

The Essential BBL Consultation Checklist

Informed patients make the best decisions. Bring this to your Brazilian butt lift consult to help get all your questions answered. The plastic surgeon will appreciate your diligence and attention to detail. If not, find another surgeon.

Q1. Are you board certified by the American Board of Plastic Surgery?

Listen for: A direct yes — specifically ABPS. Verify at abplasticsurgery.org. Any other board is not equivalent.

Q2. Where is the surgery performed, and what accreditation does the facility hold?

Listen for: QuadA, AAAHC, or state-licensed ambulatory surgical center. Verify yourself. 92% of BBL fatalities occurred at unaccredited clinics.

Q3. What type of anesthesia do you use, and who administers it?

Listen for: IV sedation by a board-certified anesthesiologist. General anesthesia enlarges veins and increases embolism risk. IV sedation does the opposite.

Q4. How do you perform the Brazilian butt lift?

Listen for: Thin cannulas, low suction for lipo. Low-gravity centrifugation for processing. Micro-droplet technique for reinjection. Red flag: power injection pumps.

Q5. Where exactly do you inject the fat, and do you use ultrasound guidance?

Listen for: Subcutaneous only — above the muscle fascia, never into the muscle. Real-time ultrasound is the current standard of care.

Q6. How long will my BBL surgery take?

Listen for: 5 to 8 hours. Under 4 hours means shortcuts. Also ask: how many BBLs per day? Four or more is not possible without cutting corners.

Q7. What BBL complications have you personally seen, and how do you handle them?

Listen for: Honesty — seromas, asymmetry, contour issues. "None" is a red flag. Look for a clear protocol and an equipped facility.

Q8. How many Brazilian butt lifts have you performed?

Listen for: A specific number. Ask to see 10+ before and afters across slender, mid-range, and heavier body types.

Q9. What is your idea of the best BBL result for me?

Listen for: A whole-body approach — waist-to-hip ratio, proportions, not just volume. The goal is a great-looking body, not just a bigger butt.

Q10. How much of the transferred fat survives, and is it permanent?

Listen for: Honest range (30–70%). No specific number is reliable. Anyone promising near 100% is a red flag. Fat that takes correctly is permanent.

Q11. What is the likelihood I will need a revision or touch-up?

Listen for: This is the acid test. Vague answers mean more redos than they admit. Get the explicit billing policy before you commit.

Q12. How much does a Brazilian butt lift cost, and what does the price include?

Listen for: All-inclusive: surgeon fee, anesthesia, facility, garments, follow-ups. Ask about revision pricing. Know the all-in number before signing.

Notes
