

# Liposuction 360 with Fat Transfer: Brazilian Butt Lift Procedure.

Let's face it, big, sexy, voluptuous bottoms with wide hips and tiny waists are the latest trend, thanks to some celebrities.



If you are here, it is because you want to show off spectacular curves for a lifetime. We know you've tried everything: diets, exercises, and more. Fortunately, with a Lipo360 combined with a BBL, we can help you achieve it in the blink of an eye.

Today, Plastic Surgery is not taboo anymore. More and more people seek plastic surgery as an alternative solution to look and feel better about themselves. Medicine has developed different techniques to offer the best options for each person, which sometimes can be combined, to improve two or more aspects by entering the OR only once. But how can we achieve that so desired hourglass shape? Keep reading to find out.

## What is Lipo 360?

Lipo 360, also known as "Circumferential Liposuction," is a cosmetic procedure that consists of Liposuction of the abdomen, back, and flanks to create a streamlined finish from every angle.

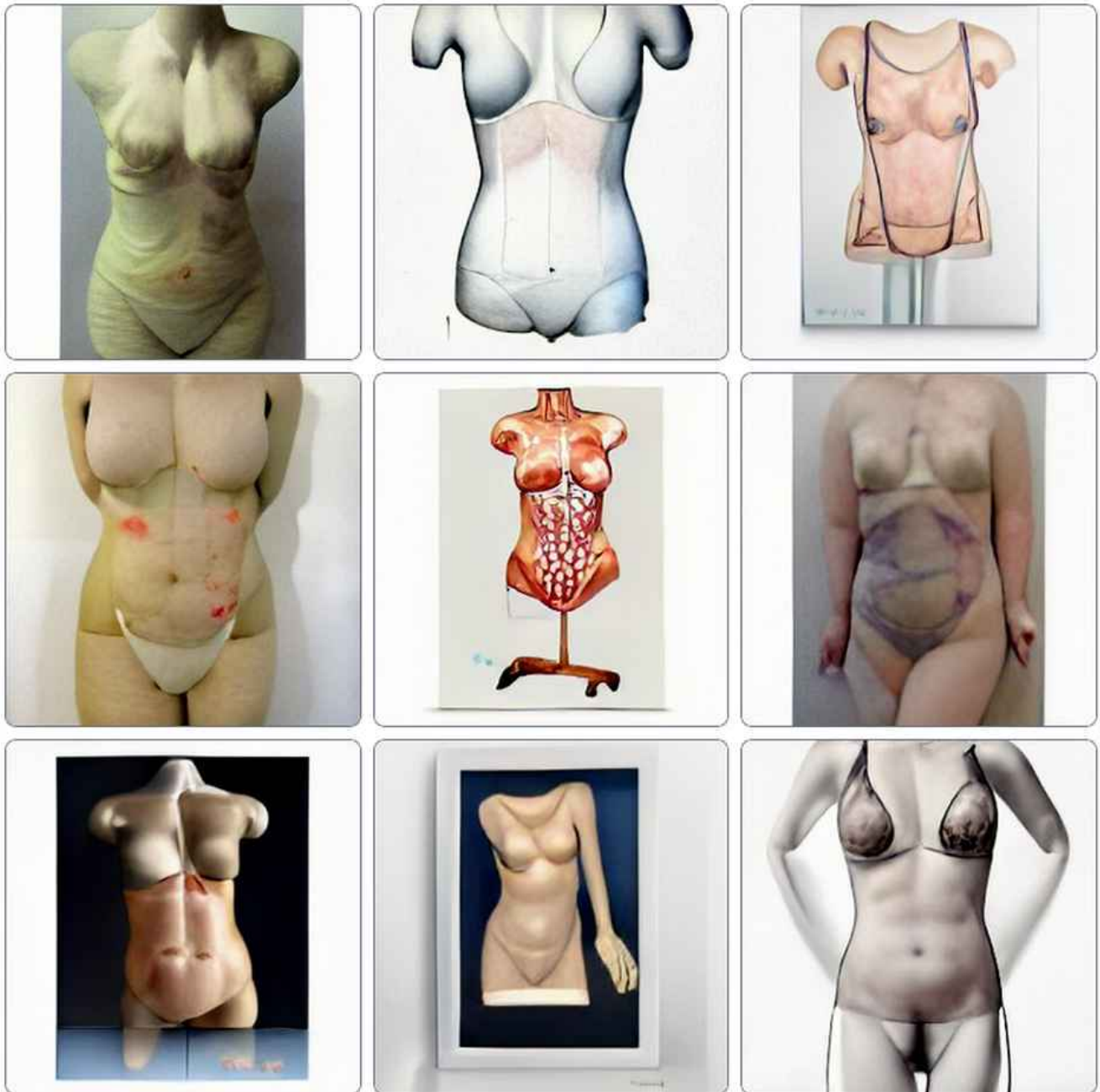
Liposuction 360 targets the following areas of the body:

