

Body Glow Plastic Surgery

Your Dream Look Awaits In Mexico

Schedule your Consultation

Contact us

What we do

Our Procedures



Body Procedures



Breast Procedures



Face Procedures



Non-Surgical Procedures



Men Procedures

Affordable Prices

Save up to 70% on medical procedures compared to the US.

Top Medical Facilities

Receive treatment from top-rated surgeons in state-of-the-art hospitals.

Personalized Care

Benefit from personalized, compassionate care tailored to your needs.

Beautiful Destinations

Recover in luxury while enjoying Mexico's stunning landscapes and culture.

Why Body Glow Plastic Surgery?

Body Glow Plastic Surgery offers a unique blend of top-notch medical care and the beauty of a vacation destination. Our experienced surgeons provide high-quality procedures at a fraction of the cost in the US. Enjoy personalized care in state-of-the-art facilities, all while recovering in luxurious accommodations with stunning views. Choose us for an affordable, safe, and comfortable medical tourism experience tailored to your needs.

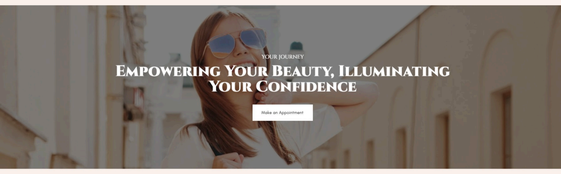
Discover more!

Get to know us

What Is Body Glow Plastic Surgery?

Body Glow Plastic Surgery is a premier destination for those seeking exceptional plastic surgery services. Combining top-tier medical expertise with personalized care, we are dedicated to helping you achieve the look you've always dreamed of. At Body Glow, beauty is redefined with a glow that reflects confidence, elegance, and a renewed sense of self. Let us guide you on your journey to transformation in a supportive and professional environment.

Contact Us!



Your Journey

Empowering Your Beauty, Illuminating Your Confidence

Make an Appointment

100% Happy Patients

+5 Surgeons

12 Years of Experience

+35 Different Procedures



International Patients

Traveling Patients

We understand the needs of patients traveling from abroad. We provide personalized services, including airport transfers, comfortable accommodations, and support in your language. Our facilities are equipped with modern technology and designed to create a safe and welcoming environment. We are dedicated to making your medical experience smooth, comfortable, and successful.

- ✓ Schedule your Appointment
- ✓ Plan Your Travel and Accommodation
- ✓ Prepare for the Procedure
- ✓ Undergo Surgery and Post-Operative Care

Learn more!

Testimonials

Patient Reviews

The experience was more than I could have imagined. The doctors were skilled, the technology was advanced, and I felt at ease every step of the way. I couldn't be happier with my results.

Emily R.

The medical team went above and beyond to ensure I was comfortable and well cared for. I felt confident in their hands and the results speak for themselves. I'm so grateful

Olivia L.

Every detail of my experience was carefully planned out, and I felt like I was in great hands. The facility was clean and modern, and the care was exceptional. Highly recommended!

Lindsay K.

Our Team

Our Surgeons Are The Best In The Business

Accreditation And Quality Standards

Meet our team of highly skilled and experienced surgeons, dedicated to providing exceptional medical care. Our surgeons are recognized for their expertise, compassion, and commitment to patient well-being. With years of specialized training and a dedication to continuous learning, they ensure that every patient receives the highest standard of care. We pride ourselves on offering personalized treatment plans, utilizing the latest medical advancements, and fostering a supportive environment to make your experience as comfortable and successful as possible.

- **Board-Certified Experts:** Our surgeons are certified by top medical boards and have extensive training.
- **Internationally Trained:** Many of our surgeons have studied and practiced in leading medical institutions around the world.
- **Personalized Care:** Each patient receives tailored treatment plans to meet their unique needs and goals.

More Info



Contact us

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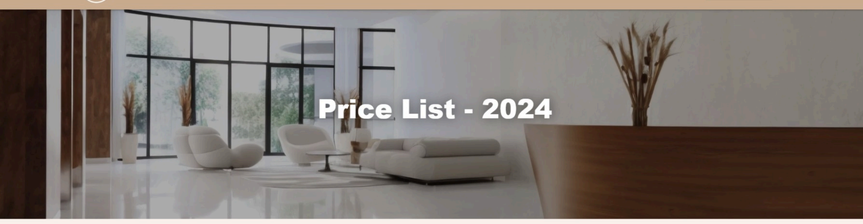


Price List - 2024

What's Included In Your Package:

This comprehensive package ensures that every aspect of your surgery and recovery is covered, providing you with peace of mind and comfort throughout your stay:

- Surgical procedure
- Fees for board-certified plastic surgeons and anesthesiologists
- Certified hospital stay
- All required medications, supplies, and disposable materials for surgery
- Breast implants (if applicable)
- 7-night stay at a 4-star hotel
- Pre- and post-operative consultations
- All local transportation (Airport/Hotel, Hotel/Hospital, Hotel/Medical Consultations)
- Bilingual personal assistant
- Daily visits from a medical doctor to monitor your recovery and assist with any post-surgery needs

Rhinoplasty (Nose Job)

Rhinoplasty	$4120
Revision Rhinoplasty	$3920
Ethnic Rhinoplasty	$3920

Eyelid Surgery

Upper Eyelid Surgery	$3220
Lower Eyelid Surgery	$3220
Upper + Lower Eyelid Surgery	$3620

Face Lift / Neck Lift

Midface and Neck Lift	$3220
Lateral Brow Lift	$3420
Full Face Lift	$5220

Face Procedures

Ear Surgery	$3620
Chin Implant	$4320
Cheek Implant	$4020
Buccal Fat Pad Removal	$3020
Lip Shortening and Lift	$2920

Breast Procedures

Breast Implants	$4570
Breast Reduction	$4320
Breast Lift	$4320
Breast Lift with Implants	$4770

Liposuction

Liposuction of 1 Area	$3220
Liposuction of 2 Areas	$3720
Liposuction of 3 Areas	$4220
Liposuction of 4 Areas	$4620
Liposuction of 5 Areas	$4920

Buttock Augmentation

Brazilian Butt Lift with Liposuction of 2 Areas	$4310

Female Body Procedures

Tummy Tuck	$4520
Arm Lift	$4320
Thigh Lift	$4420

Female Genital Procedures

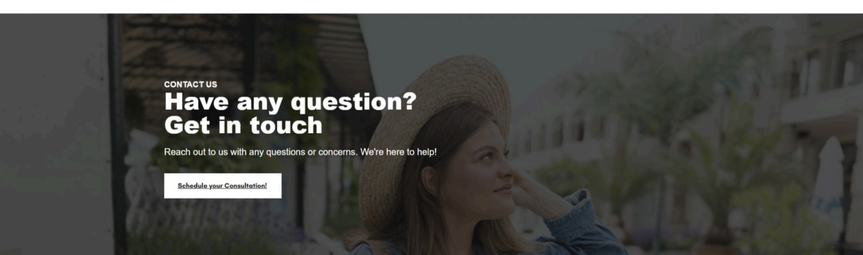
Vaginal Rejuvenation	$3620
Vaginoplasty with Tightening	$3620
Labiaplasty with Vaginoplasty	$4220

Male Body Procedures

Male Breast Reduction	$3620
Torsoplasty for Men	$4220

Male Genital Procedures

Penile Lengthening	$4220
Girth Enhancement	$3620
Penile Lengthening with Girth Enhancement	$4920



CONTACT US

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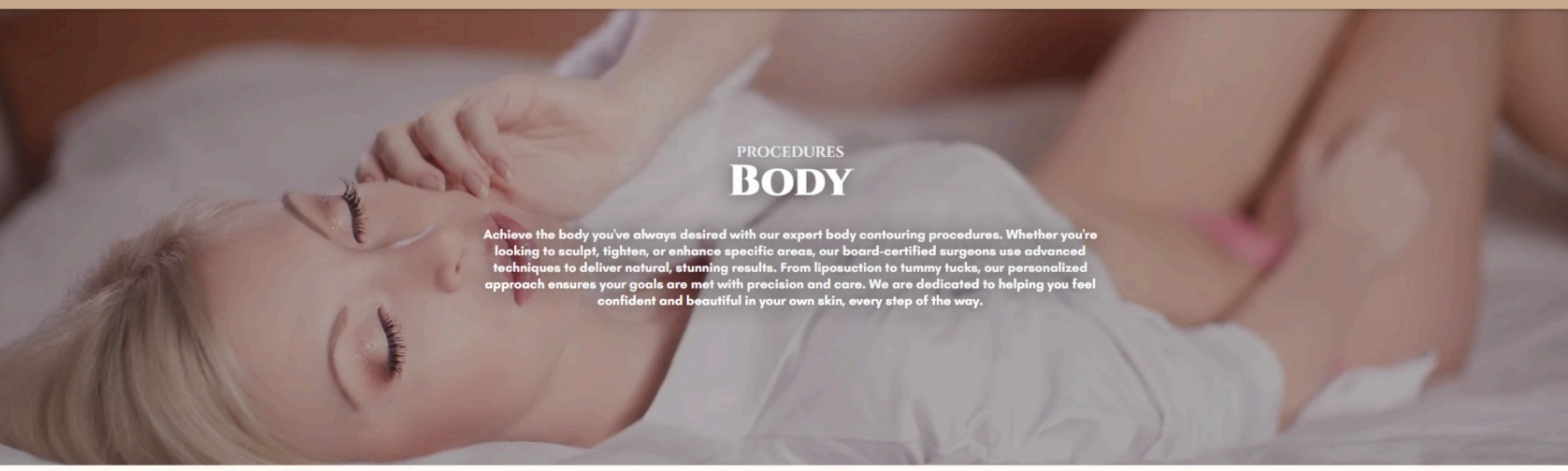
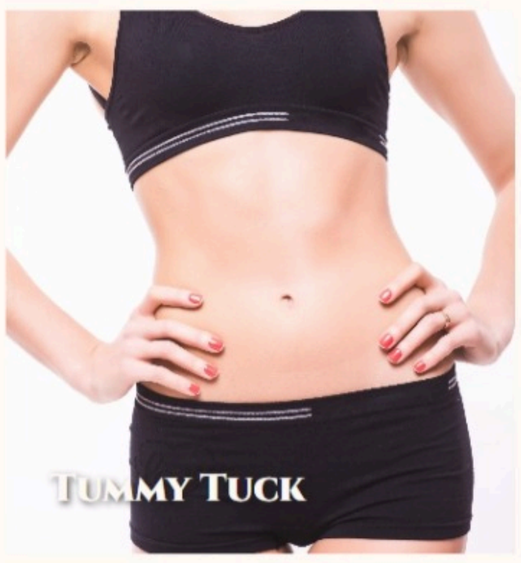


PROCEDURES

BODY

Achieve the body you've always desired with our expert body contouring procedures. Whether you're looking to sculpt, tighten, or enhance specific areas, our board-certified surgeons use advanced techniques to deliver natural, stunning results. From liposuction to tummy tucks, our personalized approach ensures your goals are met with precision and care. We are dedicated to helping you feel confident and beautiful in your own skin, every step of the way.







