

Objectifying High-Definition Brazilian Buttock Lift Results Using the Buttock Assessment Tool

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Background: The buttock is an essential feature of the female silhouette. This has led to the rise of the Brazilian butt lift as one of the most popular plastic surgery procedures in recent years. Despite this popularity, there remains no prevailing standard for the ideal buttock size and shape. In fact, a wide range of preferred sizes and shapes among the authors' patients has been observed. The authors hypothesized that age, religious affinity, and ethnic differences may demonstrate different buttock size and shape preferences.

Methods: The authors designed the buttock assessment tool, which utilizes digitally altered buttock sizes and shapes to determine desired buttock shape (upper, middle, and lower pole maximum fullness) and buttock size (waist-to-hip width ratio) for both the posteroanterior and lateral views. A survey of 422 patients was completed, evaluating variation of desired buttock size and shape based on patient age, cultural, and ethnic differences.

Results: There were significant differences in buttock size and buttock shape based on age, ethnicity, and religion. Hispanics and African Americans were twice as likely as Caucasians to request lower pole fullness in the posteroanterior view. Older respondents preferred a smaller buttock in both views. African Americans preferred a larger buttock compared to Caucasians in both views. Hispanics preferred a larger buttock in only the lateral view. Muslim respondents preferred a smaller buttock in the posteroanterior view.

Conclusion: The Brazilian buttock assessment tool has become critical to understanding and delivering prospective Brazilian butt lift patients' goals by objectifying buttock size and shapes. (*Plast. Reconstr. Surg.* 148: 727e, 2021.)

Although aesthetic gluteoplasty and/or Brazilian butt lift procedures have become popularized, the ideal female buttock size and shape have not been objectified. Because a high number of Brazilian butt lift operations are performed today, variability in both buttock size and shape has been observed. Moreover, from our personal clinical experience, an increasing number of Brazilian butt lift revision operations are being requested and performed. The high number of Brazilian butt lift revisions suggests that patients are not satisfied with their outcomes. Although botched Brazilian butt lifts can follow

poorly performed surgical techniques that result in poor graft take, a large number of patients just do not like the buttock size and shape created. This is because of a disconnect between patient preferences and their provider's aesthetic eye. This observation results from inability to communicate and as a result fulfill the individual patient's unique buttock goals.

Previous authors have implied that the perception of beauty is influenced by ethnic, cultural, and other demographic factors.¹ In addition, we have observed that perception of beauty in the buttock, specifically, is clearly variable with respect to shape

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