

Precautions After Non-surgical BBL

This treatment is designed to create a fuller, more defined hip line. Please review the following information to help the tissue stabilize properly and support the formation of a natural-looking contour.

I. Aftercare Guidelines

- Suture removal must be done on the 7th day after the procedure, and you must return to the clinic for removal. **If too much time passes, stitch marks may remain as scars, so please make sure to visit within the recommended period.**
- You may take a simple shower immediately after the procedure, but please keep the regenerative tape over the suture area in place.
- If you have pain, you may take pain medication for 4 to 7 days as needed.
- For 1 week, please avoid positions that place prolonged pressure on the area, such as sitting on a hard chair or driving for long periods.
- For 2 weeks, please avoid strong pressure and high-impact exercise.
- For 2 to 4 weeks, please avoid lower body strength training and massage of the treated area.
- Please avoid saunas and bathing until all bruising has completely resolved. This usually takes about 2 to 3 weeks.
- For 2 weeks, please avoid strong sun exposure and tanning.
- Compression garments are not required, but wearing them may help reduce discomfort.

II. Changes That May Occur During Recovery

- Swelling and bruising may continue to increase until about 2 to 3 days after the procedure.
- Mild swelling and bruising may last for about 2 to 4 weeks.
- Unevenness or dimple-like depressions usually improve naturally within 4 weeks in most cases.
- During the settling period, you may feel occasional tingling pain or tenderness, which is generally part of the normal recovery process.

III. Rare but Possible Reactions

- In rare cases, inflammation, infection, or asymmetry may occur.
- If strong pressure is applied over a prolonged period, fixation may become unstable.

IV. When to Consult Your Medical Provider

- If pain or warmth gradually becomes worse
- If skin color changes, severe swelling, or unusual symptoms persist
- If you experience any of the above symptoms, please contact our clinic and visit for an evaluation.



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