

e-book

Imagem Albin Biju

# GET RID OF HIP DIPS

By *Mucio Porto*



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# get rid of Hip Dips

I'm Múcio Porto, plastic surgeon in Brasilia and Dubai. I love making people feel better and with their self-esteem up there! Today I want to comment about this new term that started to be unraveled not long ago in the world whole. another day one patient arrived at office and told me So, Doctor will Do I have Hip Dips? Let's talk then, and break this mystery, about what is Hip Dips!

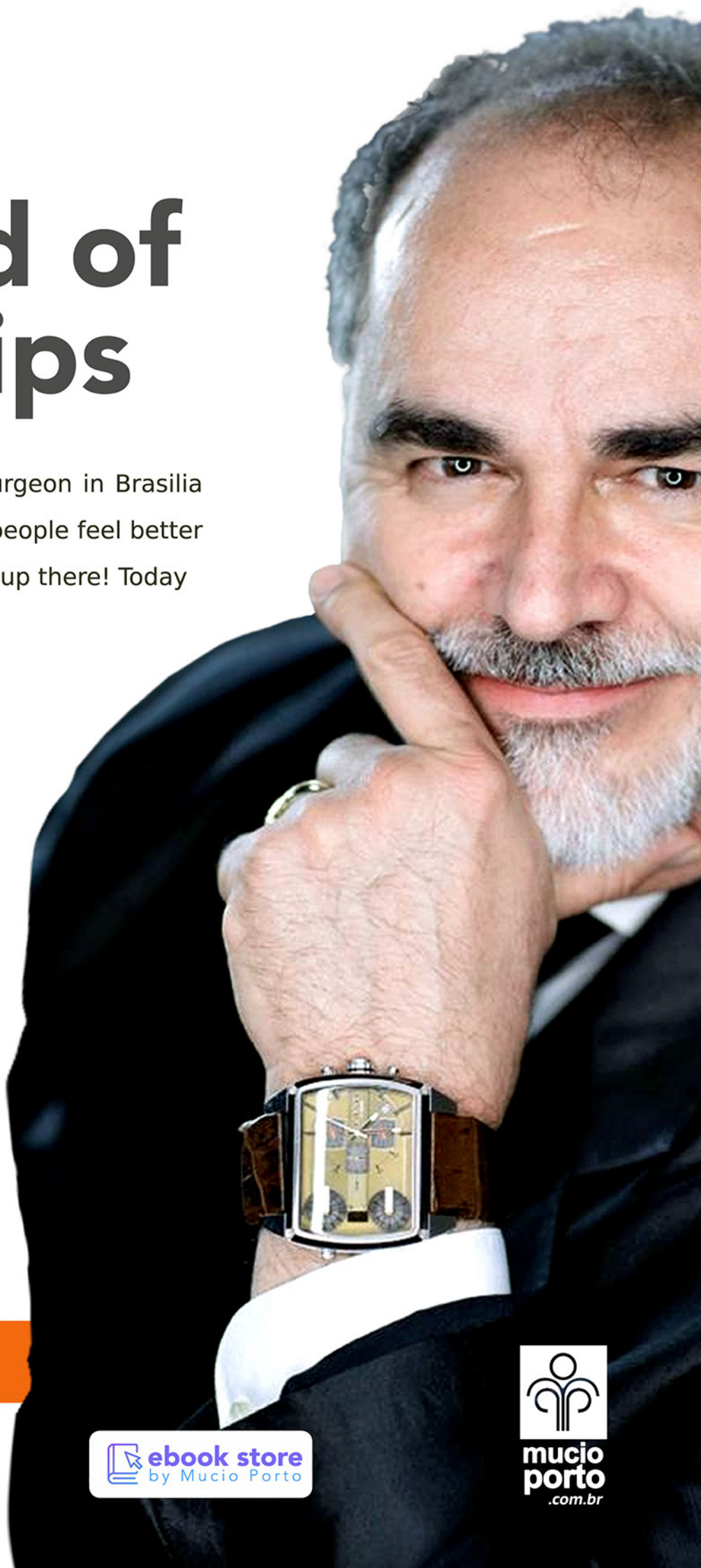
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Get rid of hip dips

# What is it Hip Dips?

Hip dips are a natural curve in the hip area that some women have that can create a small "dip" in the skin just below the waist. This curve is caused by the way the bones in the pelvis connect to the femur and is more prominent in some women than others.

Despite being a natural feature of the body, some women may feel insecure about the appearance of hip dips and want to change it with specific exercises or even surgical procedures. However, it is important to remember that the presence or absence of hip dips is not an indicator of beauty or health.

Every body is unique and has its own natural characteristics, so there's no reason to feel pressured to have a perfect body or follow unrealistic beauty standards. If you want to speak with a professional about the possibility of surgical procedures, schedule an appointment with a certified and trusted plastic surgeon.