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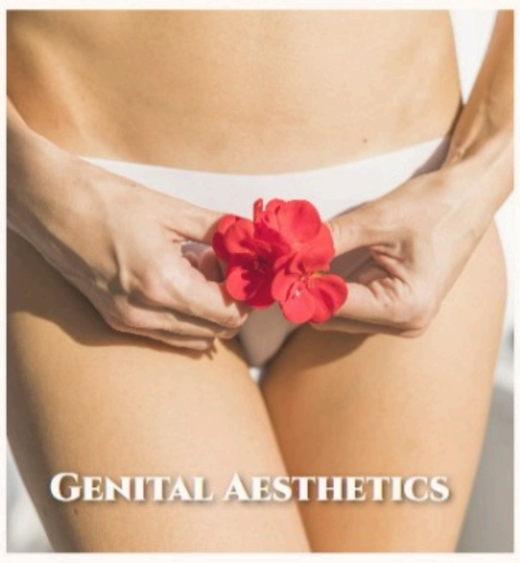

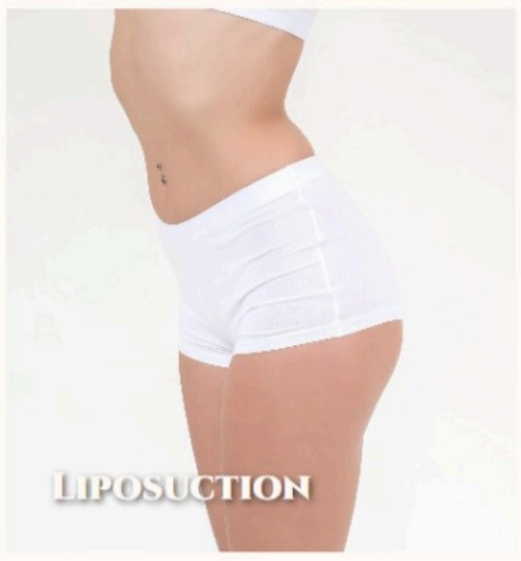

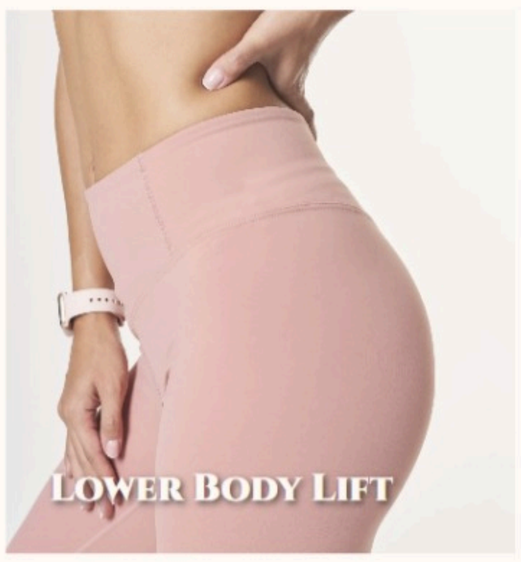

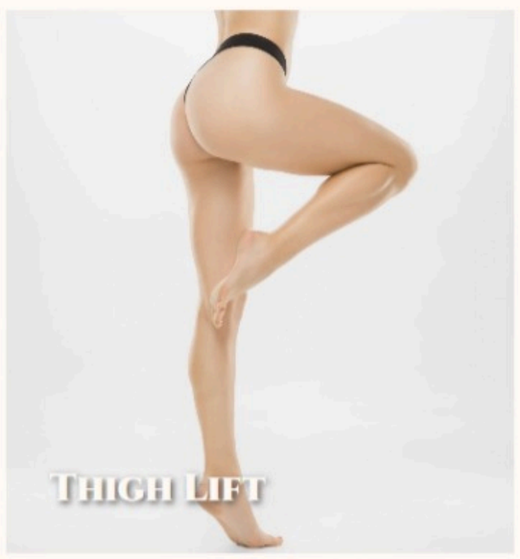

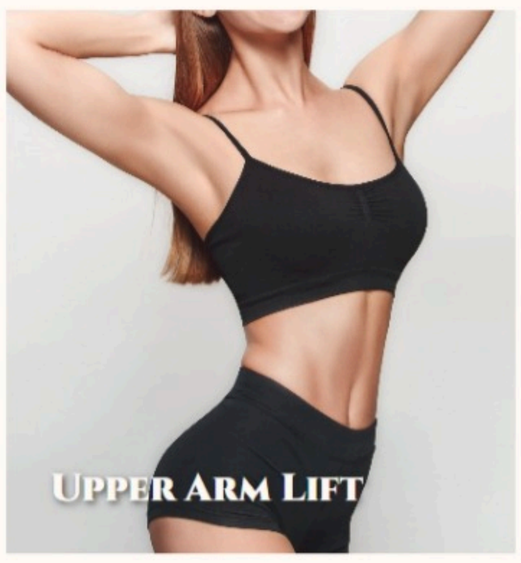

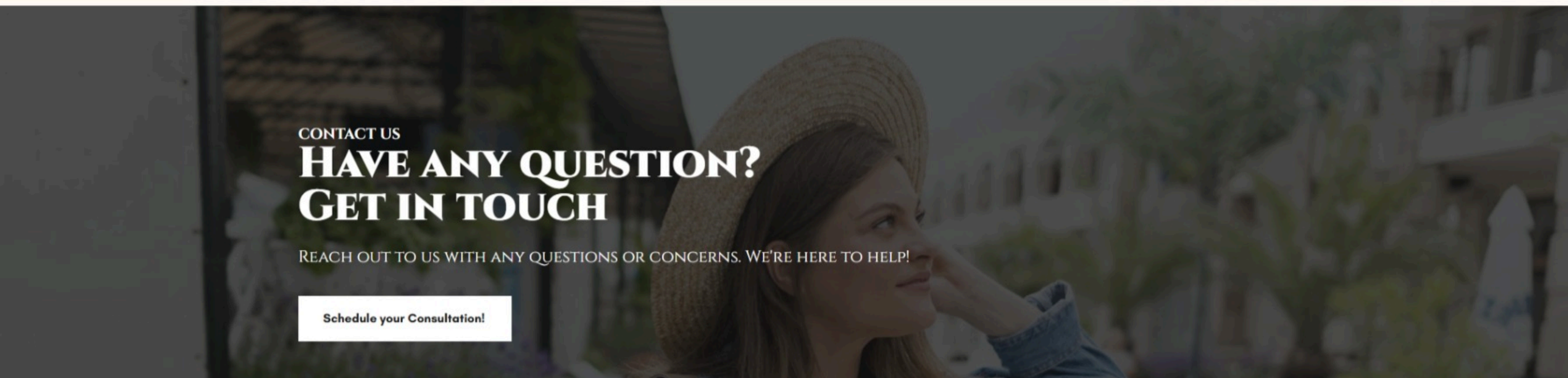

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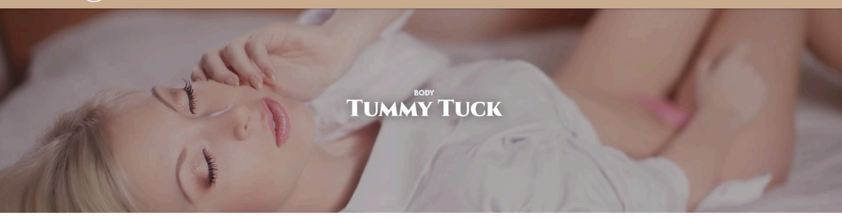


BODY

Tummy Tuck

What Is A Tummy Tuck?

A tummy tuck, or abdominoplasty, is a surgical procedure designed to enhance the contour of your abdomen.
It addresses issues such as excess skin, stubborn fat deposits, and weakened abdominal muscles. During the procedure, excess skin and fat are removed, and the underlying muscles are tightened to create a flatter, more toned appearance.

A tummy tuck can significantly improve the body's overall proportion and confidence.
Ideal candidates for this procedure are individuals who have reached a stable weight and have difficulty eliminating stubborn abdominal fat through diet and exercise.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	2-5 HOURS	1 WEEK	$4320



How Is A Tummy Tuck Performed?

A tummy tuck, or abdominoplasty, is a cosmetic procedure to remove excess skin and fat from the abdomen and tighten the abdominal muscles. During the operation, the surgeon makes a horizontal incision just above the pubic area. Then, the skin and fat are separated from the abdominal muscles, which are tightened and sutured to create a firmer abdomen. The remaining skin is stretched down, and the excess is trimmed away. Finally, the incision is closed with sutures, and a temporary drain may be placed to remove any accumulated fluid.

Who Is A Candidate For This Surgery?

A candidate for a tummy tuck is someone in good health who has excess skin, fat, or weakened abdominal muscles that don't respond to diet and exercise. Ideal candidates include:

- Excess fat
- Tummy bulge
- Loose or sagging skin
- Post-pregnancy abdominal changes
- Stretched or weakened abdominal muscles

How Long Is The Surgery?

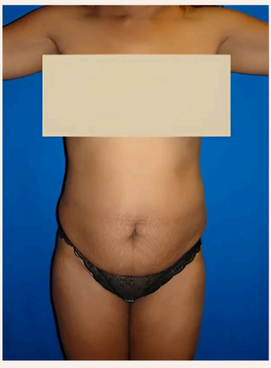
A tummy tuck surgery typically takes about 2 to 5 hours, depending on the extent of the procedure.

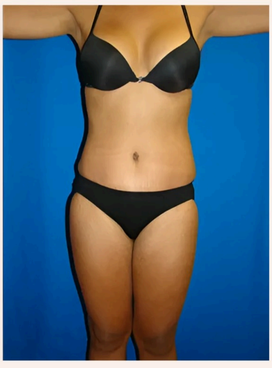
What Is The Recovery Like?

Recovery from a tummy tuck involves several stages:

1. **Immediate Post-Op:** Patients may experience pain and swelling. Drains might be placed to remove excess fluid.
2. **First Few Weeks:** Rest is crucial. Activities should be limited. Wearing a compression garment helps reduce swelling and support the abdomen.
3. **1-2 Months:** Gradual return to normal activities. Light exercise can be resumed with the surgeon's approval.
4. **Long-Term:** Full recovery can take several months. Scars will fade but might take up to a year to improve.

Our Results





What Are The Benefits?

A tummy tuck, or abdominoplasty, is a surgical procedure designed to improve the appearance of the abdomen by removing excess skin and fat, tightening the abdominal muscles, and restoring the natural contour of the area.

Benefits:

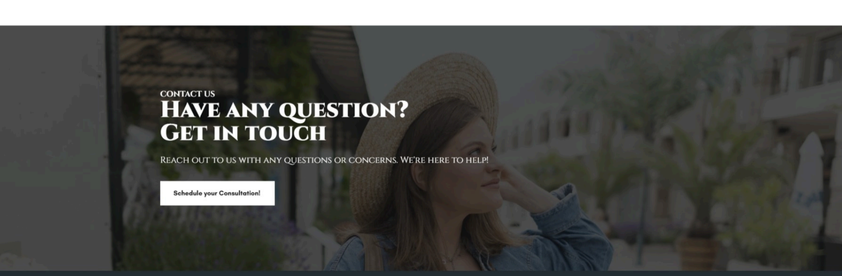
- Improved body contour
- Increased self-esteem
- Reduced back pain
- Improved physical function

Tummy Tuck FAQ's

- Is the procedure painful?

  While the tummy tuck procedure itself is performed under anesthesia, you may experience discomfort or pain during the recovery period. Pain is usually manageable with prescribed medications, and most patients report that it subsides significantly after the first week.

- What are the risks?
- How much time off will I need?
- How long until I see results?
- How long does the result of the procedure last?
- Does the scar ever go away?
- Can I combine it with other procedures?



CONTACT US

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BODY

Brazilian Butt Lift

What Is A Brazilian Butt Lift?

A Brazilian Butt Lift (BBL) is a cosmetic procedure designed to enhance the size and shape of the buttocks using the patient's own fat. This technique involves removing fat from areas like the abdomen, thighs, or flanks through liposuction and then purifying and reinjecting it into the buttocks.

The goal is to create a fuller, more rounded appearance while also contouring the areas where the fat was removed, resulting in a more balanced and aesthetically pleasing silhouette.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	2-4 HOURS	1-2 WEEKS	$4310



How Is A Brazilian Butt Lift Performed?

The Brazilian Butt Lift begins with liposuction, where fat is harvested from areas such as the abdomen, flanks, or thighs. The collected fat is then processed and purified to ensure the healthiest fat cells are used. Once prepared, the fat is injected into various layers of the buttocks using small cannulas. This is done strategically to achieve a natural, lifted look. The procedure is performed under general anesthesia and typically takes about 2 to 4 hours, depending on the amount of fat transferred and the desired outcome.

Who Is A Candidate For This Surgery?

Ideal candidates for a Brazilian Butt Lift are individuals in good overall health who have enough excess fat in other areas of their body to harvest and transfer to the buttocks. They should be seeking a fuller, more contoured buttock shape without the use of implants. Candidates should have realistic expectations about the results and be non-smokers, or willing to quit smoking before the procedure to promote optimal healing. A consultation with a board-certified plastic surgeon is necessary to assess personal goals and ensure the individual is a good candidate for the procedure.

How Long Is The Surgery?

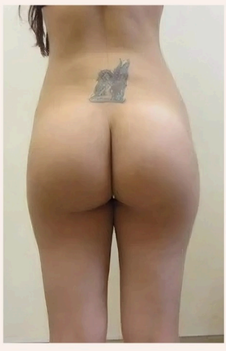
Brazilian Butt Lift surgery typically takes between 2 to 4 hours, depending on the amount of fat being transferred and the complexity of the procedure.

What Is The Recovery Like?

