

e-book

Get Rid of
**DROPLET
SHAPED GLUTES**

By *Mucio Porto*



Introduction

I am Múcio Porto, a plastic surgeon in Brasília and Dubai. I studied at the Pitanguí school, and we love to talk about things that I believe people are interested in because we work with what? Well, I'm a plastic surgeon, but do you know what my main work material is? Your self-esteem. And that's why we have a standing appointment every Friday.

Today, we're going to talk about an interesting topic - the "teardrop buttock". Yes, you heard that right, the "teardrop buttock". The "teardrop buttock" is a concept I developed based on experiences with my patients, and today I'll share everything with you.



Defining the Droplet Shaped Glutes

The buttocks are one of the areas of the body that attract the most attention and desire for aesthetic improvement. When we talk about the "Droplet Shaped Glutes", we are referring to a specific shape where the volume of the buttocks is concentrated in the lower part, giving the appearance of a droplet.

This shape occurs when there is a lack of support in the upper part of the buttocks, causing the fat to descend and accumulate in the lower part. This can be caused by various factors, such as aging, weight loss, pregnancy or even a genetic predisposition.

The "Droplet Shaped Glutes" is characterized by a more pronounced volume in the lower region of the buttocks, creating a silhouette with a shape similar to a droplet. This appearance can impact the self-esteem and confidence of many people, leading them to seek aesthetic solutions to achieve the desired shape.

It is important to understand the causes and characteristics of this type of shape so that we can find the best treatment approaches, whether surgical or non-surgical, according to the needs and preferences of each patient.

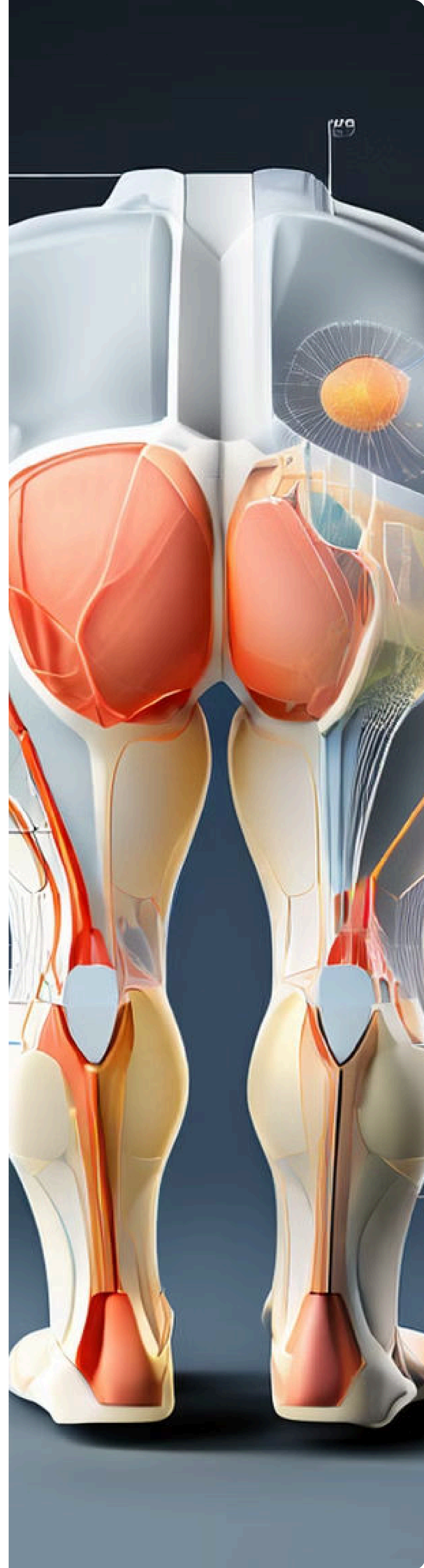


Buttock Composition

To better understand, we need to know what the buttock is composed of. "Everyone knows that the buttock is an area composed of bone, muscle, ligaments, arteries, but mainly fat and skin." Fat is the main component that gives shape and volume to the buttock. The skin and ligaments are responsible for keeping this fat in place.

