

Buttock Injections: What's Safe?

When I started practice 10 years ago, I remember having patients who wanted liposuction on their buttocks to make them smaller. Of course nowadays, that's unheard of. With the advent of new body standards and trends, Sir Mix Alot's prophecy of "big butts are the thing" has now come true.

So now you want a bigger butt. So what are your options? I'll make it real simple: the only safe options for augmenting your buttocks is either through fat injections (aka the Brazilian Butt Lift) or through buttock implants. These procedures should be performed by a board certified plastic surgeon in a proper, licensed surgical facility.

Any other option is at least highly risky, possibly very dangerous, and perhaps even life threatening. I've seen patients who have had industrial silicone injected into their buttocks. I've seen them get infected and I've had to operate on them and hospitalize them. I've seen what happens decades later when the silicone solidifies and the buttocks become lumpy, misshapen, and rock solid.

I get questions about hydrogel injections too. I've even heard of some physicians injecting it. I can't endorse the practice, and it doesn't appear to even have much longevity. I've seen some infections related to these injections too.

Bottom line is, if you find yourself with a "good deal" with someone who isn't a doctor in a hotel room or basement of a house, you're taking your health and even your life into your own hands.

It's a recurring theme, I know, but it's an important one. If you're looking to change your body, talk to the right, qualified doctor. There's no shortcut to getting the right results in a safe way. And there's certainly no good reason to put yourself at risk just to get more followers on Instagram.



Dr. Derek C. Lou
Board Certified
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"As a board-certified plastic surgeon in Houston, Texas, it is my singular goal to bring the benefits of plastic surgery to those who need it, and contrary to what you may have seen or heard, it can be for almost everyone. At first glance, plastic surgery may seem complicated, confusing, and mysterious. As a conscientious surgeon, my role is to help you understand whatever it is that you may need or want and whatever solutions that the art of plastic surgery may provide from breast augmentation, breast reconstructive surgery, to liposuction—in a way that makes sense and in a language that you understand.

I'm confident that after a visit to my office, you will not need to travel any further. It is the ability to help people feel better about themselves that drew me to a career in plastic surgery. I hope you allow me the opportunity to help you.

Dr. Lou is also a regular contributor to RealSelf.com and is considered an expert in the topics of, Breast Augmentation, Breast Implant Revision, and Breast Reduction."



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