- Full abdomen
- Bra rolls
- Upper and Middle back
- Entire waist
- Hip roll
- Hip Dips
- Presacral triangle

*The main benefit of **Liposuction 360** is that fat cells are **permanently removed** from the entire midsection. Your body has a certain number of adipocytes (fat cells) that grow in size but not in number. Once they are removed from your abdomen, they do not regenerate.*

Circumferential Liposuction provides a 360-degree transformation, resulting in:

- A Flatter Abdomen
- A Defined Waistline
- Better waist-to-hip ratio



## What is a BBL?

The Brazilian Butt Lift, or BBL, is a plastic surgery procedure involving using the patient's fat to reshape the buttocks. Liposuction removes the fat from specific body

areas, such as the hips, stomach, and waist. Then, this fat is transferred to the booty.

With this procedure, you can achieve a more prominent appearance with a greater projection of the buttocks.

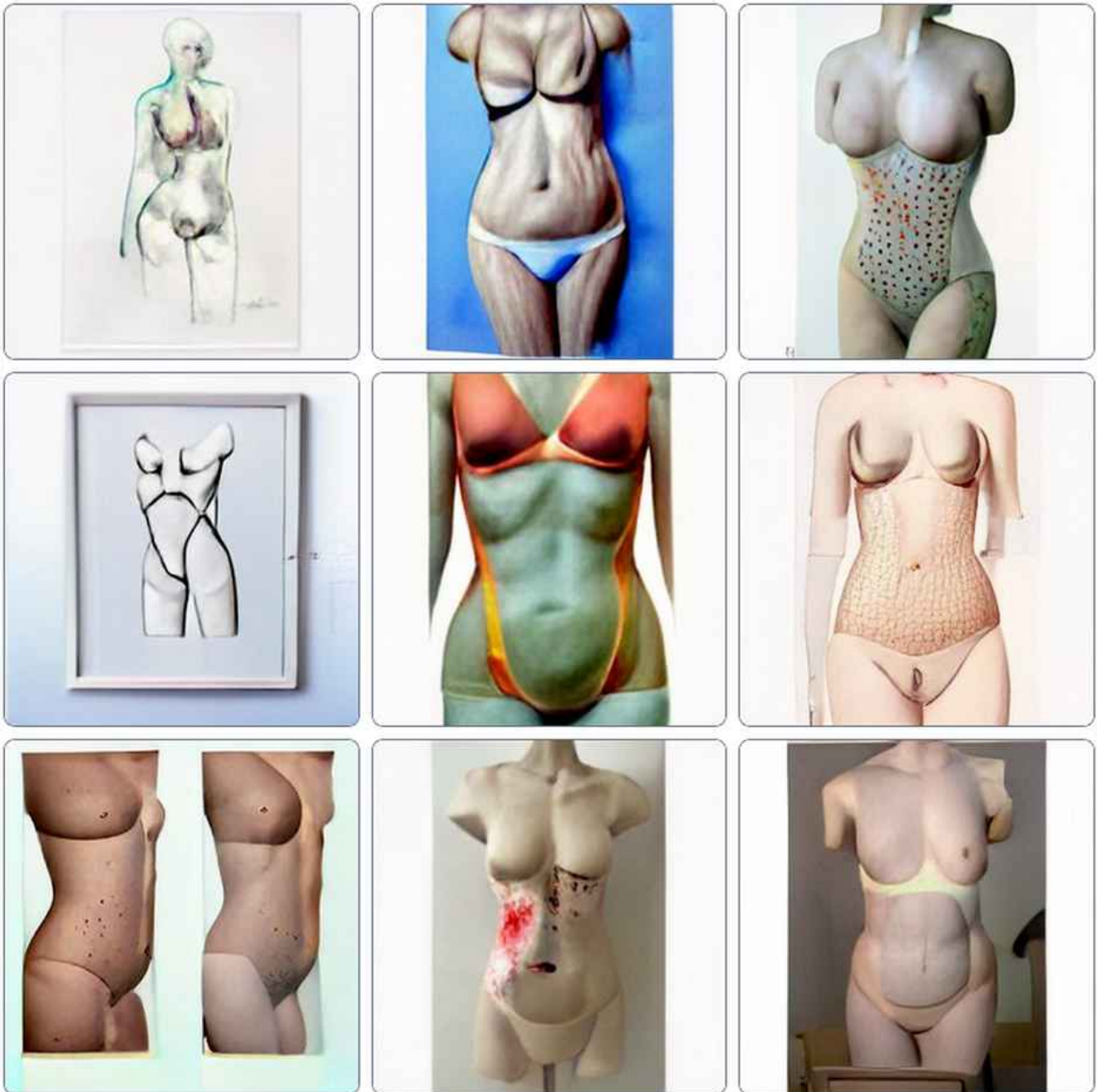
## **A Powerful Combination: Lipo 360 + BBL**

