



DR MATTEO  
**VIGO**  
PLASTIC SURGERY

EVERYTHING YOU  
NEED TO KNOW  
ABOUT THE  
**BRAZILIAN BUTT-LIFT**



### **WHAT IS A BRAZILIAN BUTT LIFT?**

A Brazilian butt lift is a popular cosmetic procedure that involves the transfer of fat to help create more fullness in your backside. If you've heard of a Brazilian butt lift and are curious about more permanent results than exercise alone, read more about the procedure and how to find a reputable provider to make sure it's done safely. Benefits of a Brazilian butt lift include:

- 1.** The procedure will improve your body's proportions
- 2.** Brazilian butt lifts reduce fat pockets in other parts of your body
- 3.** Brazilian butt lifts have a natural look and feel
- 4.** You'll get quick results
- 5.** Your clothing will be more flattering
- 6.** It's a safe form of butt enhancement
- 7.** Cellulite is less visible

### **Brazilian butt-lift procedure**

A Brazilian butt lift consists of fat grafting that is notable for its natural-looking results. The procedure involves the following steps:

The procedure is usually performed under anesthesia, but in procedures where a smaller volume of fat is transferred, it may be done with only local anesthesia (numbing medication). You may ask for an anti-nausea medication beforehand, especially if anesthesia makes you sick.

Your surgeon then uses liposuction to remove fat from other areas of your body, such as your hips, stomach, and thighs. Liposuction itself involves making incisions in the skin, and then using a tube to remove fat from the body.

The fat stores that have just been removed from your body are purified and readied for injection into your buttocks.

Your surgeon finishes by injecting the processed fat into specific areas of the buttocks to create a more rounded, full look. They make three to five incisions around the buttocks for fat transfers.

Both liposuction and fat transfer incisions are closed up with stitches. Your surgeon then applies a compression garment against the affected areas of skin to minimize your risk of bleeding.

### **Brazilian butt-lift surgery benefits**

Unlike other forms of buttock surgery, such as placement of silicone buttock implants, a Brazilian butt lift is touted for providing more natural-looking results while also creating more roundness in your backside.

It can also help address certain issues, such as the sagging and shapelessness that sometimes occur with age. You might also consider the procedure if you're bothered by figure imbalances that make it difficult to wear clothing comfortably.

### **Brazilian butt-lift recovery and outlook**

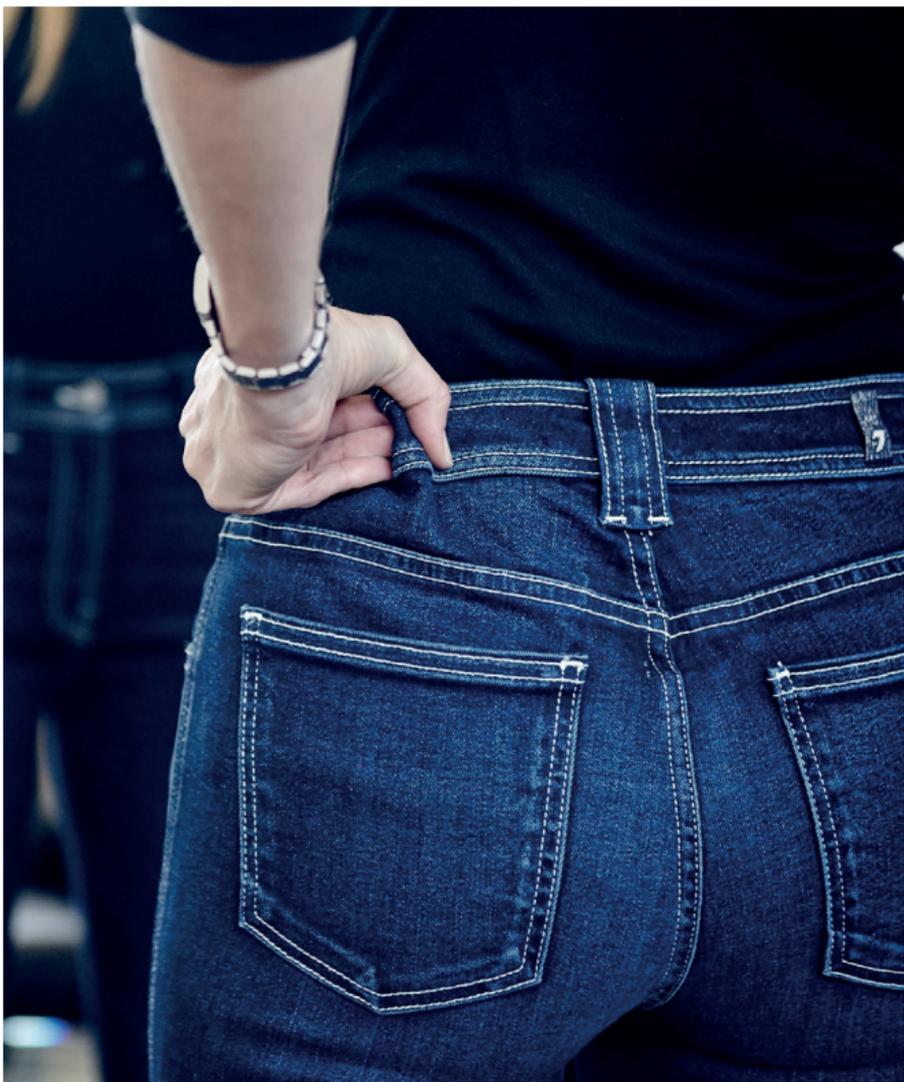
Like any cosmetic surgery, you'll need to take special care after a Brazilian butt lift. You won't be able to sit on your butt for two weeks following surgery, and you'll need to sleep on your side or on your stomach until the area has completely healed.

