



# Haru Clinic

## Precautions After Apple Hip Lifting

It's common to experience some swelling and bruising following your Apple Hip Lifting procedure. Please follow these precaution instructions for your best recovery:

1. Please feel free to wear a compression garment if you're experiencing discomfort due to pain, as it may provide some relief by applying consistent pressure to the operated area.
2. Please note that suture removal is scheduled for the Day 7 following your procedure.
3. Dimpling or uneven areas, much like dimples, typically settle down and smooth out naturally within 4 weeks.
4. If you're in pain, please take the prescribed pain medication for 4-7 days.
5. Please be aware that additional swelling bruise may occur during the first 2-3 days post-procedure which typically subside after a week.
6. If you notice an increase in pain, heat at the site, or any other unusual symptoms, please contact us immediately.
7. During the settling period, you may experience occasional sharp pains for up to 4 weeks, and please do not worry as this will improve as the threads settle.
8. Please avoid massages or cosmetic treatments on the treated area for 4 weeks.
9. You're allowed to take a light shower immediately after the procedure, but please keep the regenerative tape on the suture area.
10. Please avoid excessive exposure to sunlight and do not use tanning beds for 2 weeks.
11. Please avoid massages or cosmetic treatments on the treated area for 4 weeks.
12. Please avoid intense sports like running, for 2 weeks.
13. Please avoid using saunas or hot bath until all bruising has subsided, typically within 2-3 weeks.

See you  
at your next  
visits at Haru



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