Liposuction combined with BBL is one of the most popular cosmetic procedures in Mexico, Colombia, and The United States. After celebrities such as Kim Kardashian and Nicki Minaj were associated with BBL, the procedure's popularity soared.

As Liposuction is involved in the first stage of the BBL, Lipo 360 can be combined perfectly with this amazing procedure.

The secret to the success of the Brazilian Butt Lift is to create a dramatic contrast between a slim waist and an augmented behind. The transformation is much more complete by combining it with a 360 Liposculpture.

*By combining both procedures, your surgeon will create that perfect hourglass shape you always wanted: **smaller waist, big and rounded butt, and nice curves on your hips**. Like a dream come true!*



## Best Candidates for Brazilian Butt Lift

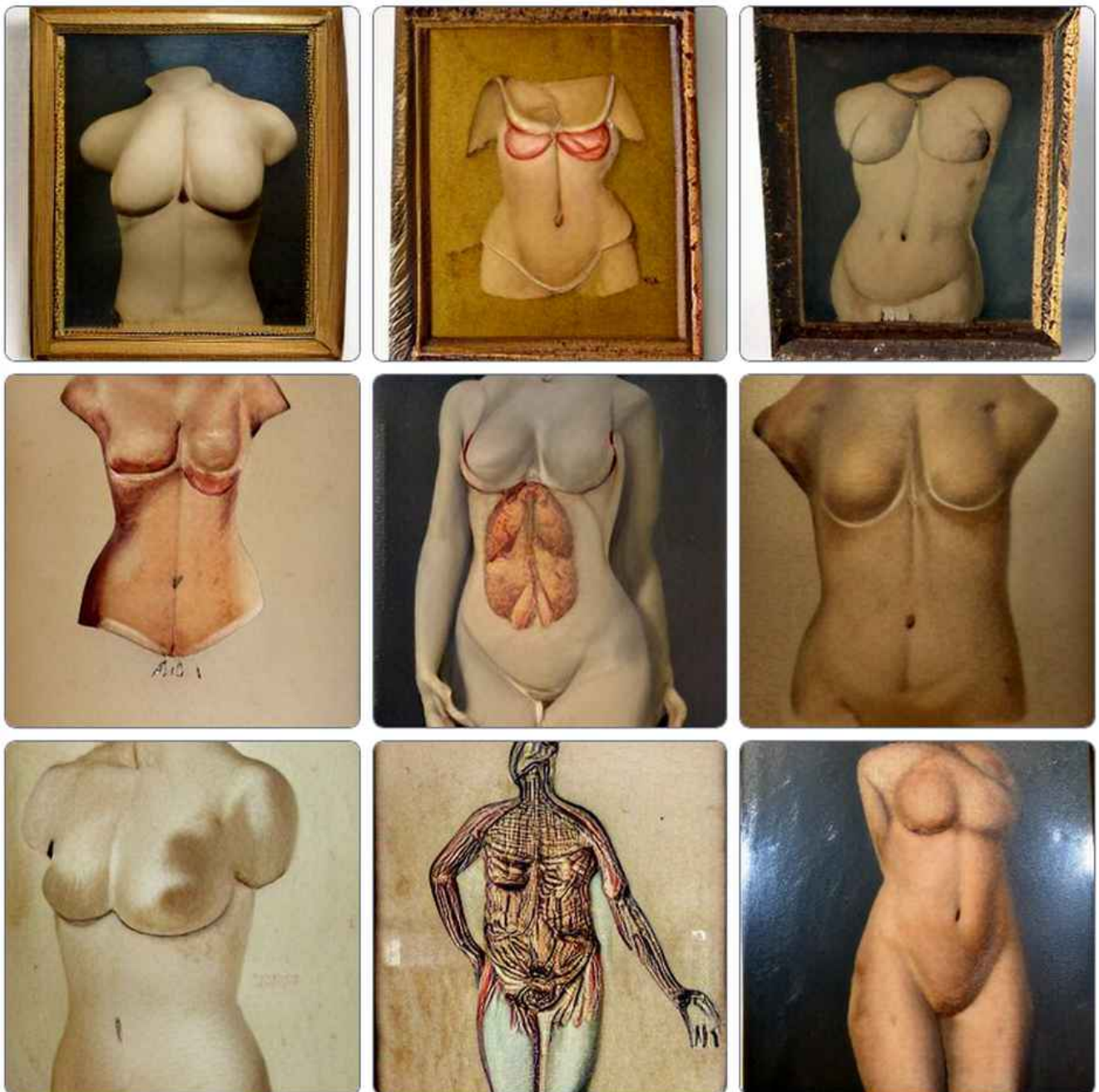
Qualifying for a Brazilian butt lift is much easier than you might think. As long as the patient is in good health and has enough excess body fat in their body, they can be an ideal candidate for this procedure.

Those patients with a smaller butt or a buttock that has lost volume and has begun to sag would benefit significantly from a

Brazilian Butt Lift to achieve their body goals.

Significantly overweight patients may be susceptible to other risks associated with a surgical procedure.

*Patients should always speak with their surgeon to determine their eligibility as a candidate for a Brazilian butt lift.*



# **Sculpting your perfect curves with a Lipo 360 + BBL**

Not all of us were blessed with eye-catching curves and a voluptuous derriere at birth. Even those genetically blessed with an hourglass figure may find that their body shape and backside change over time due to weight gain, aging, or pregnancy.

Fortunately, with a Liposuction 360 + BBL, you can sculpt your body into a sexier shape. You can minimize the areas you want to be smaller and maximize the ones you want to have more fullness.

With Lipo 360, you can smooth your body's contours around your entire midsection to create a more sculpted look and combine with fat transfer.

