

# GLUTEAL AUGMENTATION

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*V. Leroy Young and Thomas L. Roberts III*

### History of Gluteal Augmentation 307

*J. Abel de la Peña, Omar V. Rubio, Jacobo P. Cano, Mariana C. Cedillo, and Miriam T. Garcés*

The concept of female beauty has changed throughout time, but the form and size of the breasts and gluteal region have remained constant as symbols of maximum femininity. Sculptures and prints show us feminine figures that are voluminous and reflect human history's interest in fertility. The early years of gluteal augmentation saw few published reports that described the procedure technique, follow-up, or possible complications. But developments continued as surgeons began experimenting with different anatomical planes for implant placement. The most important goal in plastic surgery is meeting a patient's expectations. It is important for the surgeon to thoroughly explain to patients what can realistically be achieved with a procedure.

### Beautiful Buttocks: Characteristics and Surgical Techniques 321

*Ramon Cuenca-Guerra and Ignacio Lugo-Beltran*

The authors describe four characteristics that determine attractive buttocks in addition to the balanced anatomical dimensions of the maximal point of gluteal projection. Based on this information, defects of the gluteal region can be classified into five types. The most appropriate size and shape of gluteal implants and the proper surgical technique for gluteal augmentation can be chosen by first identifying the buttock type of a patient. The proposed method of buttock classification helps achieve a gluteal contour that closely matches the standard of beauty.

### Classification System for Gluteal Evaluation 333

*Constantino G. Mendieta*

The buttock area has received much media attention in recent years, which has produced increased patient demand for buttock reshaping and augmentation. This phenomenon is reflected in statistics collected by the American Society for Aesthetic Plastic Surgery, which demonstrate a 533% increase in gluteal augmentation between 2002 and 2003. Increasing patient demand has necessitated a more structured approach to evaluation of

gluteal anatomy and the development of surgical procedures to enhance its beauty. The proposed classification system for gluteal contouring focuses on evaluating and identifying the different frame types, the different gluteal muscle types, and the relationship between the muscle and the frame. Finally, a ptosis classification system is presented.

### **Clinical Anatomy in Aesthetic Gluteal Body Contouring Surgery**

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*Robert F. Centeno and V. Leroy Young*

This article describes some of the major anatomical issues that confront plastic surgeons when contouring and augmenting the gluteal region. A better understanding of anatomy can improve the cosmetic results of gluteal augmentation and thereby enhance patient satisfaction. More importantly, this knowledge can reduce the risks of complications, some of which may have long-term adverse effects.

### **Universal Allure of the Hourglass Figure: An Evolutionary Theory of Female Physical Attractiveness**

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*Devendra Singh*

So what explains the universal and enduring appeal of the hourglass figure? One explanation based on evolutionary psychological theory is that female beauty as represented by the hourglass figure taps into important biological information about various factors regulating women's reproductive potential and fertility. This article briefly describes basic tenets of evolutionary psychology pertaining to the nature and significance of female attractiveness. The article also summarizes experimental and clinical evidence demonstrating a link between the hourglass figure and hormonal and endocrinological mechanisms regulating reproductive potential, fertility, and risk for major diseases. Such evidence is crucial to support the claim that attractiveness of the female figure is a reliable cue to a female's reproductive capability and good health. Also presented in this article is evidence that changes in the hourglass figure alone systematically affect female attractiveness judgments of lay and professional men and women not only in our society but in various and diverse societies. Finally, evidence is presented showing that equating beauty with the hourglass figure is not a novel or recent phenomenon shaped by the mass media; allure of the hourglass figure is evident across generations in ancient cultures.

### **"Universal" and Ethnic Ideals of Beautiful Buttocks are Best Obtained by Autologous Micro Fat Grafting and Liposuction**

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*Thomas L. Roberts III, Adam B. Weinfeld, Terrence W. Bruner, and Karl Nguyen*

Recently there has been a dramatic increase in the number of patients seeking buttocks enhancement and in the degree of augmentation requested. To fulfill these requests, aesthetic plastic surgeons must understand the patient's personal requests and ethnic identity, as well as any universal ideal of proportions and contours that create the impression of beautiful buttocks. "Universally" perceived ideal buttocks are 1.4 times the circumference of the waist, which is consistent cross-culturally and throughout history. Beyond this are important ethnic differences in the image of perfect buttocks shape. The combination of autologous micro fat grafting and liposuction is the best and possibly only way to obtain various ideal shapes, and offers a lower incidence of complications compared with buttock implants.

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