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## living

**f**ew ladies here in Singapore, and in Asia in general, can claim to have those perfect buttocks, mainly because Asians normally have smaller and slimmer profiles. Hot Hollywood stars like Jennifer Lopez and Beyonce are probably the ones who started the craze for many women to run into plastic surgeon clinics to obtain those shapely curves and feminine full butts.

There has been an increase in ladies coming in to the clinic, asking to turn their flat or bulky rear ends into those desirable butts. They want their buttocks to be lifted, sculpted or augmented,

as more are wearing tighter jeans or workout pants, tights and skimpier bathing suits.

In the world's best beaches, namely Copacabana and Ipanema in Brazil, women parading in skimpy and tight bikinis with their shapely female buttocks are nothing new. In Singapore's beaches, one can see an increasing number of ladies in bikinis!

### Achieving a Brazilian butt lift

To create a Brazilian butt lift, liposuction is done to harvest fat from the arms or lower body – mainly the lower back, stomach or even the thighs – to make the buttocks become more prominent. It not only

grafting, which is generally safer and less invasive than using buttock implants.

### Going for gluteal implants

For those ladies who do not have enough fat to be grafted from their body to augment their buttocks, the other option is to use the gluteal implants. There are two types of gluteal implants: the elastomer, which gives a harder feel, and the cohesive gel implants that is softer and feel similar to breast implants, which makes the buttocks feel natural.

The incision is usually made in the inter gluteus sulcus or the middle of the buttock crease between the buttock cheeks to insert the implant. The implants are then carefully placed in the tissues of the butt, avoiding the areas where important nerves lie. The scar is usually not visible.

Post recovery takes about one week with minimal swelling. A patient will be advised to sit more to the posterior part of the legs but not so reclined to prevent pressing the gluteus implants at the early stage. Wearing a special garment for at least two weeks will help to reduce swelling. With the help of a personal trainer, post surgery exercises focusing on the gluteus and hamstring muscles like quadruped hip extension are strongly advised. One can resume to her normal activities after four weeks.

It is important to remember that there is no beautiful butt if you do not exercise because you need to have the strong tones of the muscles to lift up the whole area. The doctor can help surgically but one has to exercise to maintain the results. ♥

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# Shapely behind

Do you already have those perfect buttocks? By Una Loh

allows the fat to be injected into the buttocks, but also to achieve a shapely rear end or a total leaner profile that emphasises the new curves.

The surgeon not only has to have artistic eyes that can sculpt bodies and a hand that knows where best to put the fat for the most flattering results. He must be very careful to select the technique of the liposuction to be done. The suction for liposuction cannot be strong as human fat is very delicate and only up to 50 per cent of the injected fat will be re-absorbed by the body and the remaining fat cell will stay permanently after the injection. The purified fat is then injected with special cannulars into the buttocks at various depths to create and sculpt a uniform, smooth and natural-looking buttock with just a small incision. This process is called micro-fat