Your buttocks may be swollen for several weeks as you recover from surgery.

Overall, the effects of this surgery last several months to years.

Initially, you may need more than one procedure until you achieve the exact results you want. It can also take up to six months before you see full results from the initial procedure.





### **Who is a good candidate for a Brazilian butt lift?**

It's always a good idea to check with a cosmetic surgeon before considering a Brazilian butt lift. They might give you the go-ahead if you:

- lost your natural shape due to age or weight fluctuations
- don't feel comfortable in your clothes
- have enough fat stores in your hips and other areas for grafting
- are a nonsmoker
- are at a healthy weight
- lead a healthy lifestyle overall, which includes regular exercise
- haven't had any recent infections or complications related to surgery

### **Brazilian butt lift vs. Sculptra butt lift, silicone implants, and liposuction**

Butt augmentations are on the rise, but this doesn't mean your choices stop at the Brazilian butt lift. Consider discussing the following options with your provider:

**Sculptra butt lift.** Sculptra is a type of dermal filler used to plump up the skin due to natural losses of volume with age. The filler is most often used for facial wrinkles, but may be considered for use along with a Brazilian butt lift for maximum volume. Use of Sculptra in the buttocks is considered off-label use by the FDA.

**Silicone butt implants.** As the name suggests, this procedure involves the use of silicone implants placed in your buttocks. It's much more invasive

than the Brazilian butt lift, although sometimes the two procedures are used together. Silicone implants carry the long-term risk of displacement, so you will likely need to get the surgery done again at some point in the future.

Liposuction. If you have excess fat stores in the gluteal area, sometimes a surgeon will recommend removing them as a way to create more roundness. This procedure focuses on fat removal only, not the transfer of fat used in a Brazilian butt lift.

Never use silicone or hydrogel injections for a butt lift. Such injections fail to deliver the same results. But more importantly, the FDA Trusted Source has warned against their use due to cases of severe side effects and death.



A BRIEF NOTE FROM  
DR. MATTEO VIGO



I decided to become a doctor at early age but I was not aware of the world of Plastic Surgery. Once I have discovered it I fell in love with the whole concept behind and how this field of Medicine can be helpful for many people.

I passionately believe that, in order to improve the physical aspect of a patient, the plastic surgeon needs to combine the principles of art and science, adopting a global approach to understanding the individual desires.

Plastic Surgery is a truly fascinating, dynamic, constantly evolving field of medicine and I believe that the role of a Cosmetic Surgeon is unique and highly privileged.

My main goal is to understand the needs of a patient and try to transform their desires into reality. The role of a plastic surgeon is not only merely surgical but also supportive in the decision process of the best treatment to help patients finding themselves and their wellbeing.

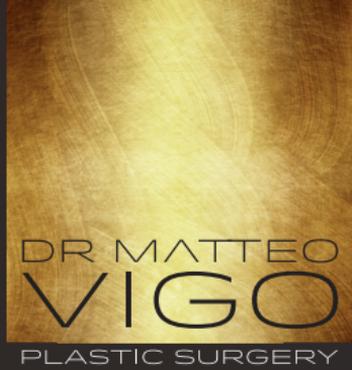
All these steps are taken into consideration once a person walks in my office and the service I am offering them is always at the top.

I am combining experience, quality and professionalism to evaluate each single case and offer the best solution for my patients.

**"Because you deserve the best"** is my motto and I want always to put the patient at the centre of what I am doing.

You have to feel pampered, understood, listened, loved once in my office and the feedback of this feelings from my patient is my best satisfaction.

Dr Matteo Vigo



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To book a Plastic Surgery consultation with  
Dr Vigo, please contact us today.

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#### Locations

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##### **HEALTHBAY POLYCLINIC**

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