- Buttock components: bone, muscle, ligaments, arteries
- Main components: **fat and skin**
- Fat: responsible for shape and volume
- Skin and ligaments: keep the fat in place

When these ligaments lose their ability to provide support, whether due to aging, weight loss or other factors, the fat tends to descend, forming the "teardrop buttock".



Physiology and Exercise

A common question that patients have is about the impact of physical exercise on the shape of the buttocks. As Dr. Múcio explains, "The problem, folks, is that the more you work out your butt to define it, you know what happens? You're burning fat. So, even though you gain muscle, you lose fat."

This means that while exercise is essential for health and muscle definition, it may not be enough to correct the teardrop shape of the buttocks. This is because fat is the main component that gives volume and shape to the buttocks, and exercise ends up reducing this fat, even if it increases muscle mass.

So it's important to understand that physical exercise has its benefits, but it may not completely solve the problem of the teardrop buttock. Other approaches, such as surgical or non-surgical procedures, may be necessary to achieve the desired result, according to the needs and preferences of each patient.



Available Procedures

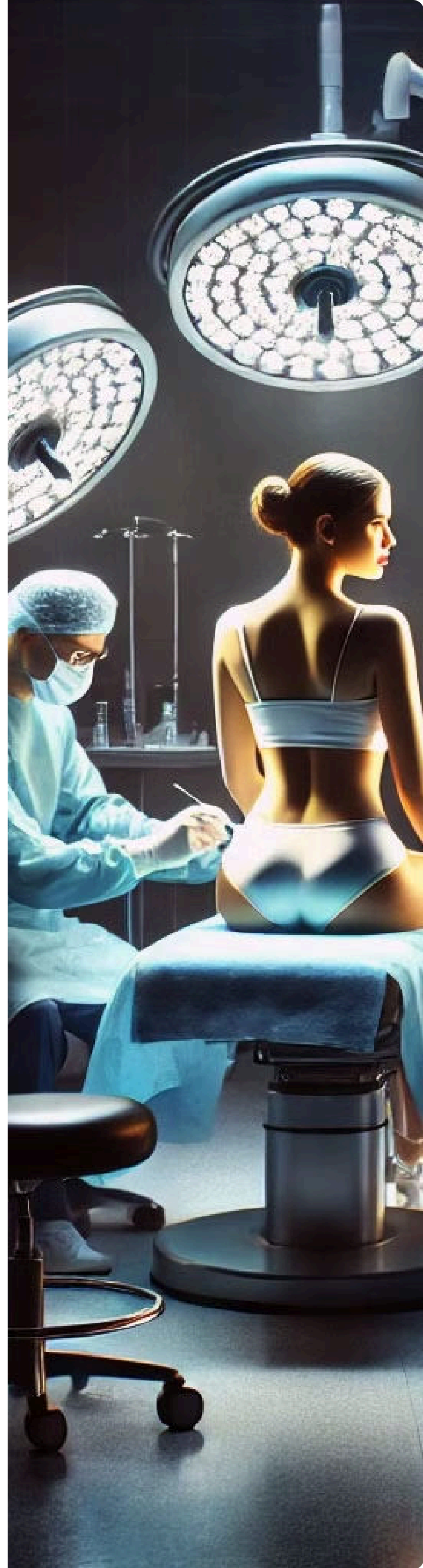
So, what can we do to correct the teardrop buttock? There are several aesthetic procedures available that can help.

Among them, the most common are liposuction, where fat is removed from an area of the body and re-injected into the buttocks, and the use of fillers such as hyaluronic acid and PMMA.

"So, what do we do? We use products, whether it's fat or fillers, to correct this.

In Brazil, we can use hyaluronic acid or PMMA."

