Gluteoplasty With Autologous Fat Tissue

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Abstract

Background: The waist-hip ratio around 0.6 in females is a measure of beauty and sexual attractiveness in many cultures along history (1). The increase in gluteal volume is a recent surgical tool that enables the patient approaching this proportion (2). This paper aims to examine the reliability of gluteoplasty with autologous fat tissue to promote a lasting and satisfactory cosmetic result to the patient.

Methods: Retrospective evaluation of all female patients subjected to liposculpture of the trunk and hips between july 2010 and july 2012. All patients with a weight change greater than 10% were excluded. The results were evaluated with preoperative and postoperative photographs. The assessments considered the degree of satisfaction of patients and the surgical team, using a scale of 1 to 4 (1, poor outcome, 4, excellent improvement). The technique used was epidural anesthesia, tumescent Infiltration of the fat tissue, liposuction of flanks, thighs roots, saddlebags and sub-gluteal region, fat decantation for 30 minutes and fat grafting with retrograde injection using 60cc syringe and blunt 3mm cannula in previously demarcated areas of the buttocks, in different planes, avoiding the grafting of large volume of fat in one area to prevent graft necrosis.

Results: 58 patients met the criteria for inclusion in the study. The age ranged between 19 and 62 years (mean=33.4 years). The Body Mass Index (BMI) at the time of surgery ranged between 19 and 31,2 kg/m² (mean=24,2 kg/m²). The total volume grafted in each gluteal region ranged between 150 and 840 milliliters (mean=486ml). There were no medical complications. 5 patients (8.6%) had seroma in the donor area treated with needle aspiration. 57 patients felt very satisfied (98,2%) taking note 4 (figures 1 and 2). 1 patient (1.72%) complained of volume resorption 4 months postoperatively taking note 2, being subjected to further surgery 6 months after initial surgery, reaching ultimate satisfaction (note 4).

Figure 1. Preoperative (left) and 6 months postoperative photograph.
Figure 2. Preoperative (left) and 6 months postoperative photograph.

**Conclusion**: This gluteoplasty technique is simple and inexpensive, with minimal morbidity and excellent results. It is important to note that a good result does not depend on a lot of fat infiltration, but in a harmonious way of combining the two surgical procedures: the elimination of fat by liposuction and fat grafting for buttocks sculpting (3), even with lasting results (4).

**References**
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