Recovery from a Brazilian Butt Lift involves several weeks of careful healing. Patients can expect initial swelling, bruising, and discomfort, which can be managed with prescribed pain medication. Sitting or lying directly on the buttocks should be avoided for at least two weeks to protect the newly transferred fat. Special cushions or pillows can be used to sit in a modified position. Compression garments are typically recommended to reduce swelling and support the new contours. Light activities can be resumed after 1-2 weeks, but strenuous activities should be avoided for 6-8 weeks. Final results become more apparent as swelling subsides.

Our Results





What Are The Benefits?

A Brazilian Butt Lift offers multiple physical and psychological advantages, including:

- **Enhanced Buttock Shape**: Achieve fuller, more rounded, and lifted buttocks using your own fat.
- **Natural-Looking Results**: Uses your own fat for a more natural appearance and feel compared to implants.
- **Body Contouring**: Liposuction removes excess fat from areas like the abdomen, thighs, or flanks, enhancing overall body shape.
- **Improved Confidence**: Boosts self-esteem and body image by enhancing your figure.
- **Minimally Invasive**: Avoids implants and major incisions, reducing the risk of complications and scarring.

Brazilian Butt Lift FAQ's

Is the procedure painful?

Discomfort is normal after the procedure, especially in the areas where fat is removed and injected. However, pain is typically managed with prescribed pain relievers.

What are the risks?

How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the procedure leave scars?

Can I combine it with other procedures?

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BODY

Buttock Implants

What Are Buttock Implants?

Buttock implants are a cosmetic solution designed to enhance the size, shape, and contour of the buttocks using silicone implants. These implants are surgically inserted into the buttocks to create a fuller, more proportionate appearance. This procedure is ideal for individuals who want a more defined and contoured silhouette but lack sufficient fat for a Brazilian Butt Lift.

Buttock implants provide a long-lasting and stable option for achieving desired buttock aesthetics, improving overall body balance and boosting self-confidence.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	2-3 HOURS	2-4 WEEKS	



How Is A Buttock Implants Surgery Performed?

The buttock implant procedure involves making an incision either in the crease where the buttocks meet the thighs or at the top of the buttocks. Through this incision, the surgeon creates a pocket within the gluteal muscles or above them to place the silicone implants. The implants are positioned symmetrically to ensure a natural look. Once the implants are in place, the incisions are closed with sutures, and the area is bandaged. The procedure is performed under general anesthesia and typically takes between 2 to 4 hours, depending on the complexity.

Who Is A Candidate For This Surgery?

Ideal candidates for buttock implants are individuals in good overall health who desire a more enhanced and shapely buttock contour. Candidates should have realistic expectations and sufficient soft tissue to cover the implants. This procedure is suitable for those who lack enough excess fat for a Brazilian Butt Lift. Non-smokers or those willing to quit smoking before surgery are preferred, as smoking can impede the healing process. A thorough consultation with a board-certified plastic surgeon will help determine individual suitability for buttock implant surgery.

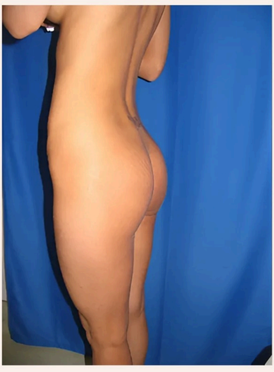
How Long Is The Surgery?

Buttock implant surgery typically takes between 2 to 4 hours to complete, depending on the complexity of the procedure.

What Is The Recovery Like?

Recovery from buttock implant surgery involves several weeks of healing. Patients can expect swelling, bruising, and discomfort initially, which can be managed with pain medication. Sitting directly on the buttocks should be avoided for at least two weeks to prevent pressure on the implants. Patients should lie on their stomach or sides instead. Compression garments may be worn to reduce swelling and support the new contours. Most individuals can return to light activities within 1-2 weeks, but full recovery and resumption of strenuous activities typically take about 6-8 weeks. Regular follow-up appointments with the surgeon will ensure proper healing and optimal results.

Our Results





What Are The Benefits?

Both buttock augmentation and buttock implants are procedures aimed at enhancing the shape and size of the buttocks. Buttock augmentation involves transferring fat from another part of the body to the buttocks, while buttock implants use silicone implants to achieve the desired results.

Benefits:

- Improved body proportions
- Enhanced self-esteem
- Improved physical function (in some cases)

Buttock Implants FAQ's

Is the procedure painful?

Buttock implant surgery is performed under anesthesia, so you won't feel any pain during the procedure. After surgery, you may experience discomfort, tightness, and soreness, especially when sitting or moving. Pain is typically managed with prescribed medications, and most patients report that discomfort decreases significantly after the first few weeks.

What are the risks?

How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?

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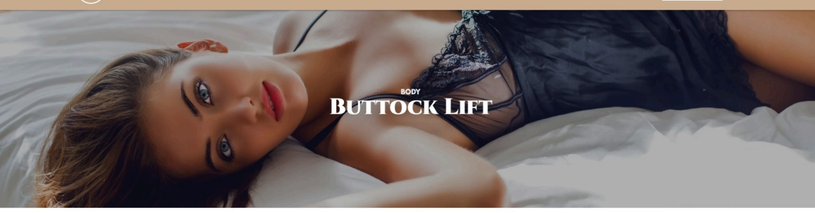


BODY

Buttock Lift

What Is A Buttock Lift?

A buttock lift, also known as a gluteoplasty, is a surgical procedure designed to enhance the shape and lift the buttocks. It is often performed to address sagging or flattened buttocks caused by aging, significant weight loss, or genetics. A buttock lift can create a more rounded, lifted, and firmer appearance.

The procedure involves removing excess skin, repositioning existing tissue, and sometimes adding fat or implants to achieve the desired results.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	2-4 HOURS	2-4 WEEKS	$4310



How Is A Buttock Lift Performed?

The surgical approach for a buttock lift varies depending on the patient's goals and the extent of the desired enhancement. Incisions are typically made in discreet locations, such as the upper buttocks or bikini line. Excess skin is removed, and the remaining tissue is lifted and reshaped. In some cases, fat grafting or buttock implants may be used to augment the volume and shape of the buttocks.

Who Is A Candidate For This Surgery?

Ideal candidates for a buttock lift are individuals who have good overall health and realistic expectations. They should have achieved a stable weight and have buttocks that lack fullness or have experienced significant sagging. Patients with good skin elasticity tend to achieve better results.

How Long Is The Surgery?

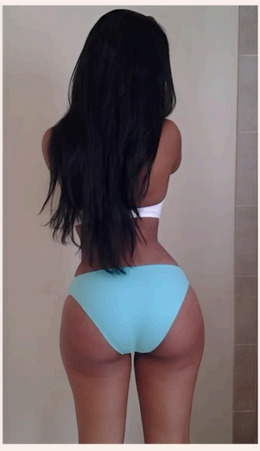
The duration of a buttock lift surgery typically ranges from 2 to 4 hours.

What Is The Recovery Like?

Recovery from a buttock lift involves some discomfort, swelling, and bruising. Patients will need to wear compression garments for several weeks to aid in healing and reduce swelling. Most patients can resume light activities within a few days, but it may take several months for the final results to become apparent. It's essential to avoid strenuous activities and sitting for extended periods during the initial recovery phase.

Our Results





What Are The Benefits?

A buttock lift, or gluteoplasty, is a surgical procedure to lift and firm sagging buttocks. It can be performed with or without the addition of implants.

Benefits:

- Improved body contour
- Enhanced self-esteem
- Increased comfort

Buttock Lift FAQ's

Is the procedure painful?

The buttock lift procedure is performed under anesthesia, so you won't feel pain during surgery. Post-operatively, you may experience discomfort, tightness, and soreness, particularly when sitting or lying down. Pain is usually managed with prescribed medications and tends to improve within the first few weeks of recovery.

What are the risks?

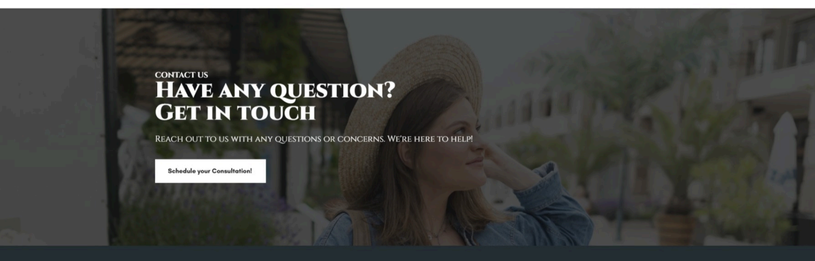
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?



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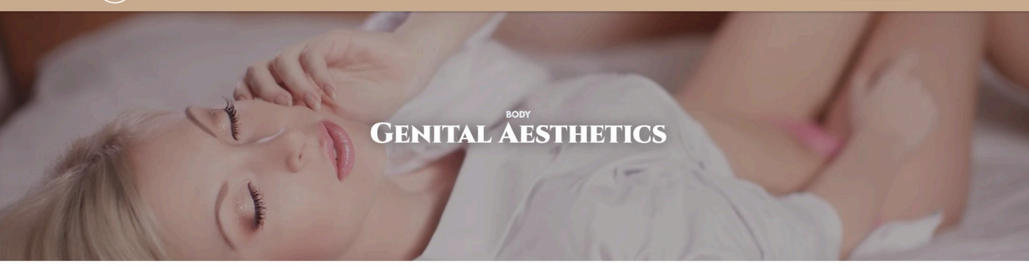


BODY

Genital Aesthetics

What Is Genital Aesthetics?

Genital Aesthetics refers to a range of surgical procedures designed to improve the appearance and function of the female genital area. These procedures may include vaginal rejuvenation, vaginoplasty with tightening, and labiaplasty with vaginoplasty. Each procedure addresses different concerns, whether aesthetic, functional, or both, helping women achieve greater comfort and confidence.

- **Vaginal rejuvenation** focuses on tightening the vaginal canal and improving muscle tone, often performed for both functional and cosmetic reasons.
- **Vaginoplasty with tightening** restructures and tightens the vaginal walls, enhancing sensation and comfort.
- **Labiaplasty with vaginoplasty** combines labia reshaping with internal tightening, addressing both external and internal concerns.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
LOCAL ANESTHESIA	1-2 HOURS	1-6 WEEKS	$3220 - $4220



How Is A Labiaplasty Performed?

These surgeries are typically done under local anesthesia and involve removing excess tissue, tightening muscles, and reshaping areas to achieve a symmetrical, aesthetically pleasing result. Each procedure is personalized to the patient's unique anatomy and goals.

Who Is A Candidate For This Surgery?

Women who are physically and emotionally healthy and have realistic expectations about the outcome are good candidates for these procedures. Whether for aesthetic reasons, to improve sexual function, or to alleviate discomfort, Genital Aesthetics can help restore confidence and comfort.

How Long Is The Surgery?

The duration varies depending on the specific procedure. Most surgeries are completed within 30 to 90 minutes.

What Is The Recovery Like?

Recovery times differ by procedure but are generally manageable. Most patients can return to their daily activities within a few days to a week, with swelling and discomfort subsiding over time. It's essential to follow your surgeon's aftercare instructions for optimal healing.

What Are The Benefits?

Genital Aesthetics offers a range of benefits, including:

Benefits:

- Enhanced comfort
- Increased self-esteem and confidence
- Improved sexual satisfaction (in some cases)

Genital Aesthetics FAQ's

Is the procedure painful?

Mild to moderate discomfort is common during the recovery period, but pain is typically well-managed with prescribed medications. Most patients find the discomfort subsides after a few days.

What are the risks?

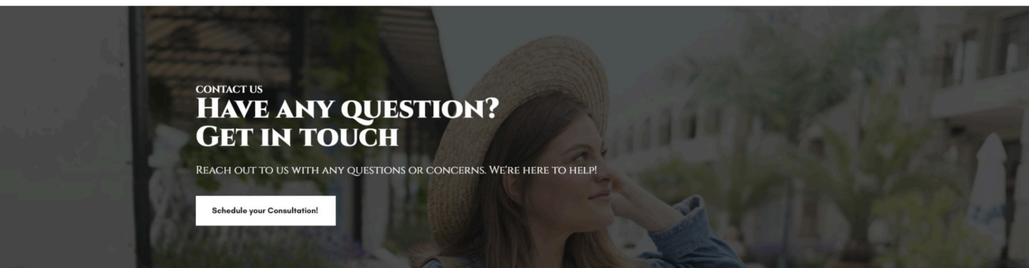
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?



