

Buttock Lift

Surgery to remove excess skin on the buttocks and create a higher, tighter, smoother bottom

What is a Buttock Lift?

A Buttock Lift or gluteoplasty is an operation to remove loose, sagging skin and excess fatty tissue from the buttock and thigh area. A gluteoplasty can lift the buttocks, making the butt look firmer, smoother, and rejuvenated.

Bella Vou offers a bespoke service to ensure you get the bottom you want. There is a range of treatments available to lift, reshape, and improve the contour of the buttocks.

Alternatives to a Buttock Lift include Vaser Liposculpture, together with Renuvion or Body Tite. These innovative, minimally invasive procedures reduce fat, enhance the shape and appearance of the buttocks and tighten loose skin to create a perter bottom.

The experienced plastic surgeons at Bella Vue will make a careful assessment of your body and discuss the results you hope to achieve, before recommending an individual treatment plan that will help you get the cosmetic result you want.

Why have a Buttock Lift?

Age, weight changes, and the power of gravity can all make the bottom sag. Sometimes a healthy diet and endless squats in the gym aren't enough to transform buttocks that are droopy, dimpled, and wrinkly, especially if the skin has lost elasticity.

If loose and floppy skin on your bottom is affecting your body image, the cosmetic surgeons at Bella Vou can help. A Buttock Lift can tauten, smooth, and rejuvenate the buttocks, giving you increased confidence and a higher, tighter backside.

What happens in Buttock Lift surgery?

At Bella Vou, Buttock Lift surgery is performed under general anaesthetic, as a day case, so you won't need to stay in hospital overnight.

Your surgeon will tailor the operation to your individual needs. The precise procedure will depend on your body shape, the amount of skin and fat that needs to be removed, and the location of the excess fatty tissue.

Your consultant will make an incision across the waist or upper buttock area. They will cut away all the excess skin and fat before lifting and smoothing the skin and pulling it tightly over the buttocks. The surgeon may also use Vaser Liposculpture to precisely remove areas of fat, and reshape and sculpt the bottom.

After the operation, you will have a scar across your back, which should be hidden by underwear.

How long is the recovery for Buttock Lift surgery?

You will stay in hospital for one night following Buttock Lift surgery. The staff at Bella Vou will monitor your recovery, ensure you are comfortable, and support you every step of the way.

You should avoid heavy lifting, bending, and exertion following surgery. You can resume light exercise at two weeks with gentle walking, and gradually build this up over a four week period. By six weeks, you will be able to resume your normal exercise and activities. Most people are ready to return to work after two to three weeks.

Your surgeon will give you a pressurised body garment to wear for up to six weeks. This will support the skin, reduce swelling, and help the healing process.

Quick glance guide to Buttock Lift surgery

Procedure Time: 2 - 3 hours

Recovery: 4-6 weeks. Return to work in 2-3 weeks

Anaesthetic: General anaesthetic

Hospital stay: One night

Treats: Loose skin on the buttocks or sagging bottom

Why choose Bella Vou for your Buttock Lift?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery. The state-of-the-art clinic provides the very latest surgical, cosmetic, and aesthetic treatments in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a very personal touch throughout the client journey. The highly-skilled, professional staff are passionate about helping people achieve the results they want, but also making their experience enjoyable, stress, and hassle-free.

Bella Vou's leading cosmetic surgeons are recognised by the most highly-regarded aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS) and named among the world's top influencers in cosmetic medicine in the prestigious RealSelf 100 awards. The clinic and leading-edge operating suite are approved and inspected to ensure the highest standards of patient care and assured with exacting standards on cleanliness and infection control safeguards.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is confident in the skills and professionalism of the staff and provides a benefit warranty to provide patients with peace of mind. If there is a problem or complication, the client will be looked after throughout, without any extra bills or charges.

