

A woman with short dark hair, smiling and posing in a white ribbed tank top and white underwear, showcasing her buttocks. She is positioned on the left side of the frame, leaning slightly forward with one hand near her neck and the other on her hip.

BUTTOCK ENHANCEMENT

Safety, Recovery & Travel Guidelines

Buttock enhancement is designed to restore balance, contour, and proportion to the lower body when changes from weight fluctuations, aging, or genetics affect shape and volume.

Whether the goal is subtle definition or fuller curves, each procedure is carefully planned to complement your natural anatomy and overall silhouette.

At [YourMedCare](#), we approach buttock enhancement with a focus on safety, precision, and individualized planning — guiding you through every stage, from consultation to recovery, with expert care and personal attention throughout your journey.

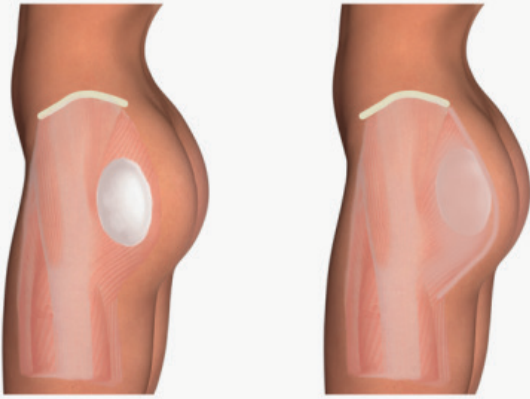
Procedure Options

Brazilian Butt Lift (BBL): Fat transfer using your own body fat

Buttock Implants: Silicone implants for added projection

Hybrid Technique: Combination of implants and fat transfer

Gluteal Implant

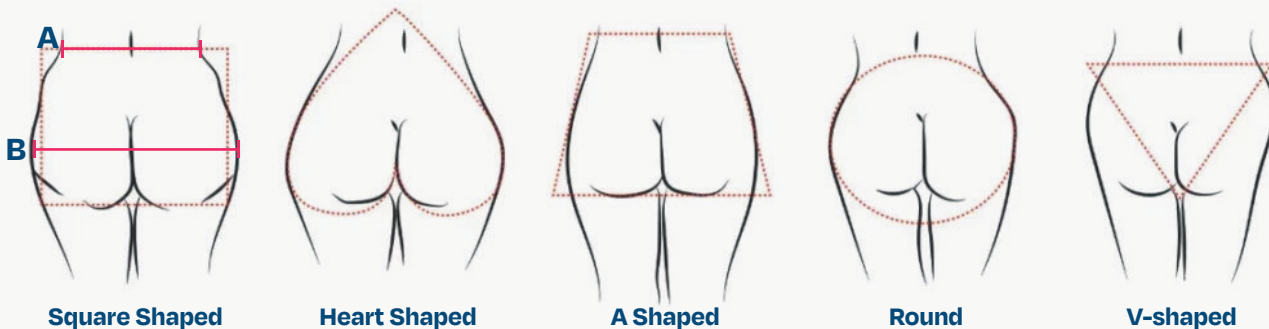


Gluteal Fat Transfer(BBL)



Different Buttock Shapes & How Enhancement Is Tailored

Waist-hip ratio = $\frac{a}{b}$ New "ideal" ratio = 0,65 - 0,75



An aesthetically balanced waist-hip ratio—commonly between 0.65 and 0.75—is often associated with attractive body contours. However, the ideal ratio is unique to each patient and depends on **body structure**, **fat distribution**, **skin quality**, and **personal aesthetic goals**.

“Modern body contouring is guided by anatomy, balance, and safety — not trends alone.”

Let's See Some Stats



Surgery Time

Brazilian Butt Lift (BBL): 3–4 hours
Buttock Implants: 2–3 hours
Hybrid (Implants + Fat Transfer): 4–5 hours



Return to Work

Remote / desk work: 2–3 weeks
Office work (limited sitting): 3–4 weeks
Physically demanding jobs: 5–6+ weeks