- Liposuction: fat removed from an area and re-injected into the buttocks
- Use of fillers:
 - Hyaluronic acid
 - PMMA (Polymethylmethacrylate)

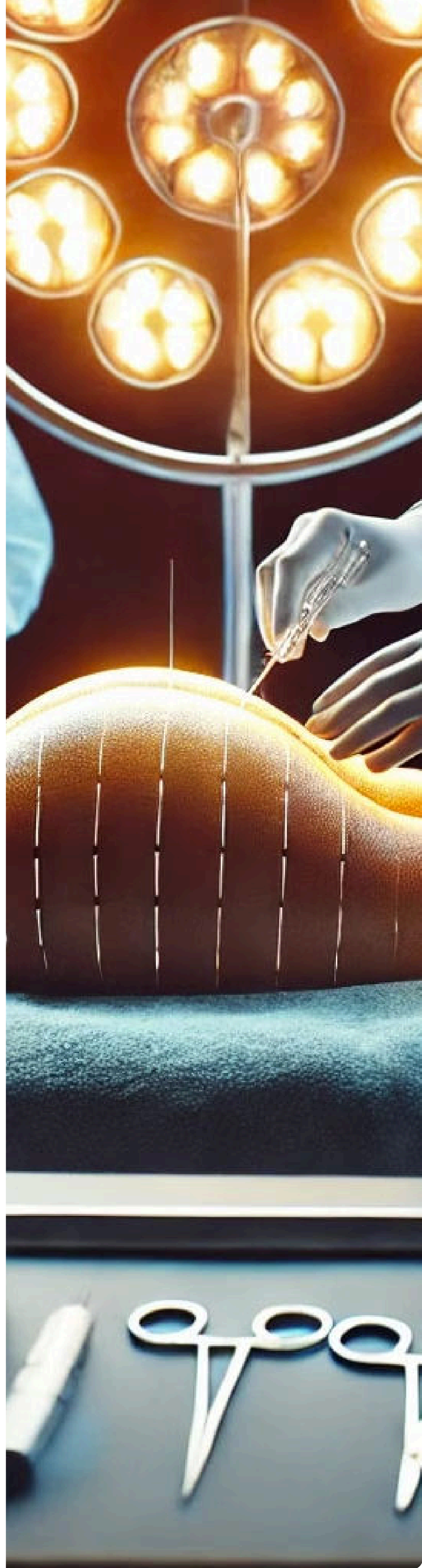


Liposuction

Liposuction is a popular aesthetic procedure, mainly for buttock augmentation and sculpting. This technique involves using the patient's own fat, which significantly reduces the risk of rejection or complications compared to the use of implants or other synthetic materials.

The process involves performing liposuction in areas with excess fat, such as the abdomen and thighs. This fat is then carefully purified and prepared to be re-injected directly into the buttocks. This process not only helps to correct the teardrop shape of the buttocks, but also improves the overall body contour of the patient, creating a more harmonious and sculpted silhouette.

One of the main benefits of liposuction is that, in addition to filling the buttocks, the procedure also removes unwanted fat from other parts of the body. This provides an even more satisfactory final result, with an improvement in the proportion and definition of the entire body contour.



Use of Fillers

Another very common option to correct the teardrop buttock is the use of dermal fillers. In Brazil, the two main types used in this type of procedure are hyaluronic acid and PMMA (polymethylmethacrylate).

Hyaluronic acid is a temporary filler, as the body naturally absorbs it over 2 to 3 years. For this reason, patients need to return periodically to perform new procedures to maintain the results. On the other hand, PMMA is a non-absorbable synthetic material, approved by Anvisa, which provides more lasting results.

One of the great advantages of PMMA is that, after the initial application, it is not necessary to repeat the procedure as frequently.

However, this type of filler requires a very careful application technique to avoid possible complications, such as irregularities in the contour of the buttocks.