*You can augment your buttocks by using your body fat, creating a more contoured and curvy shape with a natural look. With the proper care, your new look can last your entire lifetime.*

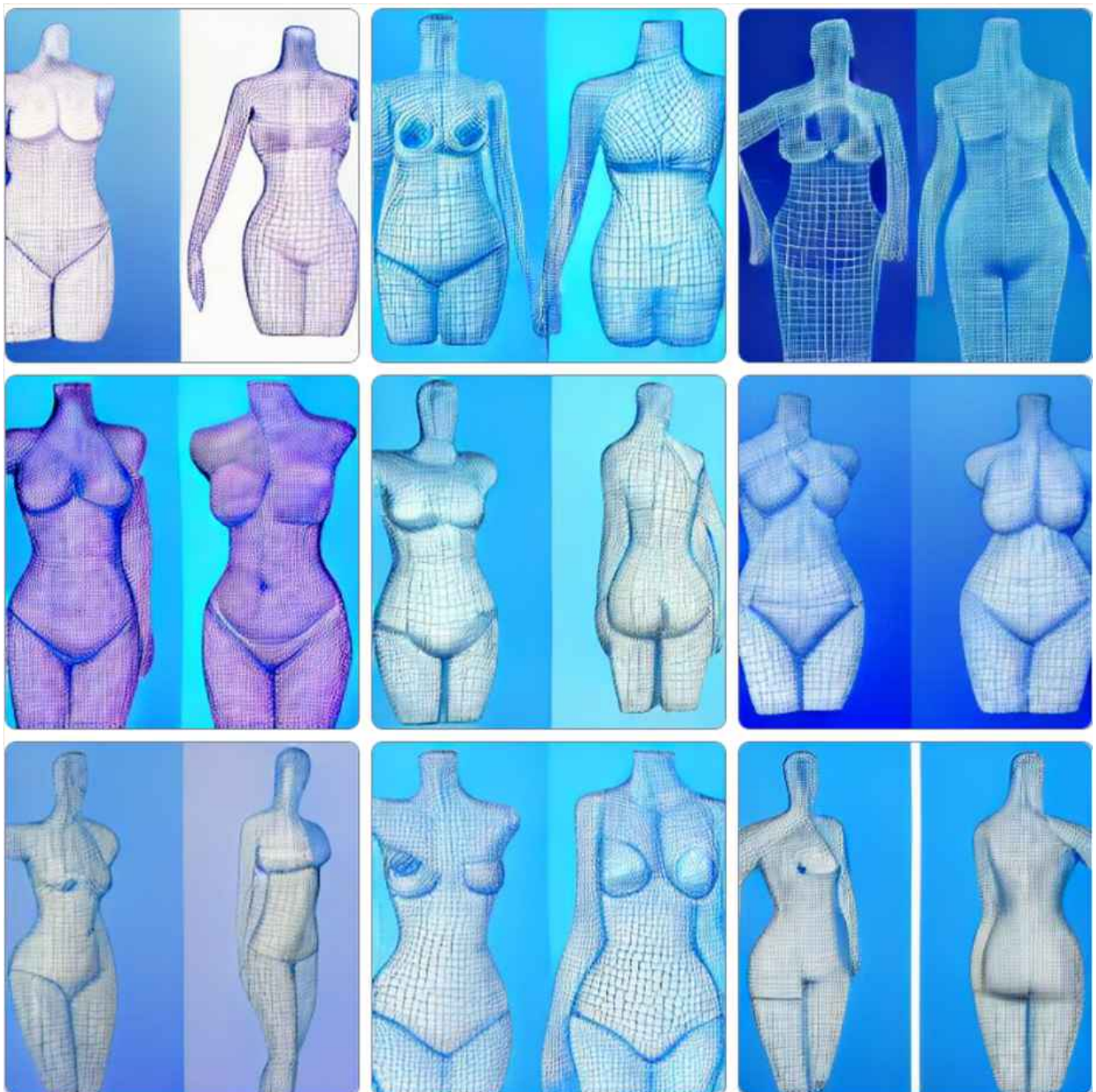
## **Want to know which BBL shape is right for you?**

Many patients want to shape their buttocks in a particular way. Sometimes they do not like so much volume. On the other hand, some patients want a great amount of volume and projection in their buttocks.

