



Brazilian Butt Lift

BBL

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THINKING ABOUT A BRAZILIAN BUTT LIFT (BBL)?

A Brazilian Butt Lift (BBL) enhances your natural curves by transferring your own fat from areas where it is unwanted to the buttocks and hips. The procedure combines body contouring with fat grafting, helping sculpt the waist while adding volume where it's needed for a more proportionate silhouette.



COMMON DONOR AREAS:



Abdomen



Waist,
Love Handles



Back and
Bra Rolls



Thighs



Arms



Double Chin

BBL

IDEAL CANDIDATE



You may be suitable for a BBL if you:

- ✓ Have enough excess fat for transfer
- ✓ Want fuller, more defined buttocks without implants
- ✓ Are close to your ideal body weight
- ✓ Maintain a healthy lifestyle
- ✓ Have realistic expectations
- ✓ Are a non-smoker or willing to stop smoking before surgery
- ✓ Have good overall health



Patients with limited body fat may require alternative treatment options, which will be discussed during your consultation.



INITIAL CONSULTATION

**During your appointment,
Dr. Vikesh Vij will discuss:**

- Your desired body shape and goals
- The look you hope to achieve
- Your medical history
- Previous surgeries
- Current medications
- Allergies and existing medical conditions
- Lifestyle factors that may affect healing

Physical Examination

- Fat availability for transfer
- Body proportions
- Skin quality and elasticity
- Hip-to-waist ratio
- Overall suitability for BBL

**Every treatment plan is
customized based on your
anatomy rather than using a
one-size-fits-all approach.**

BEFORE & AFTER PHOTOS

During your consultation, you'll review before-and-after cases of patients with similar body shapes and treatment goals. This helps you understand realistic outcomes and decide on the level of enhancement that best suits your body.



Results vary depending on:

Available donor fat

Skin quality

Body Proportions

Fat retention after transfer

Healing response

Lifestyle after surgery

UNDERSTANDING THE COST



"How much does BBL cost?"

The final cost depends on several factors:

- Amount of liposuction required
- Number of donor areas treated
- Complexity of fat harvesting and grafting
- Hospital and operating room fees
- Anaesthesia fees
- Whether additional procedures are performed

Choosing a surgeon should never be based on price alone. Surgical experience, safety protocols, and aesthetic judgment all play a major role in achieving beautiful, natural-looking results.

2

PRE-OPERATIVE PREPARATION

Once your surgical plan has been finalized:



Measurements are taken for your compression garment



Preoperative photographs are taken



Blood tests are performed



Consent forms are reviewed and signed

Following review of your laboratory results, you will have an assessment with the anaesthesia team to ensure you are medically fit for surgery.

3

SURGERY DAY

On surgery day:

- Wear comfortable clothing
- Avoid makeup, lotions, and jewelry
- Arrive at the hospital as instructed



ANESTHESIA: WHAT PATIENTS WANT TO KNOW



"Will I be asleep during liposuction?"

Most Brazilian Butt Lift procedures are performed under general anaesthesia, allowing you to remain comfortable throughout surgery.

Your anaesthetist will:

- Review your medical history
- Explain the anaesthesia process
- Discuss potential risks and safety measures
- Monitor you continuously during surgery



Patient safety remains the highest priority throughout the procedure.

WHAT HAPPENS DURING A BBL?

1

SURGICAL PLANNING

Treatment areas are carefully marked while you are standing to guide precise body contouring.

2

ANAESTHESIA

General anaesthesia is administered for your comfort.

3

LIPOSUCTION

Fat is gently removed from selected donor areas using advanced liposuction techniques to sculpt your body while collecting healthy fat cells.

4

FAT PROCESSING

The harvested fat is carefully purified so that only healthy, viable fat cells are selected for transfer.

5

FAT TRANSFER

The purified fat is strategically injected into different areas of the buttocks and hips to create smooth, balanced, natural-looking curves.

This stage requires precision and artistic planning to achieve harmony with your body's proportions.

6

RECOVERY

When indicated, skin tightening procedures may be performed immediately after liposuction to improve skin retraction.