Get rid of hip dips

## hip dips in the woman.

So guys, women and men have this depression, but it's more common among women, for a very interesting reason. Due to hormonal issues, women have a different deposit of fat than men. It's true women have a little more accumulation in the hip region. Men have more bellies, more love handles, but in general, women are the majority.

In women, in the upper part, we call it love handles or handles, in the lower part, the other elevation we call culote.



Get rid of hip dips

# Assessment

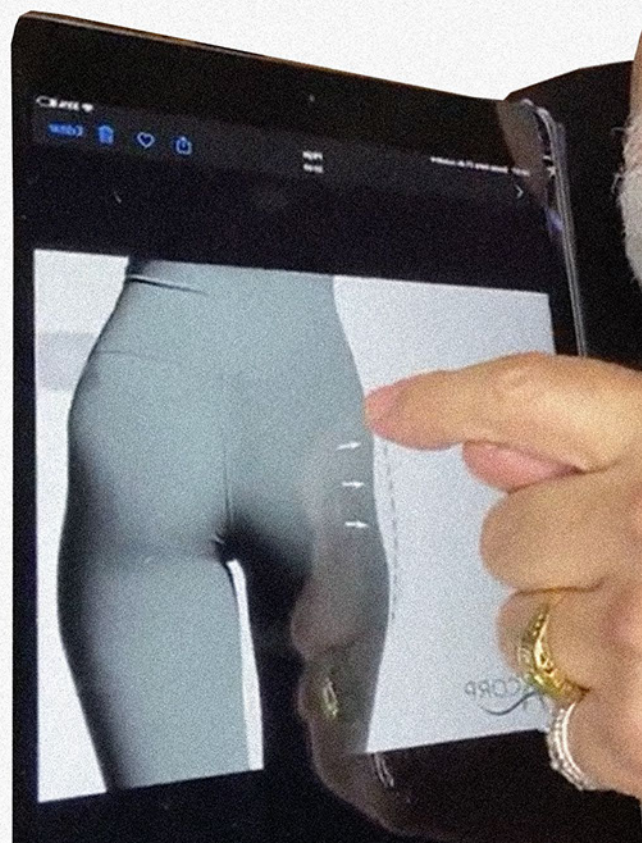
What is most important for us to analyze is the following. First, when a patient comes to my office and she says, look, I want to take my breeches off, I already answer, first let's evaluate.

Let's see if it's really the culottes or I have love handles up there, or look how interesting, there are patients who don't have excess love handles or excess culottes, there's simply a lack of tissue in the middle.

In case you want to take off the breeches what are we going to do? I'll take it, I say, OK, I offer you a promotion with a 50% discount, you pay in ten times and I'll take off your breeches. And what will happen? Look how interesting, it will be high on the top, where the little tire, but I like it, I like a straight ass, I like it with straight hips, obviously, I will respect people's wishes.

Aesthetically speaking, the hip dip is a specific situation where I don't have excess tissue. I actually miss it.

Then you ask me, my God, but what, are you going to let it go? No no go. Let's talk about the procedures we can do.





Get rid of hip dips

# Lipo!

I can even think about doing a lipo on you! There are lipos, for example, of small volume that we can do with local anesthesia.

Take a little fat off your love handle or love handle not on your breeches because I want you to...

...have a nice, feminine design, with nice hips, but I can steal fat, for example from the abdomen, from the waistband.

After removing that fat, we centrifuge it, as I've said in other lives. We take the fat from one place and inject it where there are hip dips in the hips, where we can do a nice job sculpting you.