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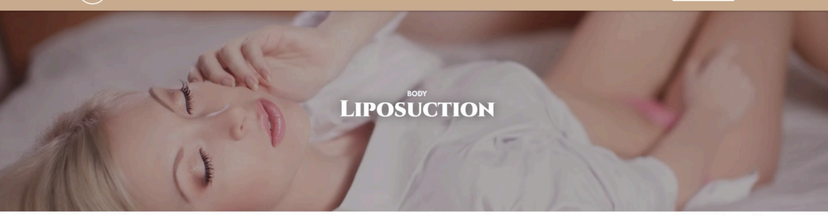


BODY
Liposuction

What Is A Liposuction?

Liposuction is a surgical procedure designed to remove excess fat from specific areas of the body. Unlike diet and exercise, which target overall fat reduction, liposuction is focused on contouring the body by eliminating stubborn fat deposits that are resistant to traditional methods. Common treatment areas include the abdomen, flanks, thighs, arms, and chin, but it can be performed on almost any part of the body. It's important to note that liposuction is not a weight loss solution and should be considered for individuals with localized fat deposits who have reached a stable weight.

The procedure involves the use of a cannula, a thin tube with a rounded tip, to break up and suction out fat cells. There are different techniques available, such as traditional liposuction, laser-assisted liposuction (LipoLaser), and ultrasound-assisted liposuction (UAL), each with its own advantages and suitable for different patients.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
LOCAL ANESTHESIA	1-3 HOURS	3-6 WEEKS	$3220 - $4920



How Is A Liposuction Performed?

Liposuction is typically performed under general anesthesia. A small incision is made, and a thin tube called a cannula is inserted to break up and suction out fat cells. The procedure can be performed using traditional liposuction, laser-assisted liposuction, or ultrasound-assisted liposuction, depending on the patient's needs and the surgeon's preference.

Who Is A Candidate For This Surgery?

Ideal candidates for liposuction are individuals with localized fat deposits and good overall health. They should have realistic expectations about the procedure and understand that liposuction is not a substitute for weight loss. Patients with stable weight and good skin elasticity tend to achieve better results.

How Long Is The Surgery?

The duration of liposuction varies depending on the treated areas and the amount of fat removed. Typically, the procedure takes between one and three hours.

What Is The Recovery Like?

Recovery time varies depending on the extent of the procedure. Most patients can resume normal activities within a few days, but it may take several weeks for the swelling and bruising to subside. Compression garments are usually worn for several weeks to aid in healing and reduce swelling.

Our Results





What Are The Benefits?

Liposuction is a surgical procedure that removes excess fat from specific areas of the body. It is not a weight loss solution but can help contour the body by targeting stubborn fat deposits that are resistant to diet and exercise.

Benefits:

- Improved body contour
- Reduced appearance of cellulite
- Increased self-esteem

Liposuction FAQ's

Is the procedure painful?

Liposuction is performed under local or general anesthesia, so you won't feel pain during the procedure. Post-surgery, you may experience some soreness, swelling, and bruising in the treated areas. Pain is usually mild to moderate and can be managed with prescribed pain medication. Most discomfort subsides within a few days to a week.

What are the risks?

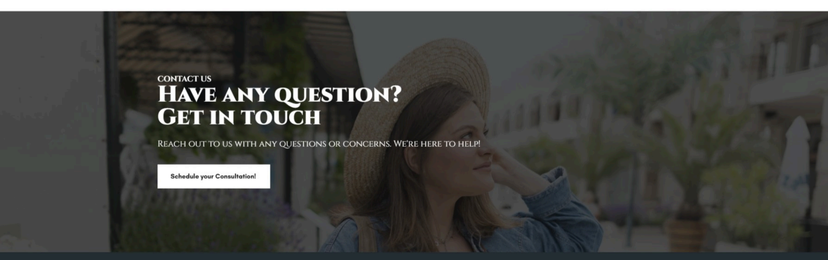
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?



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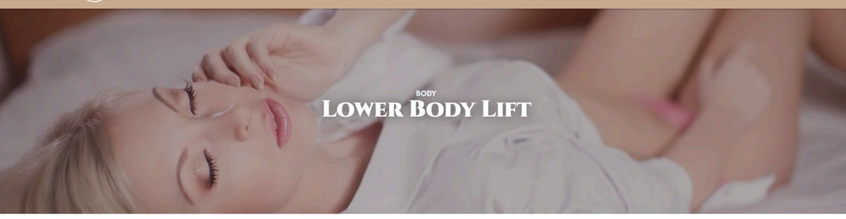


BODY

Lower Body Lift

What Is A Lower Body Lift?

A lower body lift is a comprehensive surgical procedure designed to address excess skin and fat in the lower body, resulting in a more toned and sculpted appearance. It targets multiple areas, including the abdomen, flanks, buttocks, and thighs.

This procedure is often chosen by individuals who have experienced significant weight loss and are left with loose, sagging skin that doesn't respond to diet or exercise. A lower body lift can dramatically improve body contour and confidence.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	3-6 HOURS	2-6 WEEKS	$12000



How Is A Lower Body Lift Surgery Performed?

The procedure typically involves a combination of liposuction and skin removal. Incisions are made strategically to remove excess skin and fat, and the remaining skin is tightened and repositioned. The surgeon may also address muscle laxity in the abdominal area. The extent of the surgery depends on the individual's specific needs and goals.

Who Is A Candidate For This Surgery?

Ideal candidates for a lower body lift are individuals who have achieved a stable weight loss and have excess skin that significantly affects their body contour. Good overall health and realistic expectations are essential. Patients with excellent skin elasticity tend to achieve better results.

How Long Is The Surgery?

The duration of a lower body lift surgery typically ranges from 3 to 6 hours.

What Is The Recovery Like?

Recovery from a lower body lift requires patience and careful follow-up care. Initial discomfort, swelling, and bruising are common. Patients will need to wear compression garments for several weeks to aid in healing and reduce swelling. Most patients can resume light activities within a few weeks, but it may take several months for the final results to become apparent. It's essential to follow your surgeon's post-operative instructions closely.

Our Results





What Are The Benefits?

A lower body lift is a comprehensive surgical procedure that addresses excess skin and fat in the lower body, including the abdomen, flanks, buttocks, and thighs. It is often performed after significant weight loss.

Benefits:

- Improved body contour
- Enhanced self-esteem
- Increased mobility

Lower Body Lift FAQ's

Is the procedure painful?

The lower body lift is performed under general anesthesia, so you won't feel pain during surgery. Post-operatively, you may experience significant discomfort, tightness, and soreness, especially around the abdomen, thighs, and buttocks. Pain can be managed with prescribed medication, and most patients find that discomfort decreases considerably after the first couple of weeks.

What are the risks?

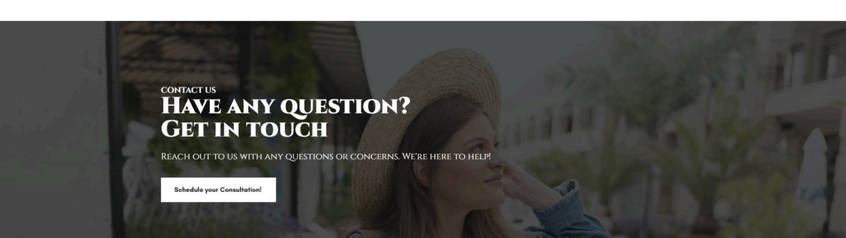
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?



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BODY
THIGH LIFT

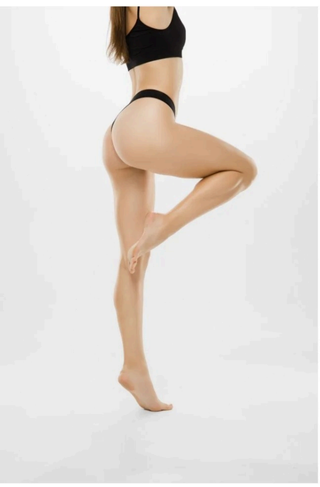
What Is A Thigh Lift?

A thigh lift, also known as a thighplasty, is a surgical procedure designed to improve the contour of the upper legs by removing excess skin and fat. This can be particularly beneficial for individuals who have experienced significant weight loss and are left with sagging skin on the inner, outer, or front part of the thighs.

A thigh lift can help to create a more toned and youthful appearance. It's important to note that a thigh lift is not a weight loss solution but a body contouring procedure.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	2-4 HOURS	2-6 WEEKS	$4420



How Is A Thigh Lift Performed?

The surgical approach for a thigh lift varies depending on the extent of excess skin and the desired outcome. Incisions are made in strategic locations to remove excess skin and fat. The remaining skin is tightened and repositioned to create a smoother contour. Liposuction may also be performed to refine the shape of the thighs. The specific technique used will be determined during a consultation with your surgeon.

Who Is A Candidate For This Surgery?

Ideal candidates for a thigh lift are individuals who have reached a stable weight and have excess skin on the thighs that doesn't respond to diet or exercise. Good overall health and realistic expectations are essential. Patients with good skin elasticity tend to achieve better results.

How Long Is The Surgery?

The duration of a thigh lift surgery typically ranges from 2 to 4 hours.

What Is The Recovery Like?

Recovery from a thigh lift involves some discomfort, swelling, and bruising. Patients will need to wear compression garments for several weeks to aid in healing and reduce swelling. Most patients can resume light activities within a few weeks, but it may take several months for the final results to become apparent. It's essential to follow your surgeon's post-operative care instructions closely.

Our Results





What Are The Benefits?

A thigh lift, or thighplasty, is a surgical procedure to remove excess skin and fat from the thighs, creating a more toned and sculpted appearance.

Benefits:

- Improved body contour
- Enhanced self-esteem
- Increased comfort

Thigh Lift FAQ's

Is the procedure painful?

A thigh lift is performed under general anesthesia, so you won't feel any pain during the surgery. Afterward, you may experience discomfort, swelling, and bruising in the thighs. Pain is typically managed with prescribed medications, and most patients report that discomfort diminishes significantly within the first two weeks.

What are the risks?

How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?

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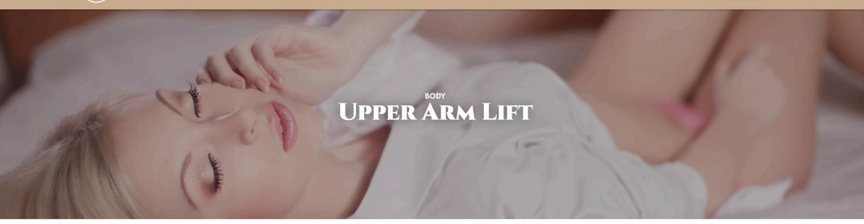


BODY

Upper Arm Lift

What Is An Upper Arm Lift?

An upper arm lift, also known as brachioplasty, is a surgical procedure designed to improve the contour of the upper arms by removing excess skin and fat. This can be particularly beneficial for individuals who have experienced significant weight loss and are left with sagging skin on the upper arms.

Weight fluctuations, aging, and genetics can also contribute to excess skin in this area. An upper arm lift can help to create a more toned and youthful appearance.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	2-3 HOURS	2-4 WEEKS	$4320



How Is An Upper Arm Lift Performed?

The surgical approach for an upper arm lift varies depending on the extent of excess skin. Incisions are typically made on the inner or outer side of the arm, and excess skin is removed. In some cases, liposuction may be combined with the procedure to refine the arm contour. The incisions are then closed, and the skin is redraped to create a smoother appearance.

Who Is A Candidate For This Surgery?

Ideal candidates for an upper arm lift are individuals who have reached a stable weight and have excess skin on the upper arms that doesn't respond to diet or exercise. Good overall health and realistic expectations are essential. Patients with good skin elasticity tend to achieve better results.

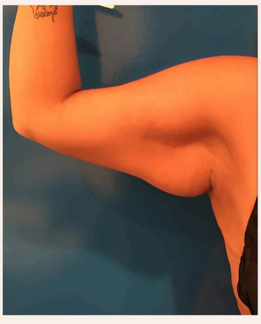
How Long Is The Surgery?

The duration of an upper arm lift surgery typically ranges from 2 to 3 hours.

What Is The Recovery Like?

Recovery from an upper arm lift involves some discomfort, swelling, and bruising. Patients will need to wear compression garments for several weeks to aid in healing and reduce swelling. Most patients can resume light activities within a few weeks, but it may take several months for the final results to become apparent. It's essential to follow your surgeon's post-operative care instructions closely.

