

As Featured in  
**NEW BEAUTY**®  
 MAGAZINE



BODY

BODY MYTHS

*false*

MYTH 03

*Sitting for too long will cause the effects of a Brazilian Butt Lift to dissipate.*

**THE TRUTH**

After you have fully healed, sitting for prolonged periods of time won't affect your results.

During a Brazilian Butt Lift, fat is extracted from one part of the body, like the stomach, hips or flanks, cleaned and then injected into the butt for volume and shape. Since fat is a naturally-occurring substance that is found in the butt it becomes partially absorbed by the body over time but sitting or any other menial amount of pressure that's placed on the backside won't have much of an effect on the transferred fat. "I've never had a fat grafting patient have fat cells transplanted to the butt and lose all their fat," says Dr. Markmann. The reason why fat takes in some and not so well in others mostly comes down to technique. "The right amount, not too much and not too little, needs to be put in at just the right level. Sure, sitting and working out can have an effect on the end results, which is why I always tell my patients to stay out of the gym for the first three months and off their butt for the first two weeks," he adds. **NB**



**ADD FAT FOR A BETTER BUTT**

**INSIDE tip**

Cellulaze, the most recently FDA-cleared treatment for cellulite, was proven to offer up results that now last upward of three years with just one treatment.

**BEFORE**



**AFTER**



A Brazilian Butt Lift and liposuction gave this patient a more sculpted look. Procedure performed by Payam Jarrah-Nejad, MD; Pasadena, CA.