat).

While a non-surgical buttock lift may not be the best choice for every patient, those that do undergo the procedure enjoy numerous benefits, such as:

- A fast, in-office procedure, usually completed in 30 minutes
- No general anaesthesia required for the treatment
- No incisions, so no post-operative scarring
- No need to have sufficient fat in another area for transfer
- The return to regular activities in a shorter time frame post-treatment
- Gradual, natural-looking results which appear over time
- Results that may last up to three years or more

Recovery after a non-surgical butt lift

There is an initial volume increase caused by the sterile water used to suspend the particles for injection. The body will absorb this water naturally during the first day or two following the procedure.

The treatment area will need to be massaged for five days after the procedure to ensure the particles distribute evenly throughout the buttocks. This will help deliver a fuller, more contoured appearance.

IT'S IMPORTANT TO BE PATIENT

Results will appear gradually, and the shape of the buttocks will continue to improve with the follow-up treatments over the next few months. Once the final results are achieved, they will be long-lasting.

When to choose surgery

While I recommend the non-surgical butt lift if the patient is the right candidate, there are situations in which a surgical BBL might be the better option. Patients who present with a significant amount of sagging will most likely require surgery to excise loose skin and create a firmer contour. Likewise, if a substantial increase in fullness is desired, then a BBL might provide more satisfying results. Surgical buttock augmentation may also be a better choice for patients that want their results to last longer than a few years.

The bottom line

With advances in modern medicine, there is no shortage of treatments for people who are wanting to transform their bums. If you're after a petite butt and are reluctant to undergo surgery, you might be more satisfied with a non-surgical butt lift — or, of course, you can always try to grow bigger, stronger glutes by working out! **A2**



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