

# BBL - BRAZILIAN BUTT LIFT PATIENT INFORMATION GUIDE

*(Educational material - not a replacement for personalised medical advice.)*



# Information For Patients

This booklet provides information to help you decide whether to have a Brazilian Butt Lift (BBL). It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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## What is a Brazilian Butt Lift (BBL)?

A Brazilian Butt Lift is a surgical procedure that enhances the shape and volume of the buttocks using your own body fat.

The procedure involves:

- Liposuction to remove fat from areas such as the abdomen, flanks or thighs
- Processing and purifying the fat
- Injecting the fat into specific areas of the buttocks to improve contour and projection

No implants are used in a traditional BBL.

## Why Consider This Procedure?

A BBL may be considered by individuals who:

- Desire fuller or more projected buttocks
- Wish to improve body proportions
- Have sufficient fat for transfer
- Have realistic expectations

Suitability depends on body shape, fat availability and overall health.

## Preparing for Surgery

Before surgery, you may be advised to:

- Stop smoking at least 4 weeks before surgery
- Avoid blood-thinning medications unless approved
- Avoid alcohol prior to surgery
- Maintain stable weight
- Undergo blood tests and pre-operative assessment

BBL is performed under general anaesthesia, and fasting will be required.

# Your Treatment Journey (International Patients)

## Initial Assessment

Medical history and photos are reviewed to assess fat availability and suitability.

## Travel Arrangements

Airport pickup and accommodation are arranged via the treating hospital.

## Pre-Operative Appointment

Final markings and surgical planning are completed.

## Surgery Day

The procedure is performed under general anaesthesia and may take several hours depending on fat volume transferred.

## Post-Operative Stay

Hospital stay may range from 1–2 nights.

## Return Travel

Patients are generally advised to remain abroad for 7–10 days before flying home.

## The Procedure

The procedure involves:

1. Liposuction from donor areas
2. Purification of harvested fat
3. Strategic fat injection into the buttocks

Fat is injected in multiple layers to improve contour and survival of transferred fat cells.



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# After the Operation

After surgery you may experience:

- Swelling and bruising
- Discomfort in liposuction areas
- Tightness
- Temporary numbness

Compression garments are required.

## Recovery and Expected Results

### First 2 Weeks

- Swelling is significant
- Sitting directly on the buttocks must be avoided
- Assistance may be required

### Weeks 3–6

- Swelling gradually decreases
- Gradual return to normal activity

### Months 3–6

- Final contour becomes clearer
- Some transferred fat may naturally reabsorb

Not all transferred fat survives. Final volume may be slightly reduced compared to immediate post-surgery appearance.

## Aftercare Instructions

You may be advised to:

- Avoid sitting directly on the buttocks for at least 2–3 weeks
- Use a BBL pillow if sitting is necessary
- Wear compression garments as instructed
- Avoid strenuous activity for several weeks
- Stay hydrated

Adhering strictly to aftercare instructions improves fat survival.

## Potential Benefits

A BBL may:

- Improve buttock projection
- Enhance body proportions
- Reduce fat in donor areas
- Improve confidence

Results vary between individuals.



## Risks and Complications

All surgical procedures carry some degree of risk. Outcomes and recovery times vary between individuals.

### During Surgery

- Bleeding
- Anaesthetic complications
- Fat embolism (rare but serious)

### After Surgery

- Infection
- Seroma
- Irregular contour
- Asymmetry
- Fat necrosis (firm areas under skin)
- Need for revision surgery

BBL is considered a higher-risk cosmetic procedure compared to some other surgeries.

# Procedure-Specific Considerations

## Fat Embolism Risk

If fat enters the bloodstream and travels to the lungs, it can be life-threatening. Proper surgical technique reduces risk.

## Fat Reabsorption

A portion of transferred fat may not survive. Overcorrection is sometimes performed to compensate.

## Sitting Restrictions

Avoiding direct pressure is critical during early healing.

## BMI and Eligibility

Higher BMI may increase complication risk.

## Long-Term Weight Stability

Significant weight changes may alter results.

## When to Seek Medical Advice

Seek urgent medical attention if you experience:

- Sudden shortness of breath
- Chest pain
- Severe swelling
- High fever

## Questions to Ask Your Surgeon

- How much fat will be transferred?
- What technique do you use to minimise risk?
- What results are realistic for my body type?
- What is the full recovery timeline?



## Further Information and Consent

Before proceeding with surgery, you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following in-person assessment.

## Contact Information

If you require further clarification before your consultation or treatment, please contact:

World Medi Group  
contact@worldmedigroup.com  
Phone/WhatsApp: +44 7464085948  
www.worldmedigroup.com

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