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How To Get A Bigger Butt: Experts Explain Augmentation Options & Differences Part 2



North Carolina board-certified plastic surgeon and best-selling author **Dr. John Zannis** says that if you can't shake what your mama gave ya, there are still plenty of other options for getting a bigger bum. The booty craze continues to be big among plastic surgeon offices. But learn from Dr. Zannis what can actually be done and what is still just smoke and airbrush mirrors.

What is the "shelf" life of fat grafting versus implants?

The fat that survives the initial recovery period should last forever. It will grow and shrink with weight changes like normal fat. The implants should also last the remainder of your life as they are made of semi-solid material.

Can you give us some realistic and unrealistic expectations?

We realistically can obtain a medium to large augmentation in one treatment. This means

500-1,000 cc per buttock, of fat. It's unrealistic to achieve a huge derriere in a single session.

Who is not a candidate for butt enhancement?

A bad candidate for fat grafting would be a very thin patient. Patients with a low Body Mass Index (BMI) should go for implants.

What are the most common misconceptions about each procedure?

Many patients believe that a huge butt is achievable in one procedure. Even skinny patients think they can accomplish this, despite having little fat to transfer.

Technically speaking, what measurements do you find most flattering?

It's all about proportion of the hips to the waist and the waist to the breasts. Urban legend describes the best female proportions to be 36-24-36, but what both men and women find attractive is a relatively low BMI and curvaceous figure.

Do a lot of patients ask for their derrieres to resemble a celeb's? Who are the most common celebs mentioned?

Most people say, "I want a Kim Kardashian or Nicki Minaj shape, but I don't want it to look that big," (chuckles). Most people agree J.Lo is the ultimate goal.

Which would you consider safer or more desirable, the Brazilian Butt Lift or implants?

Fat grafting is much safer and more desirable because the risks are lower and the results more natural.

Any celebrity bums that top your list of best butts? Tell us your thoughts with a note below!