Our Results





What Are The Benefits?

An upper arm lift, or brachioplasty, is a surgical procedure to remove excess skin and fat from the upper arms, resulting in a more toned appearance.

Benefits:

- Improved body contour
- Enhanced self-esteem
- Increased comfort

Upper Arm Lift FAQ's

Is the procedure painful?

An upper arm lift is performed under general anesthesia, so you won't feel any pain during the surgery. After the procedure, you may experience some discomfort, tightness, and swelling in your arms. Pain is generally mild to moderate and can be managed with prescribed pain relievers. Most patients find that discomfort improves within the first week.

What are the risks?

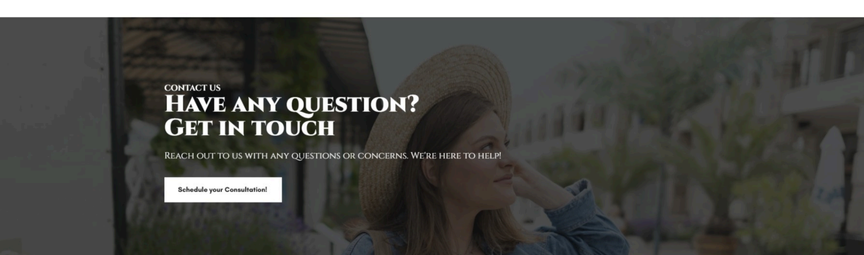
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?



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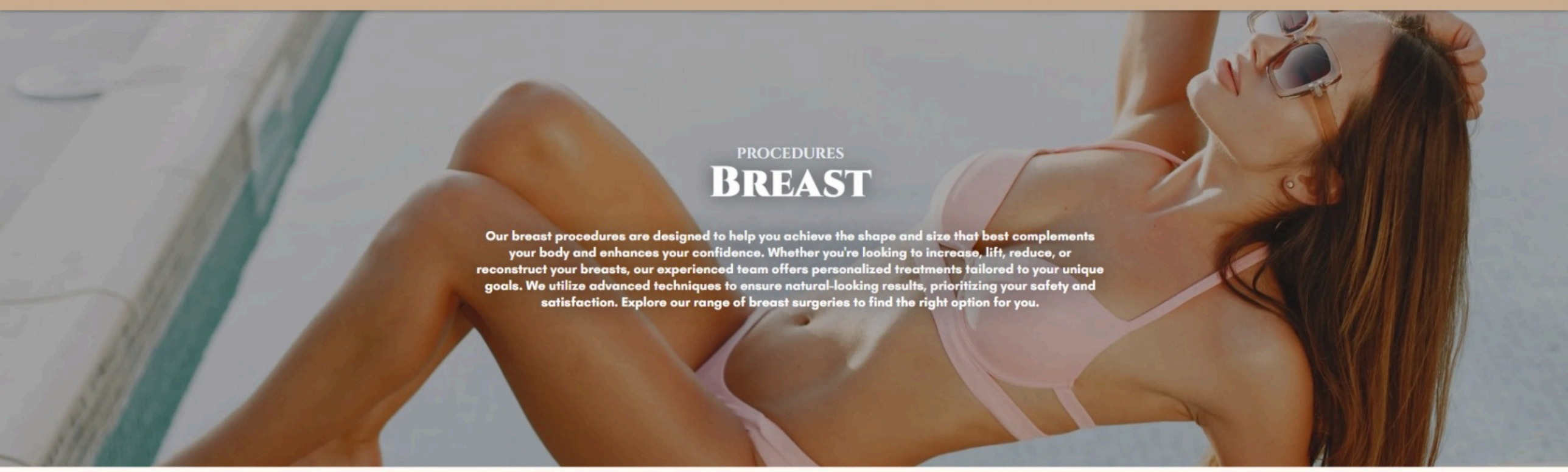
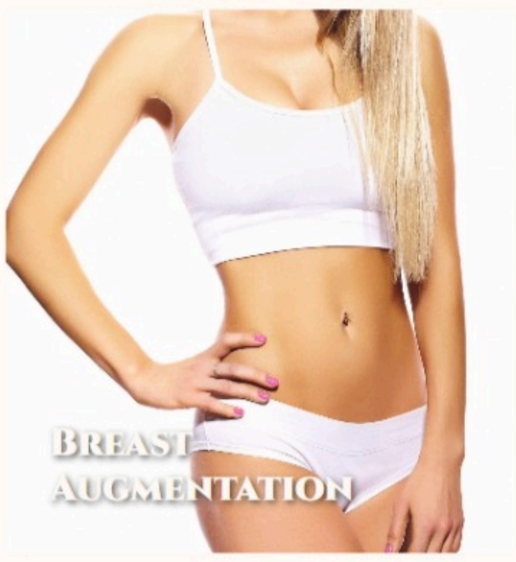
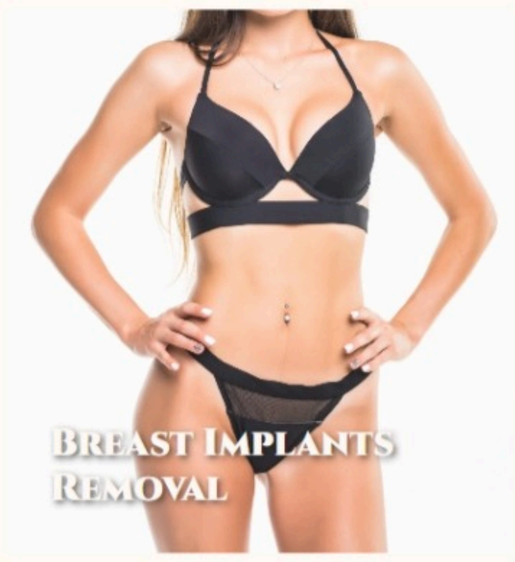


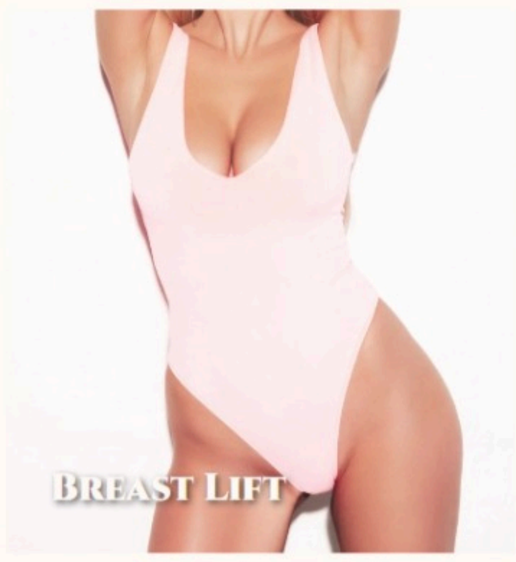
PROCEDURES

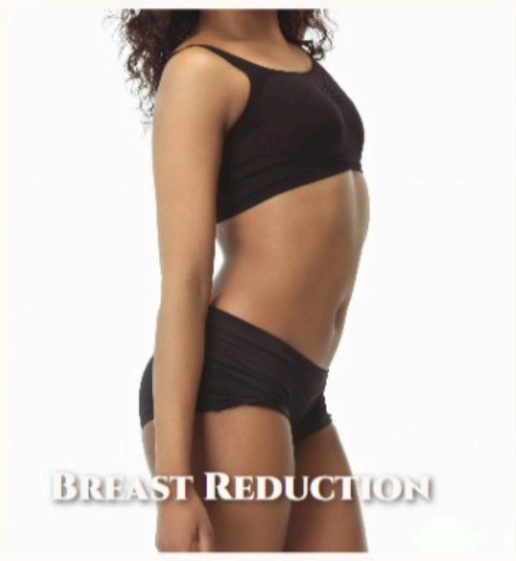
Breast

Our breast procedures are designed to help you achieve the shape and size that best complements your body and enhances your confidence. Whether you're looking to increase, lift, reduce, or reconstruct your breasts, our experienced team offers personalized treatments tailored to your unique goals. We utilize advanced techniques to ensure natural-looking results, prioritizing your safety and satisfaction. Explore our range of breast surgeries to find the right option for you.











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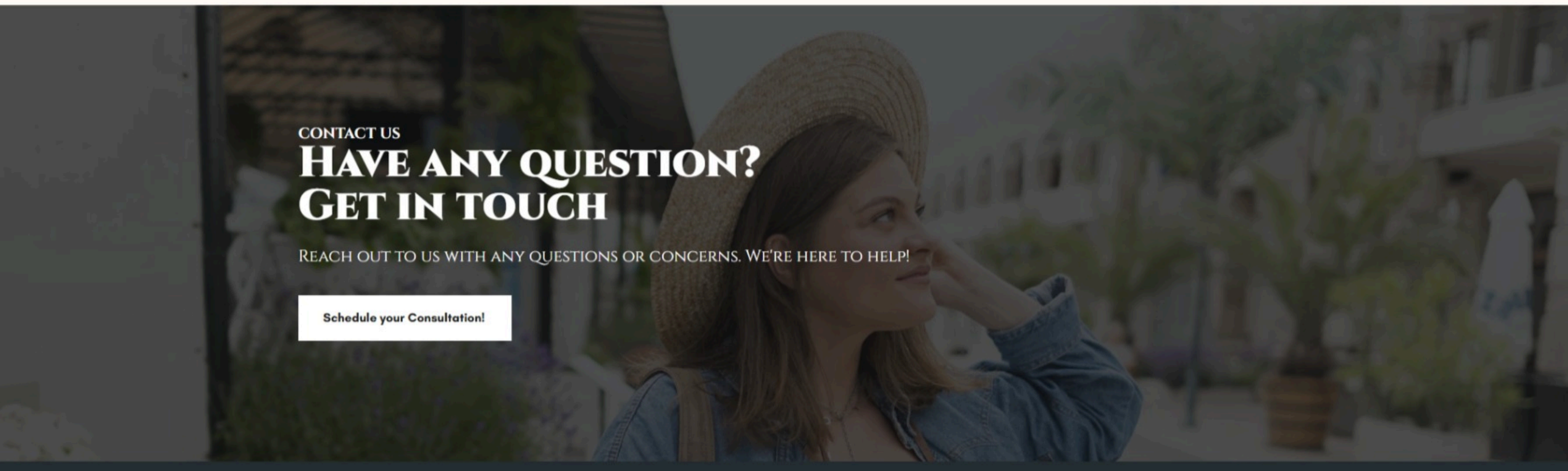

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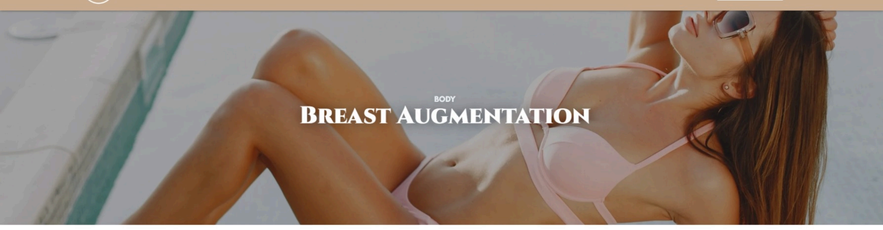


BODY

Breast Augmentation

What Is A Breast Augmentation?

A breast augmentation is a surgical procedure designed to enhance the size, shape, and fullness of the breasts. It involves the insertion of breast implants to achieve the desired aesthetic result.

Reasons for considering breast augmentation vary widely, including: enhancing self-esteem, restoring breast volume after childbirth or weight loss, balancing asymmetrical breasts, or reconstructing breasts after a mastectomy.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	1-2 HOURS	2-4 WEEKS	$4370



How Is A Breast Augmentation Performed?

Breast augmentation is typically performed under general anesthesia. The surgeon makes an incision in one of several locations, including the underbreast fold, the areola, or the armpit. The breast implant is then inserted through this incision and placed either behind the breast tissue (subglandular placement) or behind the chest muscle (submuscular placement). The choice of incision and implant placement depends on factors such as the patient's anatomy, desired outcome, and the surgeon's preference.

Who Is A Candidate For This Surgery?

Ideal candidates for breast augmentation are women in good overall health with realistic expectations about the procedure. They should have completed breast development and have a stable weight. Women who are dissatisfied with the size or shape of their breasts, or those who have experienced breast changes due to pregnancy, breastfeeding, or weight fluctuations, may be suitable candidates.