Early Recovery Timeline First 7–14 Days



Full Recovery Timeline First 8–10 week

FAST FACTS

Category	Details
Procedure Length	Approximately 2–5 hours, depending on liposuction and fat transfer volume
Anesthesia	General anesthesia
Technique	Fat harvested from abdomen, hips, flanks or thighs and reinjected only into the subcutaneous layer (above the muscle) for safety
Hospital Stay	1 night
Recommended Stay in Turkey	7–8 nights for early recovery and follow-up
Early Recovery	Swelling, bruising, tightness expected in the first 7–10 days
Sitting	Avoid direct sitting for 2–3 weeks; use a BBL pillow when necessary
Return to Work	2–3 weeks for desk jobs with proper sitting support
Exercise	Light walking immediately encouraged; gym & strenuous activity after 6–8 weeks
Full Recovery Timeline	6–8 weeks for healing, final results refine over 3–6 months
Fat Retention	Approximately 65–85% of transferred fat typically survives long-term
Scars	No visible scars on the buttocks (tiny liposuction entry points only)
Pain Level	Mild to moderate post-op discomfort; managed with prescribed medication
Compression Garment	Required for 6–8 weeks to reduce swelling and support contour
Post-Op Mobility	Early walking strongly encouraged to reduce clot risk, even if uncomfortable
Travel Considerations	Compression socks recommended; discuss blood thinners for long flights
Companion Requirement	Strongly advised to travel with a companion for the first days post-op
Common Side Effects	Swelling, bruising, temporary numbness, firmness
Potential Risks	Infection, seroma, asymmetry, fat necrosis, contour irregularities, blood clots, death
Serious Safety Note	Fat embolism risk minimized when fat is injected subcutaneously only
Candidate Profile	Patients dissatisfied with buttock shape or volume and with sufficient donor fat
Comparison to Butt Implants	Generally easier recovery and more natural feel when suitable

Sitting Restrictions & BBL Pillow Support

- **Direct sitting on the buttocks must be avoided** during early recovery.
- A **BBL pillow is provided** as part of your post-operative care.
- Use the pillow whenever sitting is unavoidable (meals, travel).
- Pressure should rest on the thighs—not the buttocks.

This protects:

- Fat survival (BBL)
- Implant positioning
- Incisions and wound healing

Companion Requirement for International Patients

Traveling abroad for buttock enhancement **requires a responsible companion.**

Your companion should:

- Assist with walking and mobility
- Help with daily activities
- Support you during transfers and travel
- Stay with you for at least **48–72 hours post-operation**

! Traveling alone is **strongly discouraged** for safety reasons.

Mobility & Circulation (Essential for Safety)

Although movement may feel uncomfortable, **early gentle mobility is strongly encouraged.**

Recommended:

- Short, assisted walks as soon as medically cleared
- Regular movement throughout the day
- Do not resist walking

Light mobility reduces:

- Blood clot risk
- Swelling
- Stiffness and delayed recovery

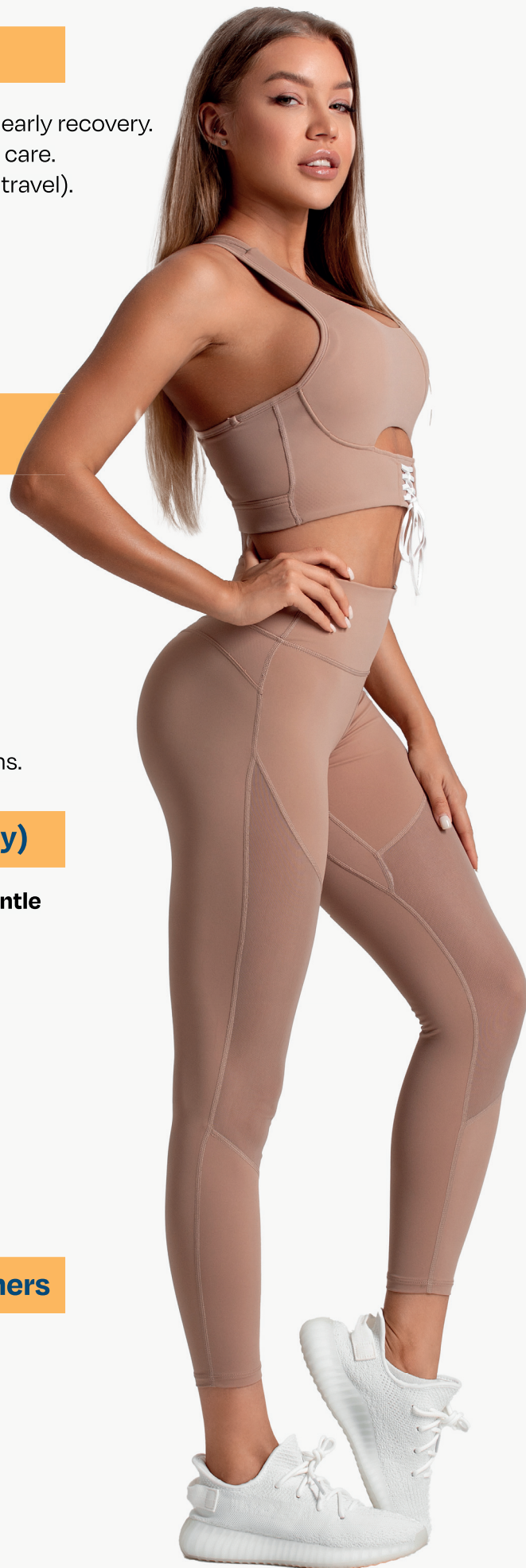
Travel Safety: Compression & Blood Thinners

Long-distance travel increases the risk of blood clots.

Before returning home, discuss with your surgeon:

- **Compression stockings** for flights
- **Blood-thinning medication** (if medically appropriate)
- Safe timing for long-haul travel

Always follow your surgeon's personalized advice.



