

Hip Augmentation Aftercare Instructions

HIP AUGMENTATION AFTERCARE INSTRUCTIONS

Thank you for choosing Hip Augmentation, a surgical procedure designed to enhance the shape, volume, and contour of the hips. Proper aftercare is essential to ensure optimal healing, support recovery, and minimise complications.

Immediately After Surgery - Normal Reactions: Mild to moderate swelling, bruising, and tenderness around the treated area are expected. Some numbness or tingling may occur in the incision area. Discomfort or mild pain is normal and can be managed with prescribed medications.

Incision Care: Keep the surgical site clean and dry. Do not rub, scratch, or apply pressure to the treated area. Follow your provider's instructions for dressings or compression garments.

Activity: Rest and avoid sitting directly on the hips for extended periods in the first 24-48 hours. Avoid strenuous activity, heavy lifting, or bending that may strain the surgical area.

First Week - Observation: Swelling and bruising may persist for several days. Some stiffness or limited mobility is normal. **Lifestyle & Care:** Wear compression garments as instructed to support healing and reduce swelling. Maintain hydration and a balanced diet to support recovery. Follow prescribed pain management and antibiotic instructions if given.

Weeks 2-4 - Healing & Care: Swelling and bruising should gradually decrease. Gentle movement and light walking are encouraged to improve circulation. Avoid sitting directly on your hips for long periods until cleared by your provider. Follow your provider's instructions for scar care and massage if recommended. **Activity:** Gradually resume normal activities, avoiding strenuous exercise or high-impact movements. Avoid contact sports or activities that risk trauma to the surgical area.

First 2-3 Months - Results: Final results may take several weeks to months as swelling fully resolves and tissues settle. Follow-up appointments will monitor healing and assess results. **Long-Term Care:** Maintain a healthy lifestyle including regular exercise and balanced nutrition to sustain results. Protect the incision sites from excessive sun exposure using SPF 30 or higher. Follow your provider's guidance for any future adjustments or touch-ups.

When to Contact Us - Contact your provider immediately if you experience: Severe or worsening pain, swelling, or redness. Signs of infection such as pus, warmth, or fever. Unusual changes in skin colour, sensation, or incision appearance. Any other symptoms that seem concerning or out of the ordinary.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

PATIENT CONFIRMATION

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout