

CARE OF THE PATIENT BEFORE SURGERY

Health care

The studies and the corresponding medical assessment must be completed before the operation is performed. Blood studies, x-rays or electrocardiogram will be requested as appropriate. An assessment by a specialist such as an internist or cardiologist may also be requested.

It is very important to avoid smoking at least one month before the procedure and one month after.

If there is a trip prior to the procedure, especially a trip from another country or a long road trip, you should wait at least two to three days for the surgery.

Nutrition

Before the surgery it is convenient to have an adequate diet, it can be useful to go to a nutritionist to have an individualized diet according to the case.

Before the surgery a fasting is recommended, around eight hours. Fasting is important to prevent the aspiration of gastric contents during anesthesia. However, it is important to continue with your usual medications.





Clothing

Try to arrive on the day of surgery in comfortable clothing that can be easily removed. It is important not to wear jewelry or metal items such as earrings or piercings. We will provide you with a bag to store your personal items.

Nails should be unpainted. Cleanliness and bathing are important on the day of surgery. Avoid wearing makeup and perfume.

You can also pull your hair out, but it is important not to use hair spray, especially if it is alcohol-free.

Documentation and Payment

It's important to carry identification on the day of surgery. Payment for the surgery can be covered by card or bank transfer. There is an additional charge for hospital administrative costs.

In case of payment by card, an identification will be requested and the payment will be verified previously with the bank.

We have had cases of patients denying the charge already made for the procedure.

The cost of the surgery is in Mexican pesos. There is not a standard cost since every patient is different, however there is a range of price paid by the last patients with which you can get an idea of it.

The cost may vary depending on the hospital selected, each patient is different and their needs during surgery are different.

The initial cost includes the procedure, medical team fees, supplies and materials. The cost of complications that may arise or extra nights of hospitalization have an additional cost which may vary in each case and should be covered by patients.

CARE OF THE PATIENT POST SURGERY

Medication

After surgery, medication will be given to prevent infection and manage pain. A medication to protect the gastric mucosa may also be indicated.

Your usual medications should not be discontinued. During subsequent visits, let your doctor know how you feel about your medications and whether an adjustment can be made.

Clothing

The use of compression garments or bras will help to manage swelling after surgery. Initially it may be uncomfortable but as the swelling subsides it may become more tolerable. Ask your plastic surgeon about their use and how long they should be worn.



Nutrition

Avoid foods that are irritating or could cause inflammation. A diet rich in fiber will facilitate intestinal transit.

If you do not have a bowel movement, you can tell your doctor to suggest some type of medication that can help you with the bowel movement.

Some constipation may occur after surgery.

Physical changes

Swelling and bruising can occur after surgery, each patient is different so the intensity of these can vary from person to person. They will take two to three weeks to disappear.

The result of the plastic surgery may take several weeks to be evident.

The healing period is completed in six to eighteen months.

Try to keep your appointments and follow your doctor's instructions. The appointments will be once or twice a week during the first month, this may vary according to the particular evolution of each patient.

Healing

There are healing problems known as keloid or hypertrophic scar. Which are specific to the healing of each patient. In the follow up the surgeon can identify the problem and propose treatment.

Likewise, each patient heals differently, so it is important to ask when he can use any treatment to improve healing. Remember that not all patients may require additional treatment to improve their healing process.

Try to walk after your procedure, fifteen minutes every two hours. This will promote the mobilization of the legs and prevent the formation of clots in your legs.

Follow-up

If you have any doubts or questions about your procedure, do not hesitate to ask your surgeon. You can go to the emergency room if you feel it is necessary.



Risks and Complications

The warning signs are pain in the legs especially behind the calves, difficulty breathing or fever. Although fever may occur after the first few hours after the procedure and is considered a metabolic response to the surgery itself.

There are risks and complications of any procedure, plastic surgery is no exception. However, if the corresponding evaluations and pertinent studies are done, the procedure is done in optimal facilities with trained personnel, the probabilities of having an adverse event are few and you will know how to handle it. You should know that your plastic surgeon and team will be with you throughout the process.

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