The American Board of Cosmetic Surgery Issues BBL Safety Consensus Statement

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The consensus statement includes specific guidelines for surgical technique and training recommendations for surgeons performing autologous fat grafting to the buttocks, or Brazilian butt lift

Chicago, IL?The American Board of Cosmetic Surgery (ABCS) strongly recommends that all diplomates adhere to the autologous gluteal fat grafting (Brazilian butt lift, or BBL) safety guidelines established by the state of Florida. Autologous fat grafting is more commonly known as Brazilian butt lift, or BBL.

?These guidelines have been proven to significantly reduce the risks associated with this cosmetic procedure,? explained ABCS President Jeffrey A. Swetnam, MD, FACS, FAACS. ?It is important for patients to know that ABCS board-certified cosmetic surgeons are encouraged to follow them.?

The organization recommends these guidelines for implementation not just in Florida, but in all states, territories, and countries to ensure the safety of patients undergoing this procedure. Scientific studies confirm

the safety of the BBL procedure when executed according to these guidelines, which include use of larger cannulas (4mm or greater), injecting into the subcutaneous plane only, and operating on only one patient at a time. The current recommendation, though not scientifically proven as yet, is to use ultrasound guidance to precisely monitor where fat is injected in the buttocks.

ABCS guidelines also include additional recommendations, including those related to training. They stipulate the following:

? Single Patient Focus: ABCS-certified surgeons are required to perform procedures, including liposuction for adipose tissue harvesting, exclusively on one patient at a time. They may not supervise non-ABCS physicians. However, those holding faculty positions in AACS-accredited fellowships are allowed to oversee fellow training.

? Re-injection Techniques: Surgeons are to use larger cannulas and it is highly recommended that ultrasound guidance be utilized for the accurate re-injection of harvested tissue. It is also highly recommended that all surgical fellows be trained and proficient at using ultrasound techniques for re-injection of fat.

? Prohibition of Intramuscular Injections: Intramuscular injections are strictly prohibited.

? Facility Ownership: ABCS surgeons owning facilities that do not adhere to these guidelines will not be supported by the ABCS.

According to the ABCS, failing to comply with these guidelines is considered unsafe and is against the organization?s commitment to patient safety. It is well-documented that complications arise after BBLs in which fat is re-injected deep into the gluteal muscle, which is highly vascular and thus increases the risk of fat entering the bloodstream, rather than just below the skin.

?Our goal as board-certified cosmetic surgeons is to deliver superior cosmetic surgery outcomes while upholding the highest safety standards,? said Dr. Swetnam. ?In a time where Brazilian butt lift has been offered by under-qualified surgeons with dangerous techniques, we are committed to raising awareness of how the procedure can be safely performed.?

About American Board of Cosmetic Surgery: As the only board that tests a surgeon?s knowledge and experience exclusively in cosmetic surgery, the American Board of Cosmetic Surgery sets the highest standards for training, expertise, and ethical practice in the medical specialty of cosmetic surgery. For over 40 years, the ABCS has helped patients navigate the world of cosmetic surgery by identifying the most

distinguished surgeons in the field and promoting safe and ethical practices. The American Board of Cosmetic Surgery is headquartered at 8840 Calumet Avenue, Suite 205 Munster, IN 46321. Find more information about the ABCS at www.americanboardcosmeticsurgery.org.

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