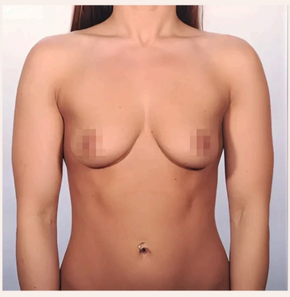
How Long Is The Surgery?

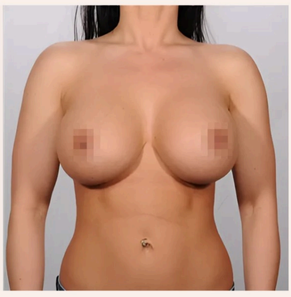
The duration of a breast augmentation surgery typically ranges from 1 to 2 hours.

What Is The Recovery Like?

Recovery from a breast augmentation involves some discomfort, swelling, and bruising. Patients will need to wear a supportive bra for several weeks to aid in healing and reduce swelling. Most patients can resume light activities within a few days, but it may take several weeks for the final results to become apparent. It's essential to avoid strenuous activities and lifting heavy objects for a specified period.

Our Results





What Are The Benefits?

Breast augmentation is a surgical procedure to enhance the size, shape, and fullness of the breasts using breast implants.

Benefits:

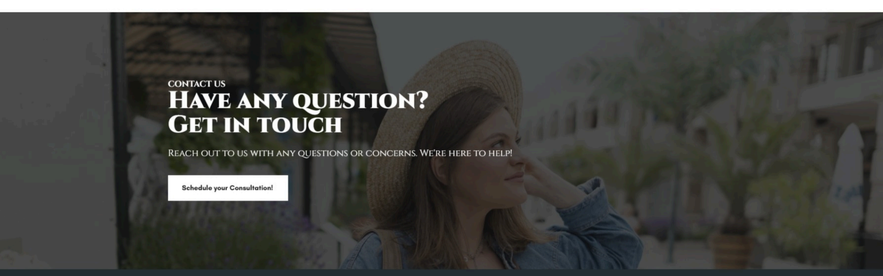
- Improved body image and self-esteem
- Balanced breast appearance
- Increased breast size and fullness

Breast Augmentation FAQ's

- Is the procedure painful?

  Breast augmentation is performed under general anesthesia, so you won't feel any pain during the surgery. Afterward, you may experience discomfort, tightness, and soreness in the chest area. Pain is typically mild to moderate and can be managed with prescribed pain medication. Most patients report that discomfort subsides significantly after the first week.

- What are the risks?
- How much time off will I need?
- How long until I see results?
- How long does the result of the procedure last?
- Does the scar ever go away?
- Can I combine it with other procedures?



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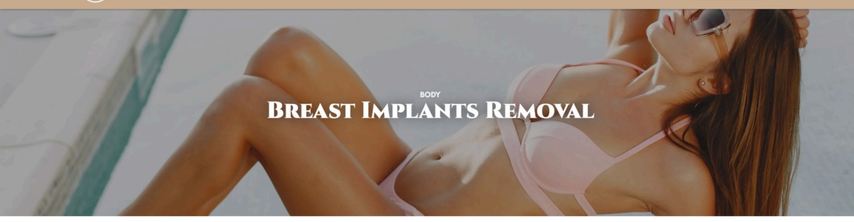


BODY

Breast Implants Removal

What Is A Breast Implants Removal?

A breast implant removal is a surgical procedure to extract breast implants from the body. This decision is often made for various reasons, including: complications related to the implants, such as capsular contracture, rupture, or breast pain; the desire to change the type or size of implants; or simply a personal preference to remove the implants altogether.

The procedure involves carefully removing the implants while preserving as much breast tissue as possible.

Contact us

Anesthesia
GENERAL ANESTHESIA

Duration of Operation
1-2 HOURS

Recovery Time
2-4 WEEKS

Total Cost



How Is A Breast Implants Removal Procedure Performed?

The surgical approach for breast implant removal depends on the type of implant, their placement, and the surgeon's preference. Generally, an incision is made around the implant's scar to access and remove the implant. In some cases, additional incisions may be necessary. The surgeon carefully separates the implant from the surrounding tissue and removes it. Once the implant is removed, the surgeon may reshape the breast tissue or perform other necessary procedures, such as capsulectomy (removal of scar tissue around the implant).

Who Is A Candidate For This Surgery?

Candidates for breast implant removal are individuals who are dissatisfied with their breast implants or are experiencing complications related to them. They should be in good overall health and have realistic expectations about the procedure. It's important to consult with a qualified surgeon to determine if breast implant removal is the right option.

How Long Is The Surgery?

The duration of a breast implant removal surgery typically ranges from 1 to 2 hours.

What Is The Recovery Like?

Recovery from breast implant removal involves some discomfort, swelling, and bruising. Patients will need to wear a supportive bra for several weeks to aid in healing and reduce swelling. Most patients can resume light activities within a few days, but it may take several weeks for the final results to become apparent. It's essential to avoid strenuous activities and lifting heavy objects for a specified period.

Our Results





What Are The Benefits?

Breast implants removal is a surgical procedure to remove existing breast implants. This may be necessary due to complications, a desire for a more natural appearance, or personal preference.

Benefits:

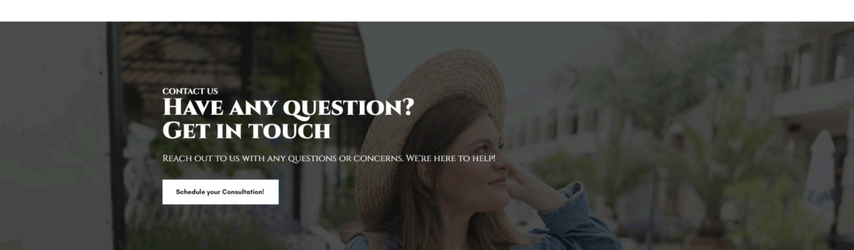
- Relief from discomfort or complications associated with implants
- More natural appearance
- Improved physical and emotional well-being

Breast Implants Removal FAQ's

- **Is the procedure painful?**

  Breast implant removal is performed under general anesthesia, so you won't feel any pain during the surgery. Afterward, you may experience mild to moderate discomfort, tightness, and soreness in the chest area. Pain can be managed with prescribed pain medication, and most patients find that discomfort improves within the first week.

- **What are the risks?**
- **How much time off will I need?**
- **How long until I see results?**
- **How long does the result of the procedure last?**
- **Does the scar ever go away?**
- **Can I combine it with other procedures?**



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BODY

Breast Lift

What Is A Breast Lift?

A breast lift, also known as a mastopexy, is a surgical procedure designed to improve the shape and position of the breasts. It is often performed to correct sagging or drooping breasts caused by factors such as pregnancy, breastfeeding, significant weight loss, or aging.

A breast lift can elevate and reshape the breasts, creating a more youthful and lifted appearance. It's important to note that a breast lift does not increase breast size.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	2-3 HOURS	2-4 WEEKS	FROM $4320



How Is A Breast Lift Performed?

The surgical approach for a breast lift varies depending on the degree of sagging and the desired outcome. Incisions are made in specific patterns, such as an anchor-shaped incision, a lollipop incision, or a periareolar incision (around the nipple). Excess skin is removed, and the remaining breast tissue is lifted and repositioned. The nipples may also be repositioned to restore a more youthful appearance.

Who Is A Candidate For This Surgery?

Ideal candidates for a breast lift are women with good overall health and realistic expectations. They should have achieved a stable weight and have breast sagging that is not adequately addressed by exercise or weight loss. Patients with good skin elasticity tend to achieve better results.

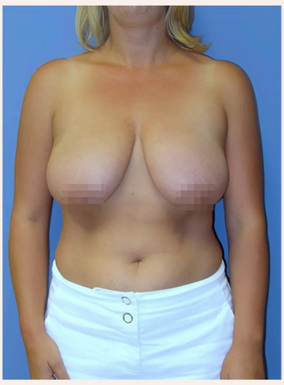
How Long Is The Surgery?

The duration of a breast lift surgery typically ranges from 2 to 3 hours.

What Is The Recovery Like?

Recovery from a breast lift involves some discomfort, swelling, and bruising. Patients will need to wear a supportive bra for several weeks to aid in healing and reduce swelling. Most patients can resume light activities within a few days, but it may take several months for the final results to become apparent. It's essential to avoid strenuous activities and lifting heavy objects for a specified period.

Our Results





What Are The Benefits?

A breast lift, or mastopexy, is a surgical procedure to improve the shape and position of the breasts by lifting sagging or drooping tissue.

Benefits:

- Improved breast shape and appearance
- Increased self-esteem
- Improved overall body contour

Breast Lift FAQ's

Is the procedure painful?

A breast lift is performed under general anesthesia, so you won't feel any pain during surgery. Afterward, you may experience some discomfort, tightness, and swelling in the breasts. Pain is usually mild to moderate and can be managed with prescribed pain medications. Most patients find that discomfort subsides significantly within the first week.

What are the risks?

How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?

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BODY

Breast Reduction

What Is A Breast Reduction?

A breast reduction, also known as reduction mammoplasty, is a surgical procedure to reduce the size of overly large breasts. This can provide significant relief from physical discomfort caused by the weight of the breasts, such as neck, shoulder, and back pain. Additionally, breast reduction can improve overall body proportion and enhance self-confidence.

The procedure involves removing excess breast tissue, fat, and skin to achieve a more proportionate breast size.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	2-3 HOURS	2-4 WEEKS	$4320



How Is A Breast Reduction Performed?

The surgical approach for a breast reduction varies depending on the amount of tissue to be removed. Incisions are made in specific patterns, such as an anchor-shaped incision, a lollipop incision, or a periareolar incision (around the nipple). Excess breast tissue, fat, and skin are removed, and the nipple and areola are repositioned to a higher location. The remaining breast tissue is reshaped to create a more natural-looking and smaller breast.

Who Is A Candidate For This Surgery?

Ideal candidates for a breast reduction are women who experience physical discomfort or psychological distress due to large breasts. They should have completed breast development and have a stable weight. Patients with good skin elasticity tend to achieve better results.

How Long Is The Surgery?

The duration of a breast reduction surgery typically ranges from 2 to 3 hours.

What Is The Recovery Like?

Recovery from a breast reduction involves some discomfort, swelling, and bruising. Patients will need to wear a supportive bra for several weeks to aid in healing and reduce swelling. Most patients can resume light activities within a few days, but it may take several months for the final results to become apparent. It's essential to avoid strenuous activities and lifting heavy objects for a specified period.

Our Results



What Are The Benefits?

Breast reduction, or reduction mammoplasty, is a surgical procedure to reduce the size of overly large breasts. It can alleviate physical discomfort and improve body image.

Benefits:

- Reduced physical discomfort (neck, shoulder, back pain)
- Improved body image and self-esteem
- Increased range of motion

Breast Reduction FAQ's

- Is the procedure painful?

  Breast reduction is performed under general anesthesia, so you won't feel any pain during the procedure. After surgery, you may experience discomfort, tightness, and swelling in the chest area. Pain is typically managed with prescribed medications, and most patients find that discomfort diminishes significantly within the first week.

- What are the risks?
- How much time off will I need?
- How long until I see results?
- How long does the result of the procedure last?
- Does the scar ever go away?
- Can I combine it with other procedures?

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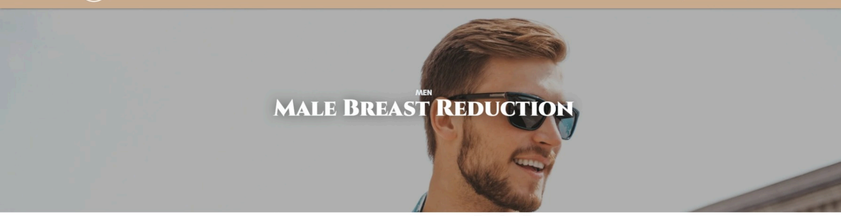


MEN

Male Breast Reduction

What Is A Male Breast Reduction?

Male breast reduction, also known as gynecomastia surgery, is a procedure to correct enlarged male breasts. This condition can occur due to hormonal imbalances, medications, obesity, or genetics. Gynecomastia can cause significant emotional distress and impact self-esteem.

The surgery involves removing excess fatty tissue and glandular tissue to restore a more masculine chest contour.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	1-2 HOURS	2-4 WEEKS	$3620



How Is A Breast Reduction In Males Performed?