Because the BBL procedure is tailored, your surgeon can define the shape and size of your buttocks according to your desires and body proportions.

There are three types of BBL shapes:

- **Rounded Shape:** or Beyonce BBL. This type of BBL shape is characterized by having a large volume in the hips and buttocks.
- **Bubble Shape:** This type of BBL shape focuses on volume both in the upper part of the buttocks and in the lower part. The new curves will be much more pronounced and dramatic in the style of JLo and Kim Kardashian.
- **Heart Shape:** This type of BBL Shape has the characteristic of smooth curves in the hips, with greater volume in the butt.





# The procedure: Butt Augmentation with Fat Transfer

Your surgeon will assess your candidacy for the Brazilian Butt Lift procedure at your initial consultation. Your doctor will thoroughly review your medical records, current medications, and lifestyle habits.

We encourage you to share your body goals at this time; you may even bring photographs to show the surgeon what shape you desire. Your surgeon will then advise which BBL technique would most easily produce your desired result.

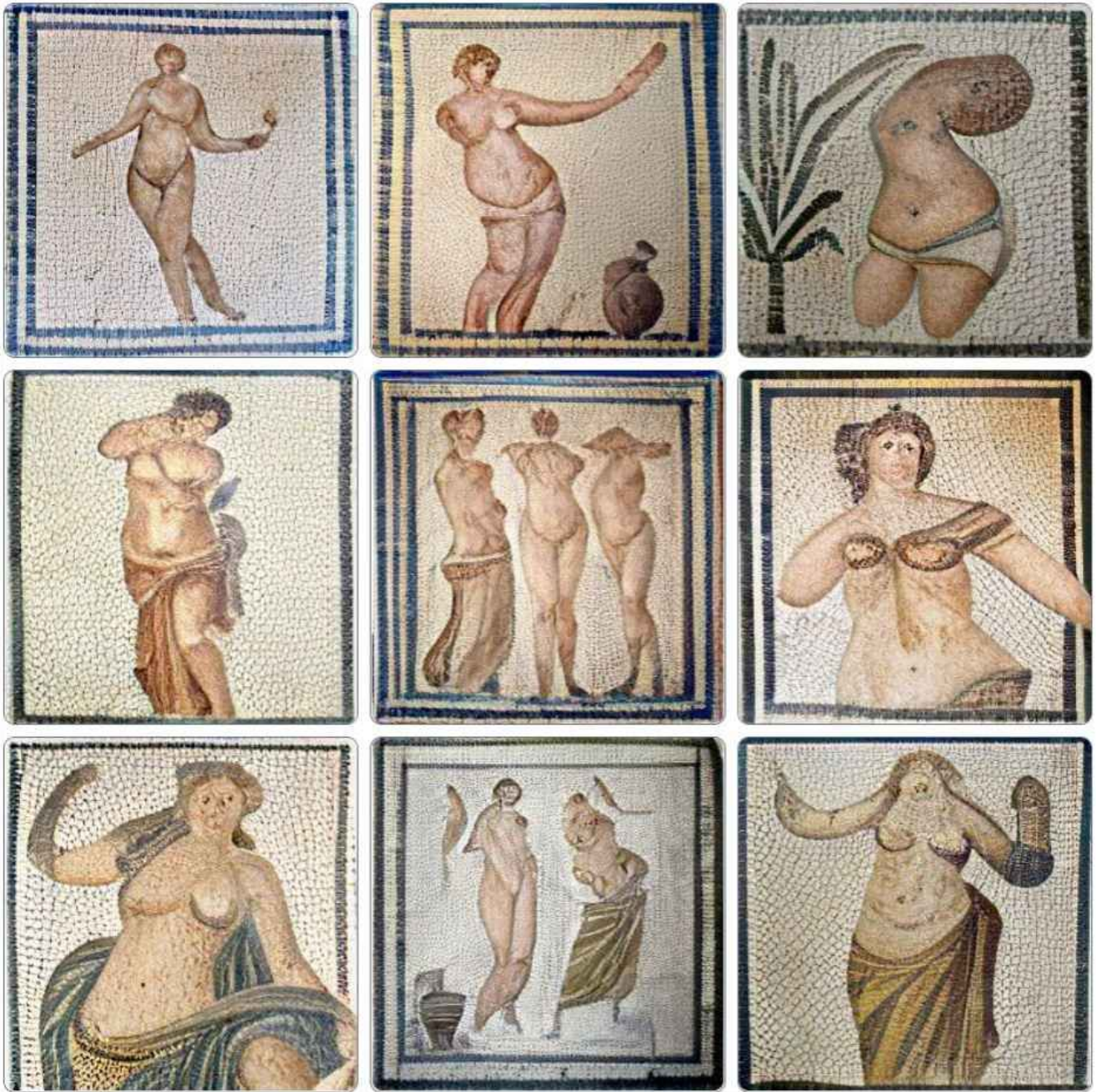
The pre-op evaluation is all about you. Therefore, do not hesitate to ask all the questions you may have.

