

Chapter 3

Artistic Anatomy of the Gluteal and Lumbosacral Area



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The female gluteal area has been a cardinal beauty zone of attraction since the beginning of civilization and artists have focused on gluteal anatomy for more than 2000 years (Fig. 3.1).

Usually, anatomy is taught in medical school and surgery residency by layers of tissue, blood supply, and innervation but without emphasizing the tridimensionality of the structures (Fig. 3.2).

The gluteal area does not correspond to a single structure but several structures that involve bones, muscle, subcutaneous fat, and skin.

Cuenca-Guerra, Mendieta, and De la Peña have contributed to the understanding of the esthetic traits in a beautiful buttocks, that summarized are:

- Four main determinants of the gluteal esthetics are:
 - Bony structure: the pelvis shape greatly influences the perception of beauty. There are four shapes A, V, circular, and square pelvis. “A” shape and circular shape are the most esthetic ones.
 - Gluteus maximus muscle: the greater the development of the mass of the gluteus maximus and
 - Subcutaneous fat compartment
 - Skin.

The anatomical structures surrounding the gluteal region also are important for the correct esthetic proportions of the buttocks: the waist, lower back, sacral area, and thighs must be treated in order to achieve a natural harmonic result. For example, a big buttocks with thin thighs created by fat graft buttocks alone are called ant deformity, because of the unnatural appearance that it gives to the patient.

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D. Del Vecchio, H. Durán (eds.), *Aesthetic Surgery of the Buttock*,

https://doi.org/10.1007/978-3-031-13802-7_3