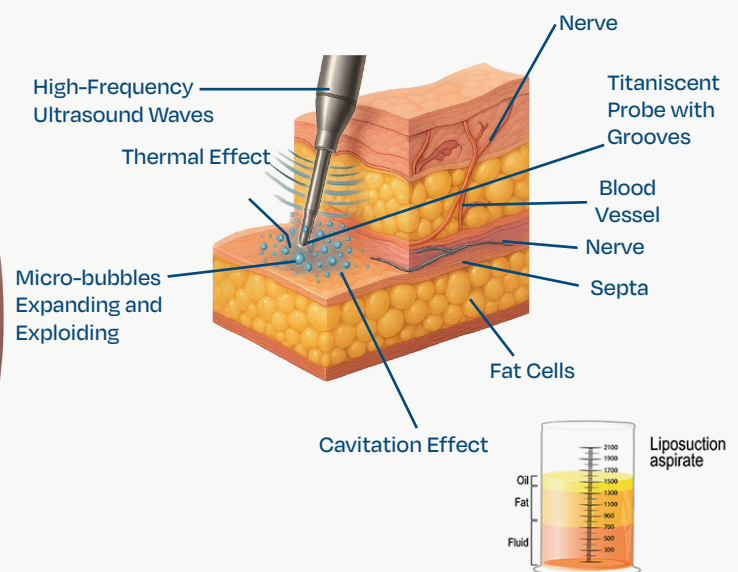


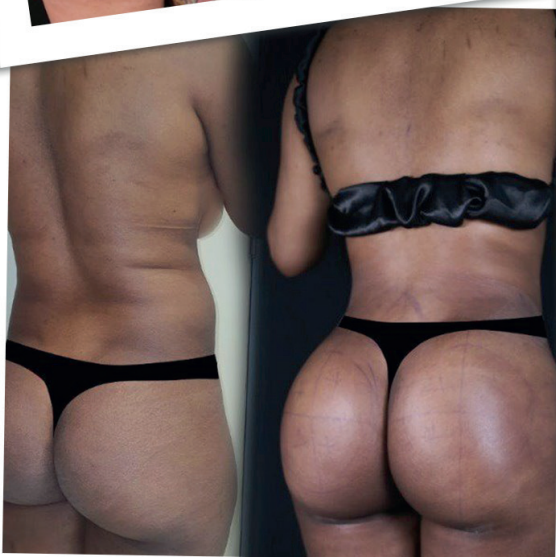
Is vaser liposuction right for you?

- ✓ Key factors to consider
- ✓ Stubborn Fat Deposits
- ✓ Good Skin Elasticity
- ✓ Near Ideal Weight
- ✓ Overall Health

Fat Transfer to Buttocks with Vaser Liposuction

The Science Behind Gentle Fat Removal
Vaser® Liposuction





Infection Risk & Prevention (Critical Information)

Buttock implants have a greater infection risk than other cosmetic surgeries because of:

- Implant depth and location
- Pressure during sitting
- The gluteal crease environment

To reduce infection risk:

- Keep all wounds **clean and dry**
- Follow dressing instructions strictly
- Avoid pressure on surgical areas
- Take all prescribed antibiotics exactly as directed

⚠ Contact your medical team immediately if you experience:

- Fever or chills
- Increasing redness, warmth, swelling, or pain
- Unusual discharge or odor
- Sudden hardening or asymmetry

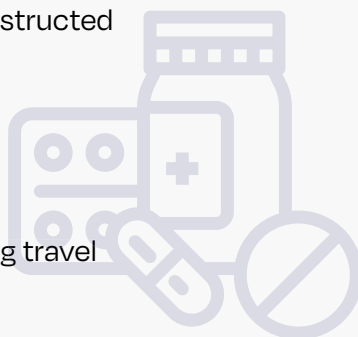


Medications & Antibiotics

- Take all prescribed medications exactly as instructed
- Complete the full antibiotic course
- Do not self-medicate or stop early

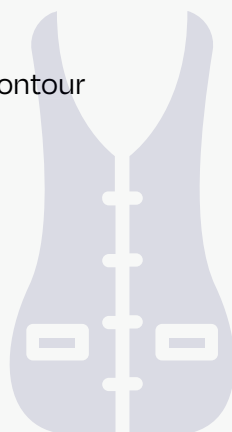
Ask your surgeon whether:

- Extended antibiotics are recommended
- Additional antibiotics are required before long travel



Compression Garments

- Wear your compression garment as instructed
- Supports healing, reduces swelling, and improves contour
- Do not remove or adjust unless advised



Your Journey Begins

With an Online Medical Review

All medical procedures are subject to individual assessment and suitability confirmation by the treating physicians.

The we tailor your package

- featuring accommodation**
- vip airport reception**
- interpret support, travel insurance and more !**

Get Assessed Online



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