The surgical approach for male breast reduction depends on the cause of the enlargement. For fat deposits, liposuction may be sufficient. However, if glandular tissue is involved, surgical removal of the excess tissue is necessary. Incisions are typically made around the areola or in the underarm area. The surgeon removes excess fat and glandular tissue, and the skin is tightened to create a more contoured chest.

Who Is A Candidate For This Surgery?

Ideal candidates for male breast reduction are men who are physically and emotionally healthy and have realistic expectations about the procedure. They should have a stable weight and be free from underlying medical conditions that could affect the outcome. Men who are bothered by the appearance of their chest and who have tried non-surgical options without success may be suitable candidates.

How Long Is The Surgery?

The duration of a male breast reduction surgery typically ranges from 1 to 2 hours.

What Is The Recovery Like?

Recovery from male breast reduction involves some discomfort, swelling, and bruising. Patients will need to wear a compression garment for several weeks to aid in healing and reduce swelling. Most patients can resume light activities within a few days, but it may take several weeks for the final results to become apparent. It's essential to avoid strenuous activities and lifting heavy objects for a specified period.

Our Results





What Are The Benefits?

Breast reduction in males, or gynecomastia surgery, is a procedure to correct enlarged male breasts. It is often performed for cosmetic reasons or to alleviate discomfort.

Benefits:

- Improved body image and self-esteem
- Reduced discomfort or embarrassment
- More masculine appearance

Breast Reduction In Males FAQ's

Is the procedure painful?

Breast reduction in males (gynecomastia surgery) is performed under general anesthesia, so you won't feel any pain during the procedure. After surgery, you may experience discomfort, swelling, and tightness in the chest area. Pain is typically mild to moderate and can be managed with prescribed pain medications. Most patients report that discomfort subsides within the first week.

What are the risks?

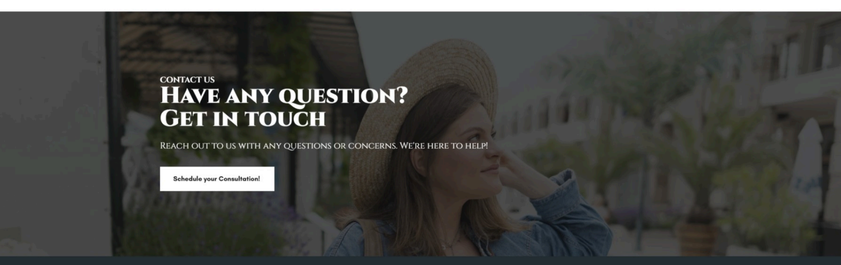
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?



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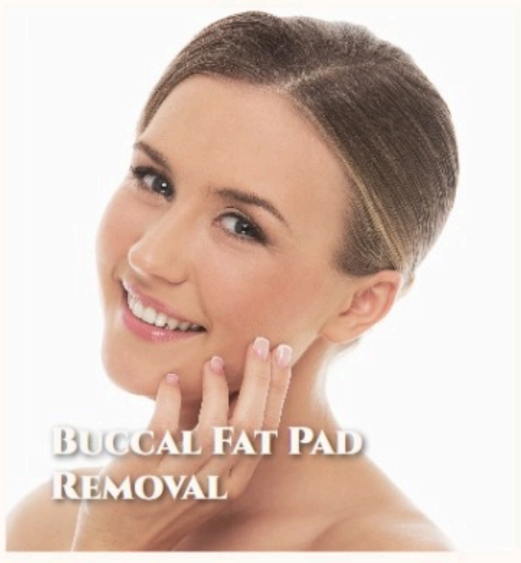
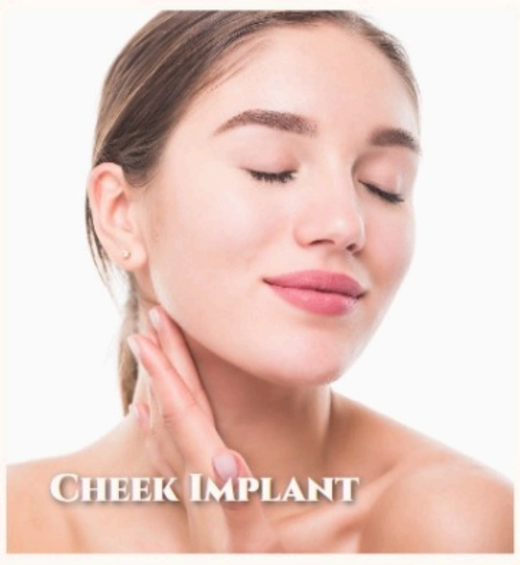
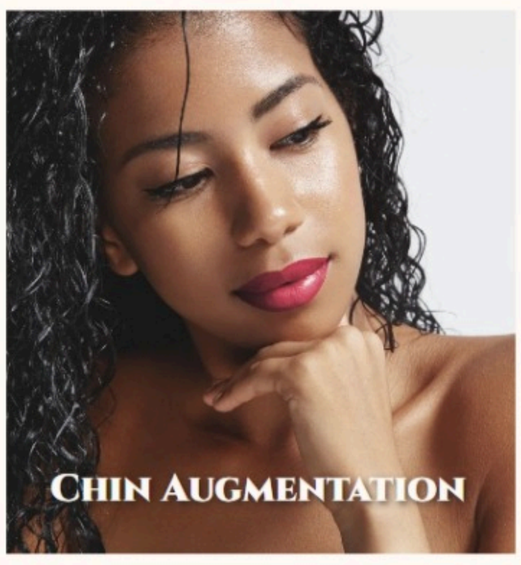
PROCEDURES

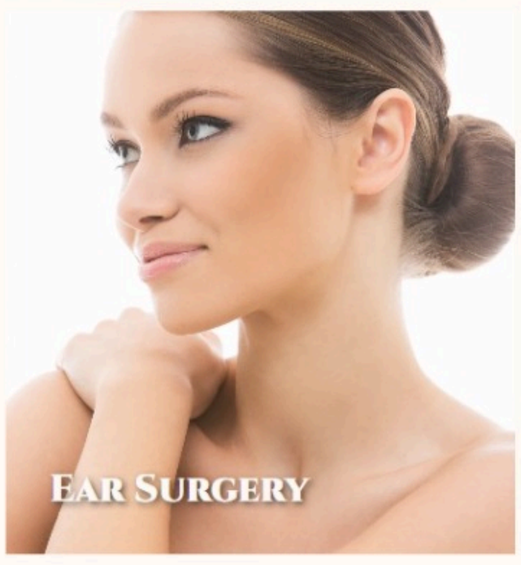
FACE

Our face procedures aim to restore youthful contours, enhance your natural features, and address specific concerns with precision and artistry. From facelifts to rhinoplasty, our comprehensive suite of facial surgeries is tailored to rejuvenate and refine your appearance. Trust our skilled surgeons to deliver results that look natural and harmonious, helping you feel confident and refreshed. Discover the possibilities for a more radiant you.

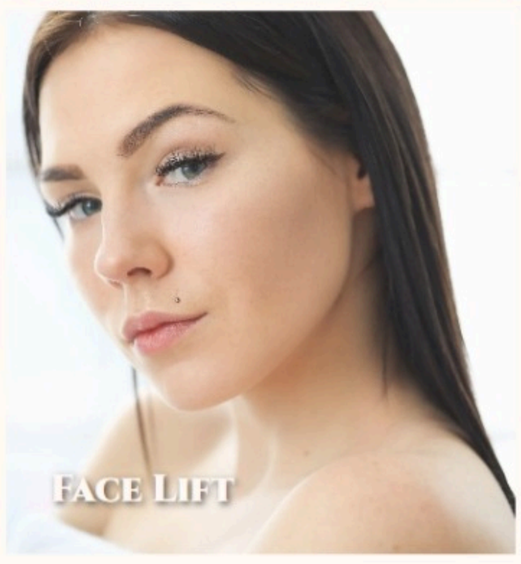


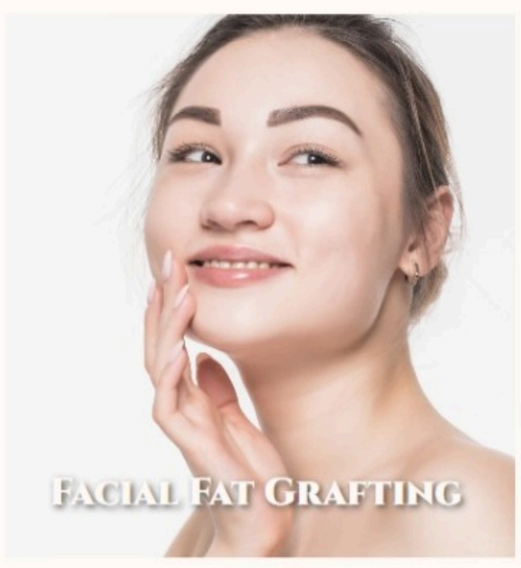




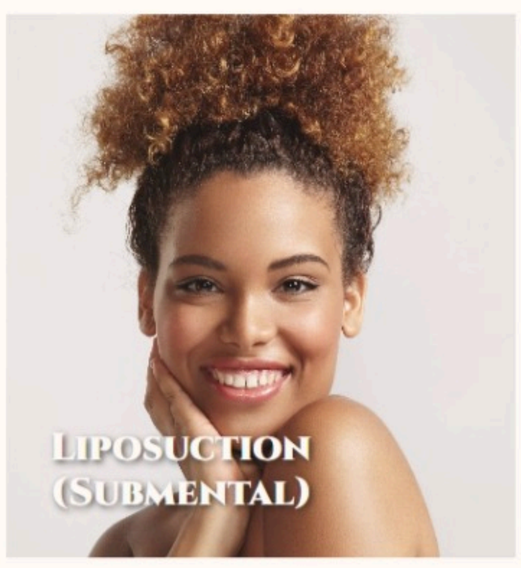


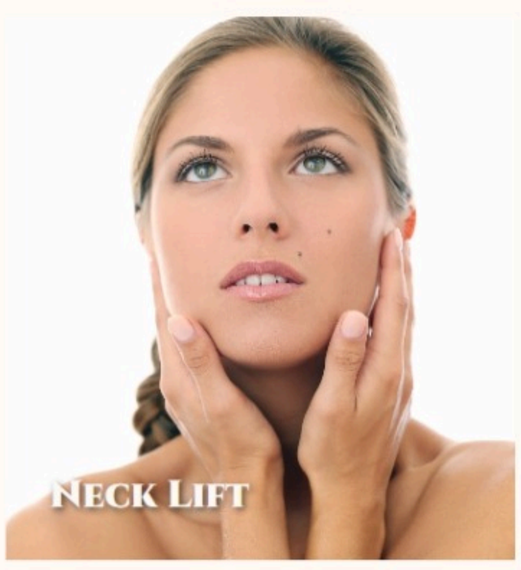


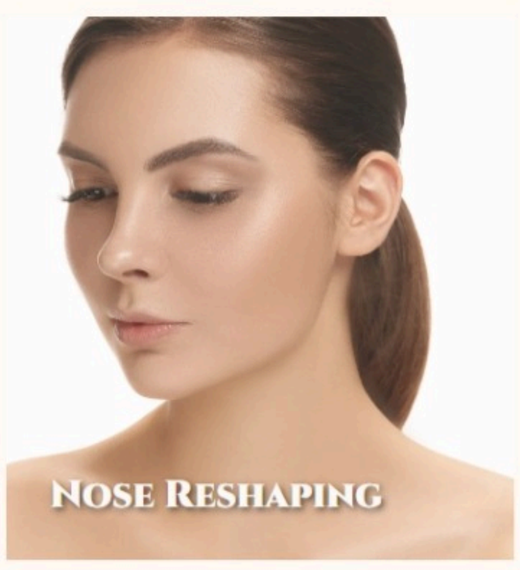












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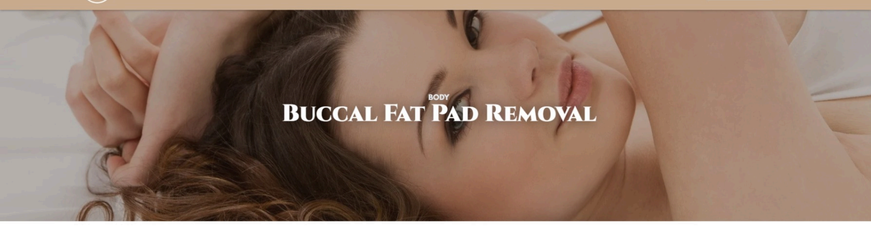


BODY

Buccal Fat Pad Removal

What Is A Buccal Fat Pad Removal?