Get rid of hip dips

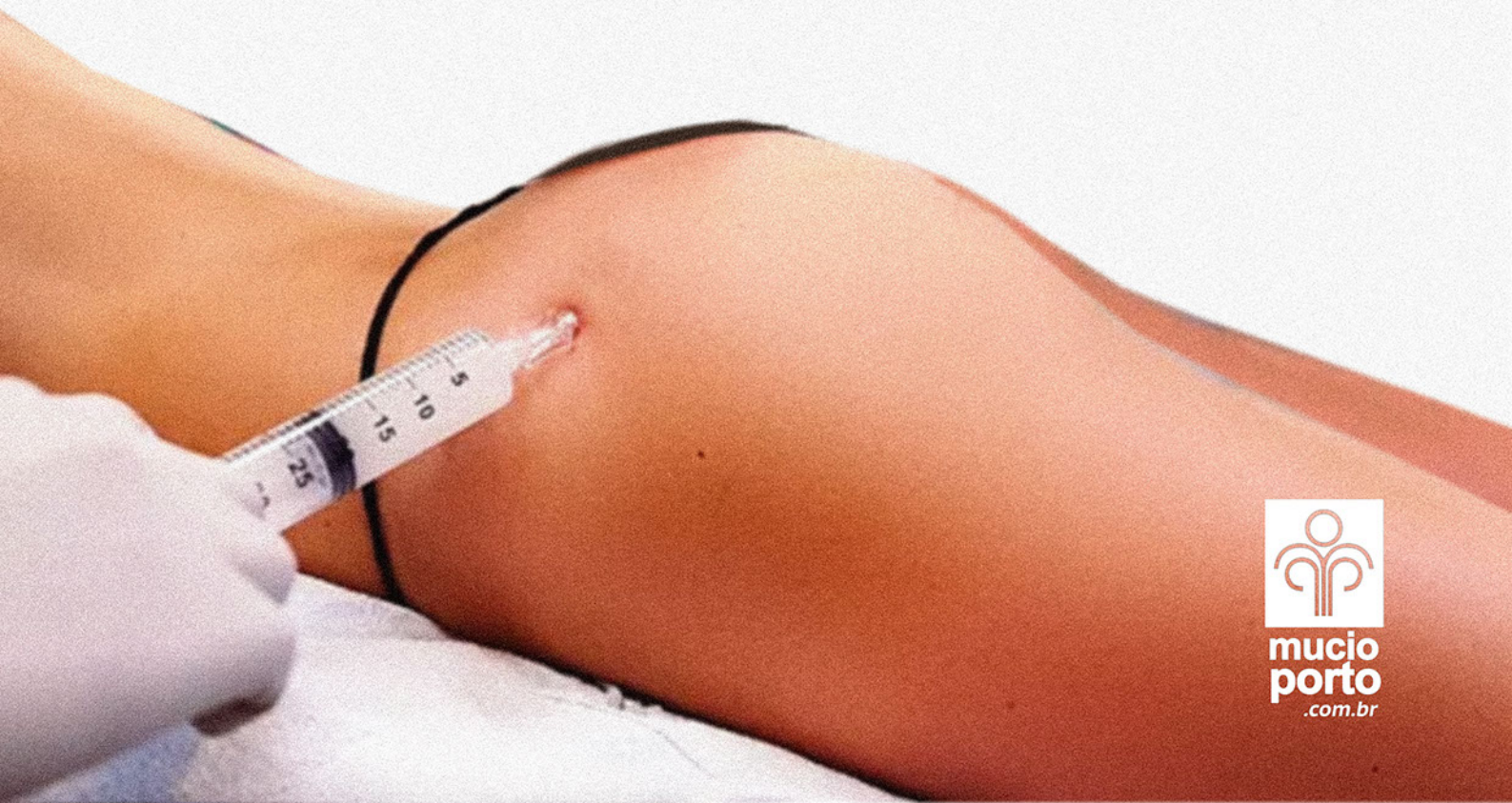
# Hyaluronic acid!

Hyaluronic acid is a substance naturally present in the human body, mainly in the skin, cartilage and synovial fluid (liquid that lubricates the joints). He is responsible for keeping the skin hydrated and elastic, as well as helping with the healing process.

In aesthetic medicine, hyaluronic acid is often used for facial and body fillers. When applied in small amounts in the hip dips region, for example, it helps to create a more rounded and smooth appearance on the hips, improving the harmony of the body contour.

The procedure is relatively simple and safe, and it usually does not require general anesthesia. Hyaluronic acid is injected directly into the hip dips area with a fine needle, and the effect is immediate. Results can last from six months to a year, depending on the type of hyaluronic acid used and the patient's metabolism.

It is important to remember that the application of hyaluronic acid to hip dips is a cosmetic treatment option and is not indicated for people with serious health problems or medical conditions that may increase the risks of the procedure.





Get rid of hip dips

# PMMA

PMMA, or polymethylmethacrylate, is a synthetic substance used in aesthetic medicine as a permanent filler for the treatment of wrinkles, furrows and facial flaccidity.

It is a type of plastic that is not resorbable by the body, that is, it remains in the place where it is applied indefinitely.

PMMA is injected directly into the skin or subcutaneous tissue in small amounts, filling in areas with irregularities and creating a plumping effect. The result is immediate and can last for several years, as PMMA is not reabsorbed by the body.

However, it is important to remember that PMMA is a permanent filler and therefore may be more difficult to remove in case of dissatisfaction or complications. Furthermore, its use in large volumes or in areas sensitive can cause effects side effects such as inflammation, infection, necrosis and granulomas (nodules inflamed tissue).



Get rid of hip dips

## Associating procedures

Often that hip dips depression is not just a lack of fat, it can also be the adherence of your skin to the musculature and even bone structures.

And what do we do in these cases?

First the injection of the product, be it PMMA, hyaluronic acid or fat, and then we loosen those fixations of the deep dermis of muscle and bone because otherwise, no matter how much you inject, no matter how hard you try to define that definition, the skin will not because it's stuck.

So we need to let go. This is very common people. This is very common and you have to know. So there are situations where we need to associate procedures. And for that, we need to do what is sacred in medicine, which is consultation. We need to examine you, exchange ideas.





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