

Want a Brazilian butt?

Saadia S Dhailey, Mar 31, 2011, 12.00am IST

Rakhi Sawant had once said, "Jo cheezein God nahi deta, woh doctor deta hai!" The hoity-toity lot would rather be found dead than openly endorse Rakhi's opinions, but surgeons have time and again said that the story is otherwise.

And the latest on the lips of cosmetic surgery patrons is 'Brazilian Butts', they say. Plastic surgeon Amod Rao reveals, "These days more and more young women are going for what's called the Brazilian Butt Lift."

He says that the procedure, in most of the cases, requires only one sitting, and is permanent. And the procedure is quite safe, according to experts, as fat from one part of the body is used to create a voluptuous behind.



Want a Brazilian butt? (Thinkstock photos/Getty Images)

Brazilian butt lift is nothing but an addition to the numerous body contouring procedures, says Dr Amresh Baliarsing, a plastic surgeon. "Either we take out fat with liposuction from undesirable areas, or we inject fat to flatter areas for a desirable contour," he says.

While liposuction involves incisions, butt lifts are achieved only with small pricks, and is safer. "As fat is taken from the body of the patient itself and transferred to another area, there aren't chances of rejection reactions," explains Dr Rao. Agrees Dr Baliarsing, a plastic surgeon, "Fat injections are more natural and last longer." In fact, he says, more and more patients prefer these fat injections even for breast augmentation. This butt contouring procedure takes around two-four hours, and

you can go home after that.

After that you just have to be careful not to sleep on your back for 10 days. Of course, post treatment, certain medicines are also to be taken for sometime, as advised by the doctor.

Mummy makeover

After delivering babies, women often want to get rid of stretch marks. A common one is tummy tucks, says Dr Rao. However, some are more conscious of other body changes and would want their taut and shapely figure back. And the numerous procedures that help is what plastic surgeon Dr Mohan Thomas calls as the 'Mummy Makeover'. "After delivery, breasts tend to sag, and in case of normal delivery, even the vagina loses some of its shape. Among the other things, genital rejuvenation is also becoming common."

Belly buttons that smile

Also, many women who go for tummy tucks, especially after a pregnancy, ask for the cavity in their belly button area to be reshaped. Dr Rao says some patients also request for a shape to be created, like smiles or inverted Ts. "It is quite common for patients to come with foreign magazines in hand and ask for similar shapes," he says.

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