

A photograph of a person's midsection, showing a white ribbed crop top and light blue denim jeans. The person's hands are resting on their hips, and the jeans are slightly pulled down, revealing the white top. The background is a soft, out-of-focus grey.

The Aesthetic Journal

Bonnie Marting, DNP, APRN

NATURAL BODY CONTOURING

Today's Best Choice for a Butt Lift

PALM BEACH PLASTIC & COSMETIC SURGERY

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In *This* Issue

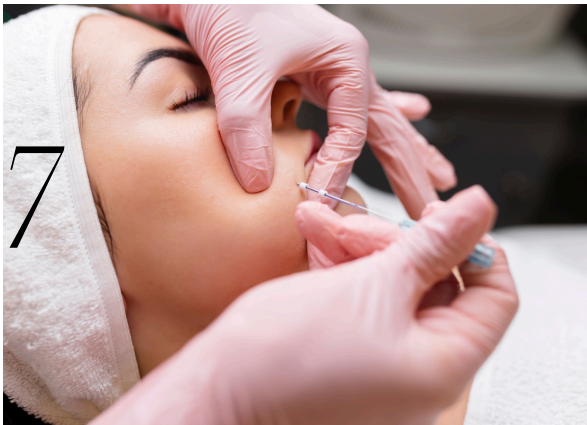
03



THE HIP DIP PHENOMENON

The “Hip Dip” augmentation is among a slew of trending body contouring treatments that *used to* require surgery, but today’s non-invasive alternatives are proving to be the *new gold-standard*.

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06

CHOOSING THE RIGHT TREATMENT

Dr. Bonnie details the *pros and cons* of body contouring when considering the choice between *surgery vs injectable* treatments.

THIS YEAR'S WISH LIST

After injecting for nearly 25 years, these are the products I’m *most excited* to use in my practice today as we welcome another new year of advanced beauty.

The Hip Dip *Phenomenon*

HOW TO DEFINE THE HIP DIP & MY PERSONAL RECOMMENDATION

Hip dips are a natural indentation or depression between the hip bone and the thigh bone. In some cases, the look is coveted, such as with athletes or gym enthusiasts. It can make one appear very “fit”. As society norms change, however, many women prefer a rounded derriere that makes even the sleekest dress look smooth. Since exercise alone does not make a rounder rear, there are a few methods to perfect the pitch of it.

FAT TRANSFER

Going through liposuction, and therefore having the fat placed in the divots, will effectively make it rounder. While fat transfer is rather predictable, the amount of fat that survives is initially a mystery. Often, the plastic surgeon will freeze some of the fat in case its use is required in the near future. Of course, that means

another procedure to implant the harvested fat.

DERMAL FILLERS

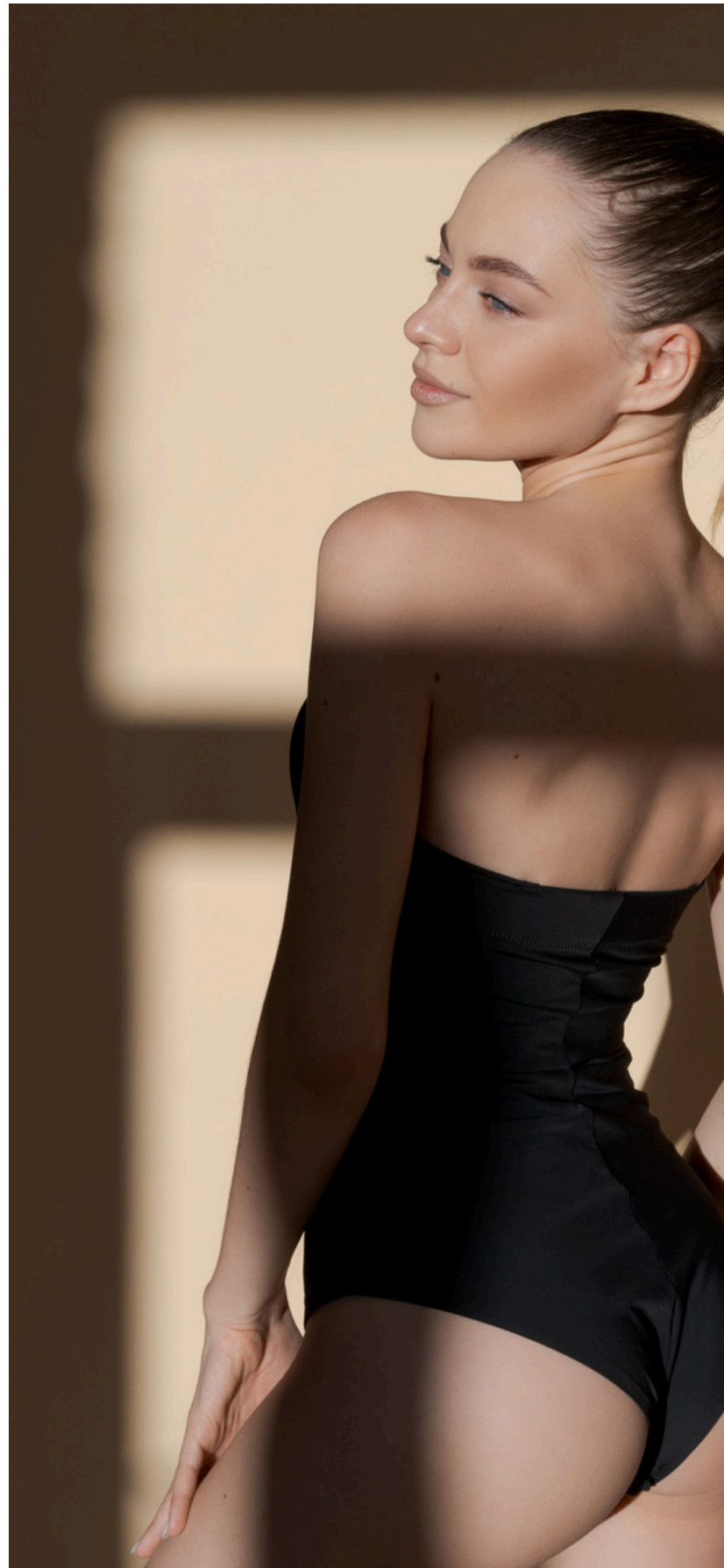
When considering that the average syringe contains 1cc, or 1/5th of a teaspoon, you must wonder, “How many syringes will I need?” I once trained an office in Ft. Lauderdale where the main injector had placed 120 syringes of Bellafill® into his behind. Not all at once, but over a few years. As I was adding up the cost of all of those products in my head, he invited me to touch his clothed backside. Rock hard was the only term I could think of. Bellafill’s method of action is that it consists of bovine collagen and methyl methacrylate, or plexiglass spheres. The spheres stimulate the production of collagen. The downside is that the body has no means to rid itself of

