

Lisette Hilton

# THE BOTTOM LINE

*Move over Princess Kate. Big butts and shapely bodies are all the rage. Here's how to get one.*

**C**rystal Andrews, of Dallas, Texas, wanted a fuller, more contoured bottom, giving her body what she calls a Coke-bottle shape. Now she has her dream body, thanks to a surgical procedure that involves taking fat from one part of the body and injecting it into the buttocks.

The 26-year-old says she feels sexier and shapelier since having the surgery.

"It has changed my life.... My jeans and other tight clothing look amazing on me...." Crystal says.

## SHAPING, NOT LIFTING

Calling the procedure a "butt lift" or "Brazilian butt lift" is misleading, according to Nedra Dodds, M.D., Crystal's cosmetic surgeon. Lifting describes a procedure that pulls and tightens, eliminating excess skin. Today's procedure is more focused on adding volume and shape to the buttocks, says Dr. Dodds, who practices in Kennesaw, Ga.

"We [doctors] call it buttock augmentation," says Dr. Dodds, who earlier this year was honored with the "Best Surgical Body Shaping Enhancement" award at The Aesthetic Show in Las Vegas.

The result? A fuller, perkier, rounder bottom.

## PATIENT'S CHOICE

Just what shape your augmented butt will take is truly a matter of personal choice. A good doctor will make recommendations, but the future bottom should reflect a patient's preferences. Some patients want a wider buttocks, while others desire a heightened look, according to New York City cosmetic surgeon Kevin Jovanovic, M.D. Ethnicity,

culture and perception all play into people's desires when it comes to butt size and shape, he says.

The end result does depend on the type of procedure. There are two ways to plump the buttocks. Fat transfer is one approach. The other is silicone implants.

Silicone implants can provide larger displacements for thinner women who have less fat to move around, plus they are less expensive, since you don't have the cost of fat removal. Many cosmetic surgeons prefer fat transfer, however, because of concerns with safety. Buttocks augmentation with silicone and other implants comes with a high risk of complications, including implant movement and rejection, according to Dr. Jovanovic.

Another advantage of the fat-transfer procedure is that patients can get rid of persistent unwanted fat from their bellies or thighs. When cosmetic surgeons perform fat-transfer butt augmentations, they are performing two distinct procedures in one appointment: liposuction and fat injections. Basically, they're taking fat from one place and injecting it into another. So the ideal candidate is someone who has extra fat in the abdomen, waist or thighs. How much gets moved depends on the amount of available fat, and the more fat, the more the possibilities. "If you have the fat, it's a win-win situation," Dr. Dodds says. "If I have a patient that comes in with what I call a little Buddha belly, the sky's the limit."

Cosmetic surgeons can even store excess fat for gradual fat augmentation, in stages, as well as touch ups. If you are worried that you are too thin, don't be. Even lean people have some fat. "I joke that I'm the vampire of fat," says Dr. Dodds. "There is a way to find enough fat, as long as that

patient's expectations make sense. If we're not starting with a lot of fat, Kim Kardashian you will not be. But will you have more buttocks? Will you look more feminine? And will your clothes fit better? Yes."

Another solution for a very thin person, says Dr. Jovanovic, is to have her put on weight before the procedure, so the fat will be there for the plumping.

## THE DRILL

There are three steps for fat-transfer buttock augmentation. Cosmetic surgeons first 'harvest' the fat with liposuction. Then they process the fat to make it safe for re-entry into the body. Finally, they inject the patient's fat into the buttocks all in one outpatient visit.

While Dr. Dodds has most patients under local anesthesia and sedation, which means they're in a sleepy state, Dr. Jovanovic says his patients are wide-awake and participating in the procedure. "That's the fun part for me," he says. "We're shaping the butt as we go. It's like molding and sculpting."

Patients emerge from the procedures with some soreness and swelling in the areas where fat was removed, as well as at the injection sites. Prescription pain medications may be necessary the first day or two, but after that, over-the-counter pain relievers usually are enough to diminish pain.

While recovery from a buttock augmentation is not necessarily painful, it is tricky. There will be no sitting on the freshly implanted fat for up to three weeks. Dr. Jovanovic says that patients who can't avoid sitting should use doughnut holes on their chairs, to take pressure off the injection sites. Dr. Dodds says that during the recovery, patients also should avoid lying on their backs. Bath taking for about a month after surgery is a no-no. But showers are fine.

These precautions are to avoid infection. "When we're telling patients post-surgically not to sit on their butt, it's not because we're afraid the shape will change," says Dr. Dodds. "It's because compressing the tissue doesn't allow it to get oxygen. Putting pressure early on causes those cells to die and [encourages] infection."

## AVOID COMPLICATIONS

Results of the butt augmentation procedure will vary from patient to patient, depending on several factors. About 80 percent to 90 percent of the fat that experienced cosmetic surgeons inject should "take," though patients with less healthy tissue to start with (that means smokers) will not do as well.

"I do caution people who smoke that they increase the potential for fat cells to die off," Dr. Dodds says. How closely patients follow their doctor's instructions will also make a difference.

Both Drs. Jovanovic and Dodds stress that a healthy lifestyle produces the best long-term results. With that, they say, those shapelier, more contoured buttocks could last a lifetime. **N**



*Dr. Nedra Dodds is a board-certified physician and founder of Opulence Aesthetic Medicine in Kennesaw, Ga. She specializes in cutting-edge, minimally invasive cosmetic procedures and anti-aging techniques.*

## BEAUTY BRIEF

### PROCEDURE: BUTTOCK AUGMENTATION

<b>COST:</b>	\$7,000 to \$15,000 for both procedures (lipo and fat injection)
<b>TIME IN:</b>	About 4 hours
<b>TIME OUT:</b>	Take a week off
<b>ANESTHESIA:</b>	Local; sometimes sedation to make you sleepy
<b>PAIN:</b>	Yipes, this smarts! Might need some prescription meds for the first couple of days
<b>INVASIVE?</b>	Needle required

## OLD YOU



## NEW YOU



*Crystal Andrews, 26, before and after fat grafting to the buttocks (Brazilian Butt Lift).*