Butt augmentation with fat transfer usually takes between one and four hours. The duration of your BBL and Lipo360 procedure will depend on the number of areas to be treated during the Lipo 360.

The procedure begins with the removal of the fat. Small incisions are made in the donor area, and the fat is removed through gentle Liposuction. Once the fat is extracted, the fat cells are purified, keeping only the best ones.

The fat is re-injected into the buttocks, and the desired shape is achieved.

After surgery, you will be instructed to wear a compression garment for two weeks to minimize swelling and maintain your new figure.



## **Brazilian Butt Lift Recovery Process**

After a BBL is performed, bandages may be placed in the incisions. In addition, drains may be used to remove excess blood or fluids. Drains are thin tubes that are placed under the skin.

Skin bruising and swelling may occur immediately after surgery, especially in those areas where more fat has been

suctioned out. You may also feel some pain that can be relieved with the medication prescribed by your doctor.

Recovery time after BBL surgery is different for one person to another. Most patients can walk the same day after surgery. You may notice some constipation, so walking as soon as possible is recommended to relieve constipation.

If you see blood in the drains along with fluid, do not worry, this is absolutely normal. This symptom will disappear a couple of days after surgery.

*Patients can expect to return to work **7 to 14 days** after surgery. The swelling usually improves between the sixth and eighth week after surgery.*

Here are some other recommendations to consider:

- Avoid sitting for long periods. It can affect your results.
- Walk and stretch your legs. Moving around will help you have good blood circulation.
- Do stretching exercises for your buttocks. These exercises will help you recover more quickly.
- Always wear the compression garment. It is recommended that you take it off only for bathing.
- Drink plenty of fluids.
- You must be patient. As time goes by, your results will improve more and more every day.

You must follow all your surgeon's post-op instructions to ensure a speedy recovery and optimal results.



## Risk During a BBL

Any surgical procedure, whether medical or cosmetic, poses a risk of complications. Some of the complications associated with a Brazilian butt lift include:

- Infection
- Nerve damage
- Excessive blood loss
- Blood clots
- Fat embolism

- Hematoma
- Complications with Liposuction or anesthesia

## Planning your BBL

The BBL is a surgical procedure and should be treated with the same responsibility as any other medical procedure. Following the instructions given by your surgeon, it is essential to ensure a quick and safe operation and smooth recovery with excellent results.

In preparation for a Brazilian butt lift, patients should:

- Seek the help of a family member or friend. Patients are not able to drive home after their procedure. This person also needs to stay with the patient for the first 24 hours of recovery to help with anything.
- Have some meals prepared before your surgery. This is helpful for the first day or two.
- When you return home, be sure to have everything you need (such as water, medications, and extra blankets) around.
- Don't smoke at least 30 days before your surgery to ensure healthy blood pressure and that your blood vessels do not constrict due to nicotine.
- Avoid alcohol, aspirin, ibuprofen, and any other blood thinners one week before surgery to avoid excessive bleeding during and after surgery.



