Precautions After Hip Dip Fat Grafting

- It’s completely normal to notice some swelling and bruising around the grafted area during the first week post-surgery. These should ease and start to disappear as the days pass. Do not press the grafted area.
- When resting or sleeping, be cautious not to put pressure on the grafted sites. Preferably, lie on your stomach to prevent any accidental compression of the hips.
- Cover the donor sites with a waterproof dressing to shower before you have your stitches taken out, which is typically scheduled for two weeks after the procedure.
- Keep the pressure off your hips by opting to perch lightly when sitting down, rather than settling in fully on the seat.
- It’s best to take it easy and rest at home on the surgery day.
- Please avoid intense workouts and saunas for the 3-4 weeks.
- A sensation of tightness or slight discomfort may be felt in the areas where fat was removed, especially after engaging in exercise, but rest assured this will improve steadily over time.
- Please take prescribed medication as instructions for the best healing process.
- It’s crucial to keep away from alcohol and cigarettes for a minimum of three months after your surgery, to prevent unnecessary inflammation and protect your skin from the negative effects of nicotine, which can cause constriction of blood vessels and skin discoloration.
- If you are planning to have a retouch surgery, please make sure to schedule it within three months after the first surgery. The effectiveness of stored fat diminishes after this period, and it will be disposed of if not utilized.

※ Individual experiences may vary.

This Page

WhatsApp

SEOJIN
PLASTIC SURGERY

Email: contact@seojinps.co
WhatsApp: +82 10 3555 5167
Address: 8F, EGI Building, 843 Nonhyeon-ro (Sinsa-dong), Gangnam-gu, Seoul