

# Grupo CHRISTUS MUGUERZA®

*Information about:*

**Liposuction**

**For International Patients**

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## Liposuction

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**Liposuction**, also known as lipoplasty ("fat modeling"), liposculpture or suction lipectomy ("suction-assisted fat removal") is a cosmetic surgery operation that removes fat from many different sites on the human body. Areas affected can range from the abdomen, thighs, buttocks, to the neck, backs of the arms and elsewhere.

## Surgical Indications

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- Patient with excess areas of fat that could not be lost with a good diet and exercise program.
- People who have difficulty getting rid of fat in specific areas because of genetics or hormonal imbalances.
- Liposuction can also be used to remove excess fat that sometimes develops on the back with age or the use of certain medications.

## Suggested studies and indications for case examination

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### Laboratory Results:

Complete Blood Count (CBC)

### Radiological Results:

In patients over 40 yr:

Chest x ray

EKG

*\*Preoperative studies no more than 2 months old*

### Others:

Photos (front, back, and both side views of the target areas).

### History and Physical Medical Records

- Medical History completed by patient (Medical Questionnaire)
- With actual medication (complete type and dose)

**Which characteristics discard the patient or makes it high risk patient (cases where additional or special care or procedures will be needed):**

### Patient discarded by having:

Liposuction is reserved for patients who are healthy and without significant illnesses.

If the patient is taking the following medications or has any of the following health problems, it's not a good candidate for liposuction:

- a) Accutane within 6 months before the procedure.
- b) Disorders involving collagen, scarring or connective tissue
- c) Clotting disorders , bleeding disorders
- d) Lupus erythematosus
- e) Heart disease , lung disease

- f) Vascular problems (or problems of the circulatory system)
- g) Endocrine disorders
- h) Hypertension (high blood pressure)
- i) A history of poor wound healing
- j) Recreational drug use or excessive drinking
- k) Pregnancy
- l) Patients who are unable to stop blood thinners (e.g., warfarin [Coumadin]), clopidogrel (Plavix), aspirin or anti-inflammatory medications, should not be considered for surgery, as in patients with cardiac valve replacement, atrial fibrillation, and those undergoing deep vein thrombosis and/or pulmonary embolism therapy.
- m) Suppressed immune system.
- n) Reactions to epinephrine, hernias or a history of abdominal surgery/scars.

**High risk patient by having:** Cardiovascular or respiratory disease, patients who smoke or have diabetes, hypertension, a body mass index greater than grade I, or asthma have significantly higher complication rates.

**Criteria for Postponement of Procedure:**

- Skin infection, respiratory diseases
- Women who plan future pregnancies should wait.

**Pre operatory tests required:**

- Complete Blood Count (CBC)
- Prothrombin time (PT)
- Partial thromboplastin time (PTT)
- Serum chemistry

**Instructions before procedure:**

- 1) Patients who take blood thinners (e.g., warfarin [Coumadin]), clopidogrel (Plavix), aspirin or anti-inflammatory medications should stop taking these medications at least two weeks before surgery.
- 2) Vitamin E and Vitamin C should be stopped for 3-4 weeks pre-op due to potential for increased bleeding and impairment of clotting.
- 3) Stop any homeopathic or herbal medicine (herbal teas; Ginseng, St.John's Wort) for at least 4 weeks pre-op, because they are unregulated regarding side effects, and many may impair clotting, or interfere with serum chemistry pre-op.
- 4) Do not drink alcohol for 24 hrs. pre-op
- 5) Patients who have diabetes and who take insulin should take half their normal dose on the day of surgery. They shouldn't take any other medications to lower their blood glucose.
- 6) If you smoke, plan to quit at least three weeks before your surgery and not to resume for at least two weeks after your surgery.
- 7) Avoid overexposure to the sun before surgery, especially to your abdomen, and do not go on a stringent diet, as both can inhibit your ability to heal.
- 8) The day before surgery: nothing to eat or drink after midnight
- 9) The morning of your surgery: shower or bathe with anti-bacterial soap. Wash the tummy tuck surgery areas thoroughly. Do not apply any moisturizers, deodorant,

talcum powder, no nail painting, or other products afterwards. Do not use hairspray or perfume.