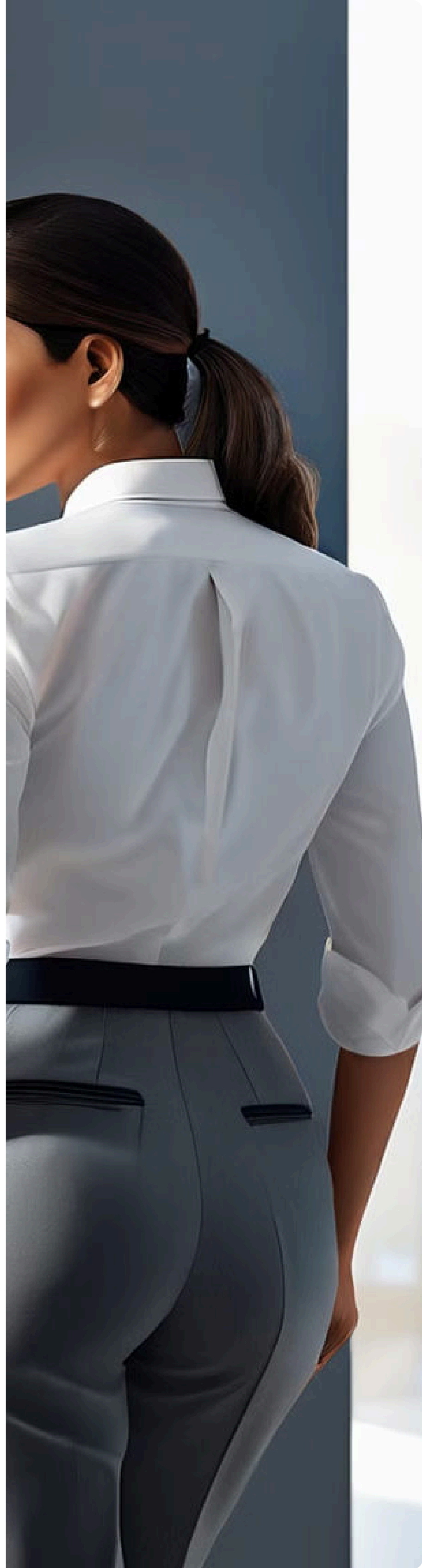
- Hyaluronic acid: temporary filler, lasts 2-3 years.
- PMMA: long-lasting results, but requires careful application.



Benefits and Risks

Each butt augmentation procedure has its own benefits and risks that must be carefully considered. Lipografting, for example, is generally considered a safe method, as it uses the patient's own fat. However, there is a possibility of partial reabsorption of the injected fat, which may lead to the need for additional sessions to maintain the desired results.

On the other hand, dermal fillers like PMMA offer more lasting results. However, these synthetic materials require a very precise application technique by the plastic surgeon to avoid possible complications, such as the formation of granulomas or even infections. It is essential that the patient discusses all the details of each option with an experienced professional, in order to make the most informed decision about the procedure most suitable to their case and aesthetic goals.

