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## **Safety in Gluteal Augmentation** 521

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Gluteal fat grafting is the fastest growing surgery in body contouring because of the powerful results that no other procedure can achieve. Efforts made to improve the safety of this procedure are reviewed.

## **Patient Pre-operative Planning of Gluteal Augmentation** 525

Ashkan Ghavami and Neil M. Vranis

Demand for autologous gluteal augmentation with fat transfer continues to rise paralleling the increasingly complex nature of the operation. Improved overall aesthetic outcomes are a result of: (1) donor site fat harvest has evolved to circumferential torso high-definition lipo-sculpting; (2) a shift from indiscriminate buttock augmentation to precise gluteal re-shaping. Discussing complex operations with patients, particularly ones of artistic nature, can be challenging. The senior author has developed a gluteal re-shaping graphic to focus a patient's attention to the four most important areas. It also serves as a foundation for surgeons to create operative plans and track outcomes for professional development.

## **Aesthetic Ideals of the Female Buttocks: Concepts and Techniques** 533

Stefan Danilla and Diana Micheli

This article explores the importance of understanding the tridimensional artistic anatomy of the back, pelvis, and thighs in gluteal surgery. It emphasizes the need for plastic surgeons to have a comprehensive knowledge of these anatomic structures to achieve successful outcomes. The authors highlight the significance of ethnic differences in determining ideal aesthetic results and stress the importance of considering and respecting these variations. Individualization of treatment is a key principle in gluteal surgery, as each patient has unique preferences and needs. Effective communication and collaboration between the surgeon and the patient are crucial in determining desired aesthetic goals and achieving satisfactory outcomes.

## **Combining Gluteal Shaping with High-Definition Liposuction: New Concepts and Techniques** 541

Alfredo E. Hoyos Ariza and Mauricio Perez Pachon

Gluteal contouring has been subject to numerous publications in aesthetic plastic surgery. Not only the female but also the male features that govern such procedures have been thoroughly described by different authors. In this article, we will provide the reader with an updated account of how gluteal contouring blends with High Definition Liposculpture (HDL). We discuss the most current techniques for buttocks re-shaping through a holistic approach of new anatomical and artistic concepts. We will dive into new techniques to perform multiplanar and 4-dimensional Fat Grafting and equalization of the buttocks and surrounding areas, which we believe might help

plastic surgeons to improve the quality of their patient outcomes. In effect, a proper understanding of the anatomical structures and its variations among different gender and ethnicities, will both help the surgeon to individualize the procedure based on patient preferences.

### **The S-Curve®: Clinical Importance of the Gluteal Ligaments in Efficacious Fat Transfer** 553

Ashkan Ghavami and Neil M. Vranis

Liposuction cannulas are versatile tools in a plastic surgeon's armamentarium useful for dissection, deep subcutaneous ligamentous release, fat extraction, and lipofilling. Experienced surgeons develop the ability to navigate subcutaneous anatomy through real-time tactile feedback of the cannula's depth, angulation, excursion, and resistance. Peripheral gluteal ligaments acting as anatomic boundaries must be understood and protected. However, central ligaments tether the dermis to deeper structures precluding expansion. Appropriate, targeted ligamentous weakening improves focal capacitance allowing precise gluteal contouring while staying in safe planes. This maneuver is critical during subcutaneous lipofilling of the S-Curve® procedure to create an aesthetically pleasing, convex gluteal silhouette.

### **Combining Fat and Implants for Gluteal Augmentation** 563

Alexander Aslani



Video content accompanies this article at <http://www.plasticsurgery.theclinics.com>.

Guidelines for optimal buttock implant management, time-efficient preparation of implant pocket, and breakdown of optimal implant choice, combined with large-volume fat transfer for best possible outcome.

### **Buttock and Full Body Contouring Harmony** 573

Héctor César Durán Vega



Video content accompanies this article at <http://www.plasticsurgery.theclinics.com>.

The concept of the gluteal framework has significantly enhanced our understanding of the gluteal anatomy. The buttock does not constitute a bulging area in the human body. To be attractive, it must harmonize with all elements of the human body around it. Nevertheless, the changes in patient desires and demands, in addition to innovations in surgical technique open a field of opportunity to achieve more beautiful and natural results. In this work, the main updates in the management of body contouring are condensed, including new safe and aesthetic fat infiltration techniques.

### **Ultrasound-Guided Gluteal Fat Grafting: A to Z** 587

Pat Pazmiño

Low-cost, high-resolution ultrasound systems allow surgeons to visualize and manipulate the subcutaneous space and inject fat graft with millimeter accuracy.

### **Static Injection, Migration, and Equalization: A New Paradigm for Safe Ultrasound-Guided BBL: Safer, Faster, Better** 603

Pat Pazmiño and Daniel Del Vecchio

Static injection, migration, and equalization allows for always subcutaneous-targeted fat grafting to either the deep or the superficial subcutaneous spaces.

**Gluteal Augmentation in Men****615**

Neil M. Vranis and Douglas Steinbrech

The shape and definition of the male buttock have been emphasized throughout time, as it represents masculinity, strength, health, and beauty across various cultures. *Aesthetic Plastic Surgery* in general has become more acceptable for men; thus, the demand for gluteal enhancement parallels this shift in social norms. Surgeons interested in such cases must first understand the aesthetic ideals and principles of gluteal shaping as it pertains to men. By using gluteal implants, fat transfer techniques, local tissue rearrangement principles, or a combination thereof, one can sculpt an aesthetically pleasing male buttock with a high degree of patient satisfaction.

**Art and Safety of Gluteal Augmentation: Future Directions****629**

David M. Stepien and Ashkan Ghavami

Gluteal augmentation is a quickly evolving field that continues to grow in the realms of patient safety, surgical education, and technological advancement. This article discusses innovation in gluteal augmentation and suggests potential new pathways for developing the practice of gluteal augmentation.