

The “thut” makeover: Improving the buttocks



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By [William Bruno, MD](#)

Many patients are seeking to improve the appearance of their lower body, in particular, their buttocks. Over the last five to ten years, fat transfer to the buttock (Brazilian buttock lift") has become

increasingly popular in the United States. Statistics from "The American Society for Aesthetic Plastic Surgery indicate that over 10,000 buttock augmentations and lifts were performed in the US last year.

In addition to having a larger, shapelier buttock, many women are interested in a more toned, athletic look. In an effort to achieve this look a combination of techniques can be used to give the transition from the lower buttock to the upper thigh a more defined appearance.

Traditional liposuction of the posterior (back) thigh can reduce the size of the thigh and its circumference, combined with careful outer thigh liposuction. This fat, along with fat harvested from other areas, is then used to fill out the mid to lower portion of the buttocks to create a fuller look. As a plastic surgeon, care must be taken to avoid direct liposuction of the actual crease or fold of the buttock itself or the shape might be compromised.

Once you have recovered from the liposuction and fat transfer procedures, the skin overlying the back of the thigh can be tightened by the minimally invasive Cellulaze technique or a noninvasive laser skin tightening approach. This will complete the makeover and give a smooth appearance.

Understanding a patient's body shape and specific needs is the key to any successful plastic surgery procedure. Your skin tone and quality will determine your results and what combination of procedures needs to be performed. The most important part is to [find a board-certified plastic surgeon](#) who has experience with enhancing the lower body.