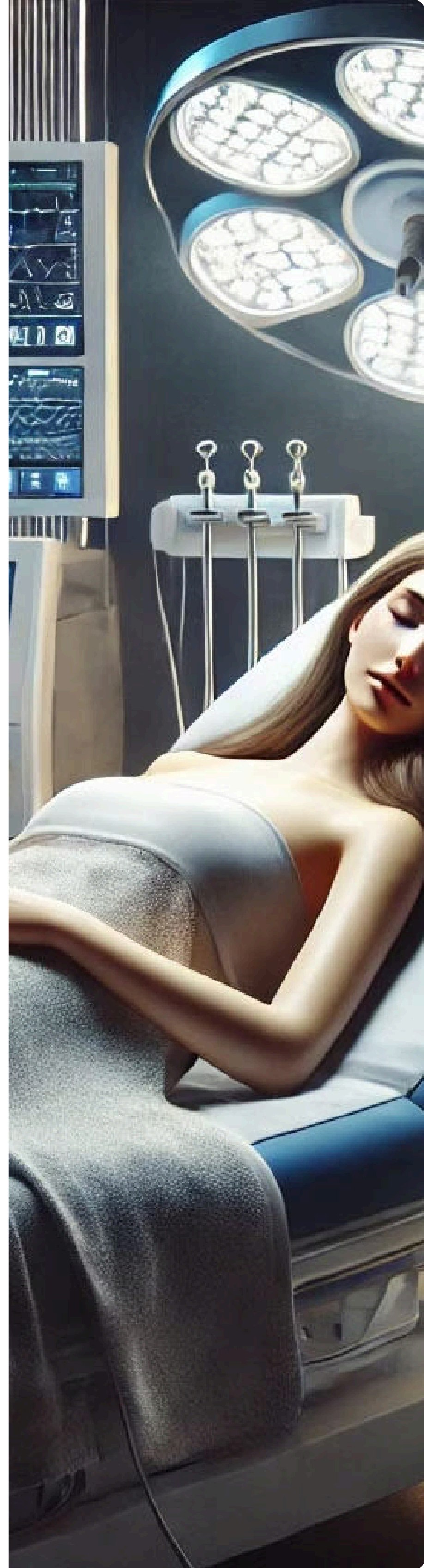


Recovery and Post-operative Care

After any butt augmentation procedure, recovery is a crucial aspect to ensure the best and most lasting results. In the first few days after the surgery, it is common for patients to experience swelling, discomfort, and even pain at the operated site. These are temporary effects and are part of the normal healing process.

To accelerate recovery and maintain the obtained results, it is essential to strictly follow the instructions provided by your plastic surgeon. This includes avoiding sitting directly on the buttocks for a period of time, applying cold compresses to reduce swelling, taking the prescribed medications, and performing light exercises as soon as possible. Additionally, maintaining a healthy diet and good hydration helps promote healing.

With the surgeon's close monitoring and the patient's dedication to post-operative care, recovery tends to be smooth, and the final results of the butt augmentation procedure are often excellent.



Evaluation and Diagnosis

Before any procedure, a detailed evaluation is important. "You have to evaluate. Then you say, but plastic surgeons don't make mistakes? We do. Everyone does. We are human. I'm here defending that the more you study, the more training you have, the less chance of making a mistake." This evaluation helps determine the best treatment for each patient, considering factors such as skin quality, available fat, and aesthetic goals.

- Detailed evaluation is crucial before any procedure
- Plastic surgeons can also make mistakes, but study and training reduce this chance
- Factors considered in the evaluation:
 - Skin quality
 - Available fat quantity
 - Patient's aesthetic goals



Importance of the Consultation

Before any procedure to increase or shape the buttocks, it is essential to have a detailed consultation with a qualified plastic surgeon. This initial step is crucial to properly evaluate your physical characteristics, understand your expectations and goals, and determine the best treatment to achieve the desired results.

During the consultation, the surgeon will assess the amount and quality of your skin and fat in the buttocks. This is essential to determine if you are a candidate for procedures such as lipografting, which uses your own fat, or if it would be better to opt for silicone implants or other fillers. Without this careful analysis, there is a risk of choosing an inappropriate procedure that can lead to undesirable results, such as a flabby or disproportionate buttock.

In addition, the consultation is the moment when you can ask all your questions, understand the details of the procedure, the possible risks and complications, and also discuss your realistic expectations regarding the final results.



Conclusion

The teardrop buttock is an aesthetic problem that can be treated in various ways, depending on the needs and conditions of each patient.

- **Characterized by a "sliding" or slipping,** with volume concentrated in the lower part
- **Treatment involves injections with fillers,** using a specific and safe technique
- **The approach varies according to the individual needs** of each patient

In summary, the teardrop buttock can be corrected through minimalist procedures, such as filler injections, performed with complete safety and according to the characteristics of each person.

