

A woman is shown from the waist down, wearing a purple long-sleeved crop top and matching purple leggings. She is posing to highlight her buttocks, with her hands on her hips. The background is a plain, light color. A gold-colored rectangular box is overlaid on the top left of the image, containing the text 'DR MATTEO VIGO PLASTIC SURGERY'.

DR MATTEO
VIGO
PLASTIC SURGERY

**BUTT ENHANCEMENT:
KNOW YOUR OPTIONS**



Did you know that the skin on your buttocks changes with age? It can loosen and sag. You may also find that the same thing happens after significant weight loss.

Exercise can certainly help strengthen and tone the muscles in the hip area, but it cannot repair excess skin that has lost its elasticity. This not only affects your body awareness, but also the clothes you wear. The hip lift is designed to create a smoother, more contoured hip shape.

If you're looking for ways to improve the shape of your butt, you'll find that there are three main options for butt enlargement: Brazilian Butt Lift (BBL), butt implants, and butt injections. In order to decide which option is best for you, it's important to understand the pros and cons of each program.

A butt lift can significantly improve excess skin and fat on the buttocks due to aging, genetics, or severe weight loss. Not to be confused with the "Brazilian butt lift" which adds volume through fat transfer, this procedure involves only the removal of skin and fat through surgical excision and liposuction. Every year, thousands of people undergo successful hip lift surgery and are satisfied with the results.

ADVANTAGES

- Your buttocks will look smoother and firmer
- The results will be durable
- Any discomfort caused by excess skin will be relieved

SHORTCOMINGS

- Full recovery may take several months
- Future weight fluctuations may affect results
- The procedure may lead to a decrease in the volume of the buttocks

HOW IS A BUTTOCK LIFT PROCEDURE PERFORMED?

There are many techniques and approaches, but generally:

- Dr. Vigo will make an incision at the top of the buttocks, in the hips, groin, or under the buttock cheeks to remove excess skin and pull the remaining skin taut.
- Liposuction may be used to further contour the buttock area or thighs to achieve a balanced look.
- Any incisions are sutured and closed in layers to ensure that the skin remains tight.
- Drains and dressings are placed and usually a compression garment or girdle is worn to reduce swelling and tighten the skin.





WHAT ARE MY OPTIONS?

Depending on the quality of your skin, the excess to be removed, and your body type, your surgeon will decide which options are available to you. If a lot of skin needs to be removed, consider a lower body lift, which will help remove skin around other parts of the body, including the abdomen, buttocks, thighs, and buttocks. If the volume of the buttocks has decreased due to skin removal, a buttock augmentation may be appropriate after a buttock lift.

WHAT WILL MY BUTTOCK LIFT INCISIONS AND SCARS BE LIKE?

Incisions can include large cuts at the top of the back buttocks or under the hips that are hidden by the crease. when it comes to liposuction, there are smaller scars that fade away and are mostly imperceptible.

A BRAZILIAN BUTT LIFT

A Brazilian butt lift is a popular cosmetic procedure that involves transferring fat to make your buttocks fuller. If you've heard of the Brazilian hip lift and are curious about longer-lasting results than exercising alone, read more about the procedure and how to find a reputable provider to perform it safely.

Brazilian butt-lift surgery benefits

Unlike other forms of hip surgery, such as b. insertion of silicone hip implants, the Brazilian hip lift is touted to provide a more natural-looking result, while also giving your buttocks a more rounded shape.

It can also help with certain problems, such as: b. sagging and amorphousness that sometimes occurs with age.

You may also consider this procedure if you have difficulty getting dressed comfortably because of your unbalanced body.

Brazilian butt-lift recovery and outlook

As with any cosmetic procedure, you need to be extra careful after a Brazilian hip lift. After surgery, you will not be able to sit on your buttocks for two weeks and will need to sleep on your side or on your stomach until the area is fully healed.

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

Overall, the effects of this procedure last from months to years.

Initially, you may need more than one program to achieve the desired results. It may also take up to six months for you to see the full results of the first procedure.

Who is a good candidate for a Brazilian butt lift?

It's always a good idea to consult a plastic surgeon before considering a Brazilian hip lift. They may give you the green light if you:

- loss of natural shape due to age or weight fluctuations
- uncomfortable wearing clothes
- sufficient fat reserves in buttocks and other areas for transplantation
- do not smoke
- have a healthy weight
- lead an overall healthy lifestyle, including regular exercise
- no recent surgery-related infections or complications



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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Dr Vigo, please contact us today.

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