4

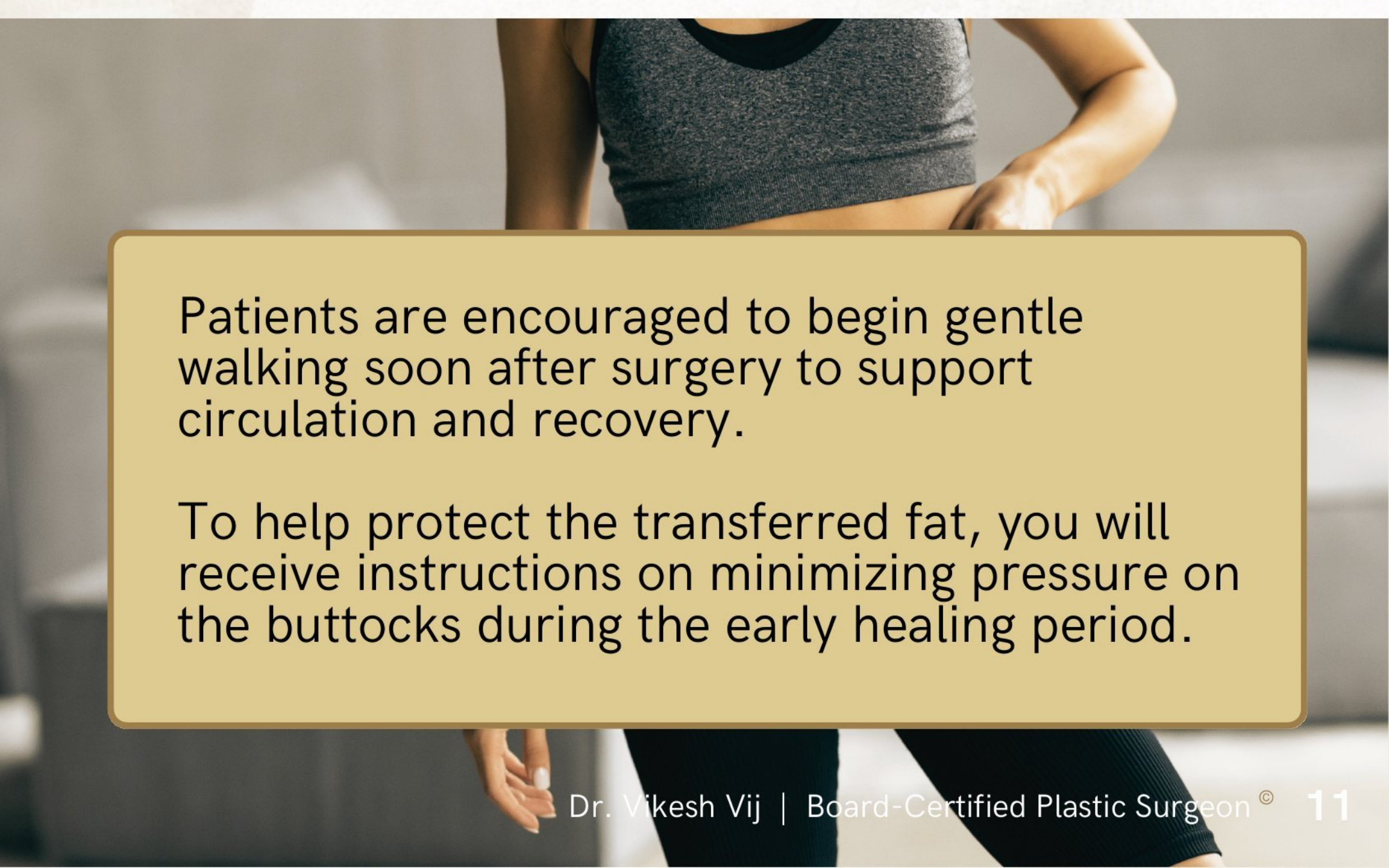
RECOVERY & AFTERCARE

IMMEDIATE RECOVERY

Following surgery, it is normal to experience:

- Swelling
- Bruising
- Mild discomfort or soreness
- Temporary tightness

These are normal parts of the healing process.



Patients are encouraged to begin gentle walking soon after surgery to support circulation and recovery.

To help protect the transferred fat, you will receive instructions on minimizing pressure on the buttocks during the early healing period.

POST-OPERATIVE CARE

Regular follow-up appointments are an important part of your recovery.

Your postoperative plan may include:

- Compression garment instructions
- Wound care guidance
- Activity recommendations
- Advice on sitting and sleeping positions
- Follow-up photographs
- Progress assessments



These visits allow Dr. Vikesh Vij to monitor healing and ensure your recovery is progressing as expected.



WILL ALL OF THE TRANSFERRED FAT SURVIVE?

Not every transferred fat cell remains permanently. A portion is naturally absorbed during healing, while the remaining fat becomes a lasting part of your body.

WHEN WILL I SEE MY FINAL RESULTS?

You'll notice an immediate improvement, but swelling gradually settles over several months. Final results typically continue to refine over 3 to 6 months.

ARE THE RESULTS PERMANENT?

The fat that successfully establishes a blood supply can provide long-lasting results, especially when your weight remains stable.

WILL I HAVE SCARS?

Tiny incisions are used for both liposuction and fat transfer, and they generally become much less noticeable as they heal.

CAN I SIT NORMALLY AFTER SURGERY?

Your surgeon will provide specific instructions to reduce pressure on the treated area during the initial recovery period to help maximize fat survival.



THE GOAL OF A BRAZILIAN BUTT LIFT

A BBL is more than simply creating a larger buttock.

It is about improving body proportions, enhancing natural curves, sculpting the waist, and achieving a balanced silhouette using your own body's fat.

A personalized consultation with Dr. Vikesh Vij will help determine whether BBL is the right procedure for your anatomy and aesthetic goals while prioritizing safety and natural-looking results.





Transform Your Body,
Boost Your Confidence

Dr. Vikesh Vij

Board-Certified Plastic Surgeon
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