these spheres. Therefore, as years go by, the body will lose other things such as fat content, bone structure, etc., and it is impossible to know how the remaining spheres will affect the appearance of wherever they were placed.

Other dermal fillers, such as hyaluronic acid, may be placed in the dips also. These are completely natural and will dissolve on their own over time. Again, since these syringes run anywhere from \$750 to \$1200, depending upon area and office, the cost can be extreme - keeping in mind that these syringes are still only one piece.

COLLAGEN STIMULANTS

A more cost-effective choice is Sculptra®. Sculptra® consists of lactic acid particles that stimulate collagen growth in a large way. It has been used safely for 2 decades in the US and has gained popularity in a variety of body locations. Because it stimulates new collagen production, it is also useful for skin integrity, a loss of which occurs as aging continues. Sculptra® is easily injected, is the consistency of water, and lactic acid occurs naturally in the body. Typically, the particles are mixed with sterile water and lidocaine for comfort. When I perform Sculptra® injections, I use a needle rather than a cannula because it is much less



violent. Most people feel almost nothing. The area is then massaged for 5 days to keep the particles evenly distributed as the body absorbs the sterile water. This assures an even growth of collagen. The final result will present two months after the final treatment. I do recommend a few treatments for the best outcome.

IMPLANTS

For most surgeons, butt implants have become a thing of the past. There were many side effects and difficulties, including irregularities and degrading of surrounding tissue. With so many other options, implants are not a great way to go any longer.

THE VERDICT

I have trained 100's of providers in the treatment of booty embellishments, whether it is the hip dip or just more

volume and lift. The procedure using my preferred method, Sculptra®, is fairly easy and comfortable. While bruising is possible, it usually is quite minimal. There are no special garments to be worn, and there is no reduction in normal activity.

If you're interested in a personal consultation to see how Sculptra® can help define your curves, contact my office to schedule a complimentary appointment for this or other treatments. I look forward to seeing you soon!

Bonnie Marting, DNP, APRN

PALM BEACH PLASTIC &
COSMETIC SURGERY



Achieving a Divine *Derrière*

01



NON-INVASIVE

Sculptra® is simply the *best* and most *natural* way to sculpt the butt and hip dips, and can even be used on a variety of other areas, buildable over time for optimal, controllable results.

02



SURGICAL

While I do *prefer* the incredible results of a non-invasive butt lift when compared to going under the knife, if you're going the surgical route, you *simply must* choose an *incredible and accredited* surgeon. Luckily, here at our practice, we have just that in Dr. Frederick Barr, MD.

A Few of My *Favorite Things*

DERMAL FILLER

Dermal filler uses hyaluronic acid to reshape the face and is the quickest way to create an even contour.

PDO THREADS

PDO threads provide a similar correction to a mini face lift without the surgery or downtime.

BBL SKIN RENEWAL

Lighten, tighten and brighten skin in a single session with our Sciton BBL. Each treatment reveals visibly youthful results.



Now It's Your Turn

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BOOK AN APPOINTMENT
WITH ME, DR. BONNIE, AT
MY NEW WEST PALM
BEACH WATERFRONT
LOCATION: PALM BEACH
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