## Can you combine the Lipo 360 and BBL with other procedures?

Sometimes, combining certain surgeries can be beneficial, offering better results and a shorter recovery time. There are a few procedures that can be combined with Lipo 360 and BBL:

**Tummy Tuck:** If you are looking for a way to reduce the size and shape of your tummy while accentuating your buttock's size and shape. A Tummy Tuck can be perfectly combined with a

Lipo360 + BBL to achieve that flat, firm abdomen with a sexy and voluptuous booty you always wanted.

This procedure is recommended in those cases in which, after 360 Liposuction, there is excess skin in the abdomen area. With a Tummy Tuck, the surgeon will also allow you to enjoy a flat and toned abdomen.

**Mommy Makeover:** Mothers looking to return their bodies to their pre-pregnancy state often combine this procedure with Lipo 360 and BBL for a complete and all-natural transformation. And the best part is that since it is a single session, you don't have to go through the OR multiple times.

## **BBL vs. Butt Implants**

Buttock implants are another popular method of buttock augmentation. The implants are made of soft gel-like silicone that the surgeon can quickly place to create the desired shape. Although this procedure is effective, silicone butt implants pose a higher risk of infection.

A Brazilian butt lift transfers your natural fat, significantly reducing this risk.

Other reasons why patients tend to opt for a Brazilian butt lift instead of butt implants are:

- The results of a BBL are permanent as long as the patient maintains their weight. Buttock implants need to be replaced every 10 to 12 years.
- The Brazilian Butt Lift is a 2-in-1 procedure that involves waist reduction and buttock augmentation, resulting in a slimmer figure. Silicone Butt Implants only augment your behind.
- Buttock implant scars are more significant than the nearly invisible scars of the BBL.
- BBL requires less downtime than buttock implant surgery.



## Average Cost of a Lipo 360

Like any other plastic surgery, the cost may vary for each patient. Factors such as where you live, the amount of fat to be removed, and the surgeon's experience can vary the cost. A lipo 360, can cost around \$1,400 and \$9,200.

To understand the cost of your procedure, you will need to book an initial consultation with your surgeon first.



## **FAQ**

### **How much fat am I going to need for a Brazilian Butt Lift?**

Your surgeon can only determine the fat needed for your Brazilian butt lift. The volume of fat to be removed will depend on the number of areas to be treated, the amount of fat your body possesses, and the results you wish to achieve.

### **Are there risks associated with lipo 360?**

There are some risks associated with any cosmetic surgery. Although rare, side effects include infection, bleeding, swelling, and bruising.

### **What is the difference between a tummy tuck and Lipo360?**

A tummy tuck removes fat and sagging skin from the abdomen to tighten and smooth the stomach, while Lipo 360 only removes fat around your midsection. In addition, a tummy tuck is a much more invasive surgery requiring extensive downtime.

### **What happens if I gain weight or become pregnant after a BBL?**

If you gain weight or become pregnant after a Brazilian butt lift, your buttocks will grow along with the rest of your body. We suggest you follow a regular exercise routine and a healthy diet to maintain the results for a long time.

Suppose you plan to become pregnant very soon. In that case, we recommend that you abstain from having a Brazilian Butt Lift until after delivery to increase your chances of getting the best possible result.

## **Can I have Liposuction on other body parts simultaneously with the BBL procedure?**

Yes. Although BBLs already include Liposuction, it is possible to remove fat in other areas that have not been worked on.

## **How long does the Brazilian Butt Lift last?**

The results of a BBL can last a lifetime. Once the transplanted fat has ultimately settled into the patient's buttock, it will remain there for the rest of the patient's life. However, the transplanted fat tissue is like any other tissue in the body that can grow and shrink if the patient gains or loses weight.