

This Is What It Looks Like When You Get a ‘Sculptra Butt Lift’

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With the increase of noninvasive options available to treat almost any area of your body you'd like to tweak, there are a lot more solutions that don't call for going [under the knife](#), which can be a major deterrent for getting cosmetic work done. Up until now, the only options for augmenting your backside were [butt implants](#) or a [Brazilian Butt Lift](#), both invasive surgical procedures. Now, there's a new butt lift gaining popularity and it doesn't involve surgery.

Nicknamed the "[Sculptra Butt Lift](#)," this newer technique involves using a long-lasting dermal filler [off-label](#) (meaning for a purpose other than what it's FDA-approved for) to give your backside a fuller, more lifted look without the risks or downtime associated with more invasive procedures.

We talked to New York dermatologist [Hooman Khorasani, MD](#), who says he's seen an increase in patients seeking a nonsurgical solution to give their backsides a much-needed lift. Below he explains who is a good candidate for a "Sculptra Butt Lift" and what goes into the fairly new procedure.

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NewBeauty: What is a "Sculptra Butt Lift?"

Dr. Khorasani: Sculptra, or poly-l-lactic acid (PLLA), is a dermal filler used for skin and soft tissue augmentation. PLLA stimulates the body's own collagen production and can be used for volume restoration and skin rejuvenation. Most studies thus far have focused on its use for fat loss in the face (currently the only FDA-approved indication for Sculptra Aesthetic is in the face). In recent years, an off-label application for use in the buttocks has been explored with good results.

NB: What does the procedure entail?

Dr. Khorasani: First, topical lidocaine is applied to the area to be injected. Once the skin is numbed (usually after 30 minutes), Sculptra is injected to the upper buttock with very small needles. Depending on the desired level of augmentation, most patients require about three treatments, six weeks apart. Although results can be noticed as early as six weeks after the treatments, the optimal outcome is not noticed until about six months after the procedure.

NB: Who is an ideal candidate for a "Sculptra Butt Lift?"

Dr. Khorasani: Ideal patients are between 25-45 years of age, near their ideal body weight and wish to improve volume and texture of the buttocks.

NB: What are some of the reasons your patients come in requesting this procedure?

Dr. Khorasani: My patients desire a natural-looking improvement in their buttocks with minimal side effects. Typically, they're young, athletic women (personal trainers, yoga instructors, etc.) who have lost fat in the upper pole

of their buttocks due to vigorous exercise and caloric restrictions. They often feel that they have developed a more masculine contour of the buttocks and wish to restore the feminine curves in a fast, noninvasive manner with minimal downtime. Other patients complain of cellulite and stretch marks and simply wish to improve the skin texture and irregularity.

NB: How long does recovery take? How long do results last?

Dr. Khorasani: There is minimal downtime—you may have some bruise marks at the injection site that may last for 7-10 days, but that is it. Other rare complications include the formation of small nodules under the skin, which may have to be treated by a doctor for resolution. Patients are encouraged to massage the area throughout the day for the first five days after the procedure. Maximum results may last 18 months to two years after the injections. However, a small degree of patients may see improvements lasting much longer.

NB: What do you believe are the benefits of a “Sculptra Butt Lift” versus a surgical procedure like a Brazilian Butt Lift?

Dr. Khorasani: Patients who want a “Sculptra Butt Lift” are those who don’t have time for the downtime. They often want to avoid going under general anesthesia and don’t want the scars associated with surgery. Also, some patients may not be good candidates for the fat transfer portion of a surgical butt lift, as they may not have enough fat for the procedure.

There have also been some well-documented side effects with both silicone butt implants and fat injections in the buttocks that influence a patient’s decision. Due to the side effects associated with surgery and prolonged downtime, this nonsurgical alternative is a great advantage over surgical options. Sculptra Aesthetic is an injectable semipermanent filler that has a great safety record when used in the face and I'm looking forward to more robust studies that evaluate its effectiveness on the buttocks, including a large-scale one my office is conducting.