- 10) Do not shave groin hair (liposuction patients), until the AM of surgery to limit risk of ingrown hair.
- 11) Be sure that you are not pregnant (if applicable) pre-op.
- 12) For Abdominal Liposuction, extra care should be taken to clean the belly button with soap and water and a q-tip with each shower for a week before surgery.

## Sample Schedule

**Length of Examination:** 1-3 hrs (depending on the treated areas) outpatient procedure

**Sample Schedule:**

Day 1	AM	Departure
	12PM	Arrival to Monterrey
	4PM	Consultation with plastic surgeon at his office
	6PM	Pre op studies at CHRISTUS MUGUERZA
	7PM	Studies are left at general surgeon's office; confirmation of procedure by phone or in person; hotel stay
Day 2	10AM	Procedure takes place; hospital discharge after Recovery from anesthesia.
Day 3	AM/PM	Hotel stay
Day 4	10AM	Consultation with Plastic surgeon
	12PM	Patient may depart if cleared by the doctor

### Standard Discharge Instructions

After your procedure:

- You will be given painkillers to help relieve any discomfort as the anesthetic wears off.
- It is important to do deep breathing exercises to help reduce the risk of developing a chest infection. Your doctor or nurse can show you how to do these.
- You will usually need to wear the garment or bandages for two to three weeks, depending on your surgeon's advice. They can usually be temporarily removed to be washed and for bathing.
- Your surgeon will give you advice about resuming your normal activities. You may need to avoid strenuous exercise for up to a month, but walking and gentle exercises are encouraged. If you only had small areas treated, you may only need a few days off work. For larger operations, you may need to take 7-10 days off.
- It may be several months before you can see the full results of your operation as the swelling can take a long time to completely settle down.
- It helps if you have skin with good elasticity, which is more likely to 'shrink' down to the smaller volume of fat beneath.
- Anyone having liposuction can also expect: a) considerable bruising, which can be painful and usually takes about a month to disappear, b) lumpiness or swelling, which may not completely settle for up to six months, c) scars, typically 1-2 cm long, pink and noticeable at first, which should become finer after a few weeks.

- While you should shower at least once per day, please do not use a bath tub, jacuzzi or go into the ocean for at least 7 days following the procedure.
- The rest of discharge instructions are listed in the discharge instructions provided by you doctor.

#### **Follow-up Protocol from Remote Provider:**

- The patient will be able to call the remote provider to answer any questions.
- Make sure the local plastic surgeon writes a confirmation email to the remote provider about the patient's progress.

## **How do I get started?**

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1. Choose your surgeon, package and preferred travel dates. Please contact us if you need any additional information.
2. Fill out the **Medical Questionnaire** and the **Contact Information**
3. You can send them to us by:
  - Email [internationalpatients@christusmuguerza.com.mx](mailto:internationalpatients@christusmuguerza.com.mx)
  - Fax: +52 81 8155 5151 to Medical Travel Department
  - Mail to the following address:

**CHRISTUS MUGUERZA MEDICAL TRAVEL**  
*Carretera Nacional 6501 Col. La Estanzuela  
Monterrey, NL, Mexico CP. 64988*
4. Please let us know:
  - a) if you have any pictures, tests or studies relevant to your condition
  - b) the physician you selected and
  - c) the date(s) you would prefer to have your procedure done
5. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
6. One of our CSRs (Customer Service Representatives) will contact you to let you know the final review of your case, program a conference call with the surgeon if needed, inform you about travel arrangements and visas, and answer any additional doubts you may have.
7. Make payment and confirm
8. All this information will be reviewed by our medical team to determine if you are a candidate for surgery
9. Your assigned representative will confirm consultation and surgery dates and coordinate with you to make all travel arrangements

## Contact Information

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