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Buttock Lift journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert, accredited cosmetic surgeon with no obligation to proceed to treatment. The consultation is an opportunity to discuss any concerns you have with your body, the results you want to achieve, and whether a Buttock Lift is the right procedure to help you reach those goals.

Bella Vou will always give you an honest and impartial professional opinion. Mr Amir Nakhdjevani says:

'We make sure that we advise people correctly about whether surgery is right for them. We treat everyone as if they were our family. We might turn people away, suggest alternative treatments, or we may suggest that they go to a different specialist at another establishment. At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Meet your surgeon

You will be offered a further appointment to meet your consultant before proceeding to surgery. This will give you a chance to find out more about the Buttock Lift operation, your recovery, and to ask any questions you may have.

Preparation for Buttock Lift surgery

The staff at Bella Vou will advise you on any pre-operative preparations to reduce your risk of infection and help your recovery.

It's important to stop smoking cigarettes and e-cigarettes, which can affect the healing process. You may be asked to stop taking aspirin or anti-inflammatory medication, which may increase the risk of bleeding and bruising.

You will need to stop eating and drinking in advance of your general anaesthetic. Your surgeon will give you precise details about when to start fasting when they know the time your operation is scheduled.

On the day of your surgery, you'll be welcomed to Bella Vou, given a gown to wear and escorted to the state-of-the-art operating theatre.

What happens during Buttock Lift surgery

Buttock Lift surgery is performed under general anaesthetic. Your consultant will make an incision across the waist or upper buttock area, then carefully separate the skin and fat from the muscles and tissues below. They will cut away an ellipse of skin and underlying fatty tissue. They will then lift and smooth the skin and pulling it tightly over the buttocks, and the neatly stitch closed the layers. The sutures are absorbable and will not need to be removed.

The surgeon may also use Vaser Liposculpture to precisely remove areas of fat, and reshape and sculpt the bottom.

After the operation, there will be a scar across your back, which should be hidden by underwear. There will be a sterile dressing on the wound, and a compression garment will be placed over the buttocks to reduce swelling and assist with the tightening process.

Recovery from a Buttock Lift

You will stay in hospital for one night following Buttock Lift surgery. The staff at Bella Vou will monitor your recovery, offer safe, effective painkillers and ensure you are comfortable.

You should have someone to take you home following surgery. You should avoid heavy lifting, bending, and exertion following surgery. Therefore, someone will need to be at home to support you for at least a couple of days following your operation.

You can resume light exercise at two weeks with gentle walking, and gradually build this up over a four week period. By six weeks, you will be able to resume your normal exercise and activities. Most people are ready to return to work after 2-3 weeks.

Your surgeon will give you a pressurised body garment to wear for up to 6 weeks. This will support the skin, reduce swelling, and help the healing process.

After a week, the wound care specialist and specialist nurse will check your scar. At around six weeks, your surgeon will check your progress, and at six months, the nurse and wound care specialist will see you again to ensure that you remain healthy, well, and happy with your results. However, if you have any questions or concerns, the staff at Bella Vou are always on hand to offer support, day and night.

FAQs

What is buttock augmentation or Brazilian butt lift?

A Brazilian butt lift is surgery to lift, enlarge, and change the shape of the buttocks. It involves buttock implants, fat transfer to the buttocks, liposculpture, or a combination of treatments to enhance and recontour the buttocks. Your surgeon will discuss which option is best for you.

How is fat transferred to the buttocks?

Fat is harvested from your body using a similar technique to liposuction. This fat is then refined and injected into the buttocks to reshape them, making them bigger and rounder. The surgeons can also contour the buttocks to enhance the shape, using Vaser Liposculpture.

How do you carry out buttock implant surgery?

Buttock implants are an increasingly popular cosmetic procedure to create the appearance of larger, firmer buttocks. We surgically place silicone implants into your buttocks under a general anaesthetic. The procedure requires an overnight stay in hospital, and during your initial recovery, you will not be able to lie or sit on your buttocks.