Buccal fat pad removal is a surgical procedure to reduce the fullness of the cheeks by removing excess fat from the buccal fat pads. These are pads of fat located deep within the cheeks. By reducing the volume of these fat pads, the appearance of a slimmer and more defined face can be achieved.

This procedure is often sought by individuals who have a round or full face shape and desire a more sculpted look.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	1-2 HOURS	1-2 WEEKS	$3020



How Is A Buccal Fat Pad Removal Performed?

Buccal fat pad removal is typically performed under general anesthesia. The surgeon makes small incisions inside the mouth, near the upper molars, to access the buccal fat pads. The excess fat is then removed or repositioned to achieve the desired facial contour. The incisions are closed, and there are no visible external scars.

Who Is A Candidate For This Surgery?

Ideal candidates for buccal fat pad removal are individuals with good overall health and realistic expectations about the procedure. They should have a significant amount of buccal fat contributing to a round or full face shape. Patients with a strong jawline and good skin elasticity tend to achieve better results.

How Long Is The Surgery?

The duration of a buccal fat pad removal surgery typically ranges from 1 to 2 hours.

What Is The Recovery Like?

Recovery from buccal fat pad removal is generally mild. You may experience some swelling, bruising, and discomfort in the cheeks and jaw area. It's important to follow your surgeon's post-operative care instructions carefully, including avoiding strenuous activities and consuming soft foods for a few days. Most patients can return to normal activities within a week, but it may take several weeks for the final results to become apparent.

Our Results



What Are The Benefits?

Buccal fat pad removal is a surgical procedure to reduce the fullness of the cheeks by removing excess fat.

Benefits:

- More defined facial features
- Slimmer face shape
- Improved facial contour

Buccal Fat Pad Removal FAQ's

Is the procedure painful?

Buccal fat pad removal is usually performed under local anesthesia with sedation or general anesthesia, so you won't feel pain during the surgery. Post-operative discomfort is generally mild and can be managed with prescribed pain medications. Most patients experience some swelling and tenderness in the cheeks for a few days.

What are the risks?

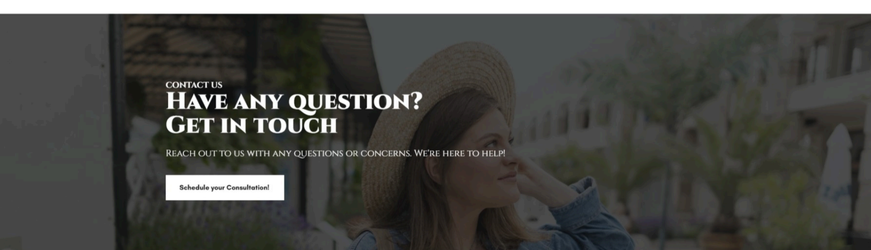
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the procedure leave scars?

Can I combine it with other procedures?



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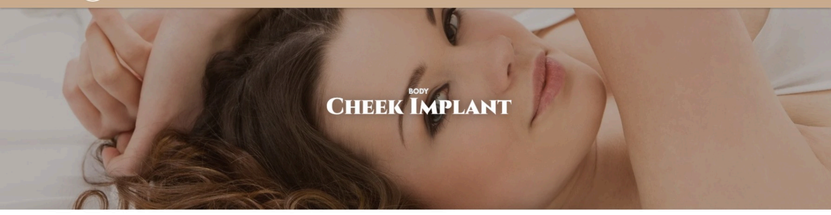


BODY CHEEK IMPLANT

What Is A Cheek Implant?

Cheek implants are surgical enhancements designed to augment the volume and contour of the cheekbones. They are typically made of silicone or other biocompatible materials. By adding volume to the cheek area, cheek implants can create a more defined, youthful, and balanced facial appearance.

This procedure is often sought by individuals with naturally flat or hollow cheeks, or those who have experienced facial volume loss due to aging.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	1-2 HOURS	1-2 WEEKS	$4020



How Is A Buccal Fat Pad Removal Performed?

Cheek implant surgery is typically performed under general anesthesia. The surgeon makes incisions within the mouth, near the upper gumline, to access the cheek area. A pocket is created in the cheek tissue, and the implant is carefully inserted. The incisions are then closed, leaving no visible external scars.

Who Is A Candidate For This Surgery?

Ideal candidates for cheek implants are individuals with good overall health and realistic expectations about the procedure. They should have a well-proportioned face with a defined jawline and chin. Patients with a significant lack of cheek volume or those who have experienced facial aging may be suitable candidates.

How Long Is The Surgery?

The duration of a cheek implant surgery typically ranges from 1 to 2 hours.

What Is The Recovery Like?

Recovery from cheek implant surgery involves some discomfort, swelling, and bruising in the cheek area. Patients may experience numbness or stiffness in the cheeks for a period of time. It's important to follow your surgeon's post-operative care instructions carefully, including avoiding strenuous activities and consuming soft foods for a few days. Most patients can return to normal activities within a week, but it may take several weeks for the final results to become apparent.

Our Results



What Are The Benefits?

Cheek implants are a surgical procedure to enhance the volume and contour of the cheekbones.

Benefits:

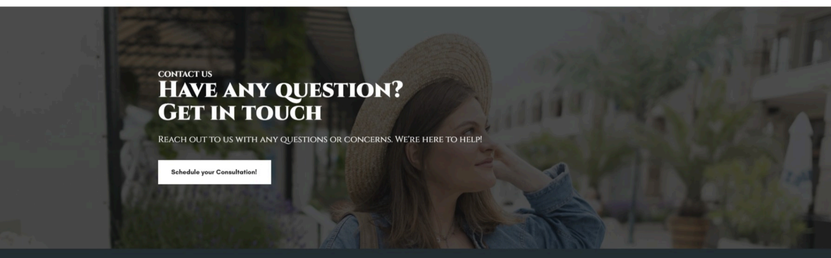
- Improved facial balance and harmony
- More defined cheekbones
- Enhanced facial profile
- Younger-looking appearance

Cheek Implant FAQ's

- **Is the procedure painful?**

  Cheek implant surgery is performed under general anesthesia or local anesthesia with sedation, so you won't feel pain during the procedure. After surgery, you may experience some swelling, bruising, and mild discomfort in the cheek area. Pain is usually well-managed with prescribed medications.

- **What are the risks?**
- **How much time off will I need?**
- **How long until I see results?**
- **How long does the result of the procedure last?**
- **Does the procedure leave scars?**
- **Can I combine it with other procedures?**



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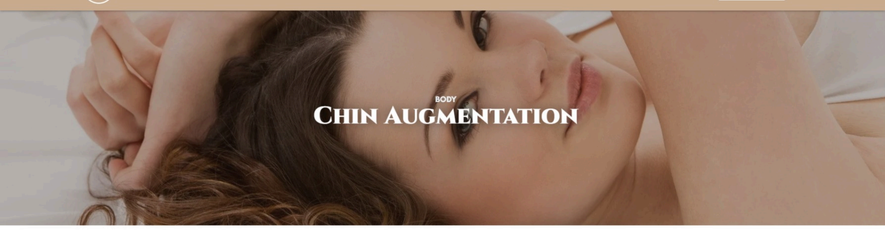


BODY

Chin Augmentation

What Is A Chin Augmentation?

A chin augmentation is a surgical procedure to enhance the appearance of the chin by improving its size, shape, or projection. It can be performed to correct a small or recessed chin, create a more balanced facial profile, or improve the overall harmony of the face.

There are several techniques available to achieve these goals, including the use of chin implants, bone grafting, or fillers.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	1-2 HOURS	2-4 WEEKS	$4320



How Is A Chin Augmentation Performed?

The surgical approach for chin augmentation depends on the chosen technique. For chin implants, the surgeon makes an incision within the mouth, near the lower gumline, to insert the implant. For bone grafting, the surgeon may harvest bone from another part of the body or use synthetic bone material to augment the chin. The incisions are closed, and there are no visible external scars.

Who Is A Candidate For This Surgery?

Ideal candidates for chin augmentation are individuals with a weak or receding chin who desire a more prominent and balanced facial profile. They should be in good overall health and have realistic expectations about the procedure. Patients with a strong jawline and good skin elasticity tend to achieve better results.

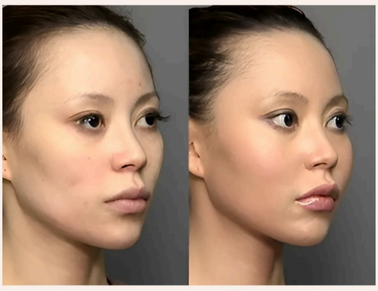
How Long Is The Surgery?

The duration of a chin augmentation surgery typically ranges from 1 to 2 hours.

What Is The Recovery Like?

Recovery from chin augmentation involves some discomfort, swelling, and bruising in the chin and jaw area. Patients may experience numbness or stiffness in the chin for a period of time. It's important to follow your surgeon's post-operative care instructions carefully, including avoiding strenuous activities and consuming soft foods for a few days. Most patients can return to normal activities within a week, but it may take several weeks for the final results to become apparent.

Our Results



What Are The Benefits?

Chin augmentation is a surgical procedure to enhance the size, shape, or projection of the chin.

Benefits:

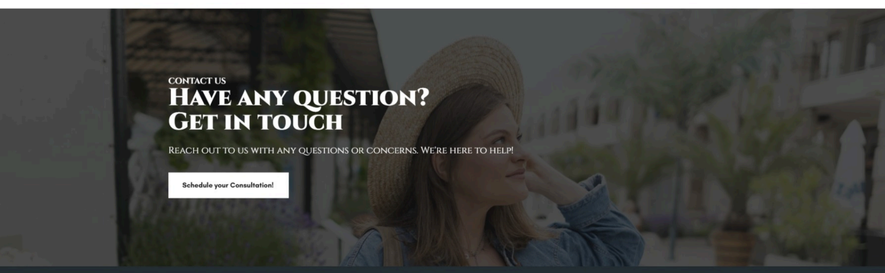
- Improved facial balance and harmony
- Stronger jawline
- Enhanced profile

Chin Augmentation FAQ's

- Is the procedure painful?

  Chin augmentation can be performed under local anesthesia with sedation or general anesthesia, so you won't feel pain during the surgery. After the procedure, mild to moderate discomfort is common, with some swelling and bruising in the chin area. Pain is typically managed with over-the-counter or prescribed medications.

- What are the risks?
- How much time off will I need?
- How long until I see results?
- How long does the result of the procedure last?
- Does the procedure leave scars?
- Can I combine it with other procedures?



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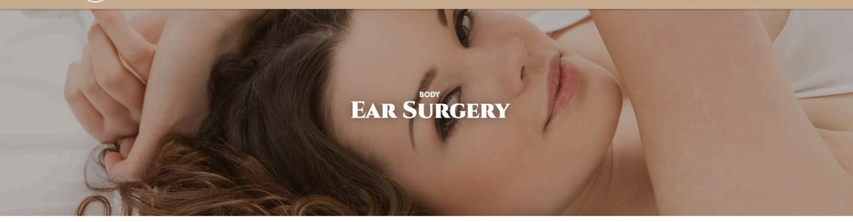


BODY

Ear Surgery

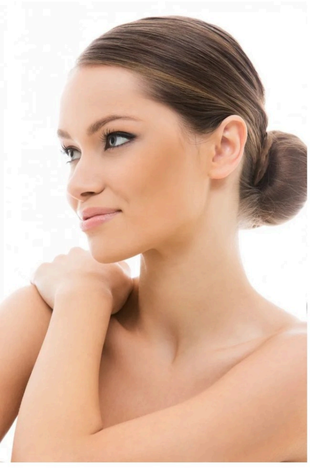
What Is A Ear Surgery?

Ear surgery, also known as otoplasty, is a surgical procedure to correct the shape or position of the ears. It is often performed to address prominent ears, a condition where the ears stick out from the head more than usual. Ear surgery can improve the appearance of the ears and boost self-confidence.

The procedure involves reshaping the cartilage and skin of the ear to create a more natural and aesthetically pleasing look.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	1-2 HOURS	1-2 WEEKS	$3620



How Is An Ear Surgery Performed?

Ear surgery is typically performed under general anesthesia. The surgeon makes an incision behind the ear to access the cartilage. The excess cartilage is then removed or reshaped, and the ear is repositioned closer to the head. The incision is closed with sutures, and there are no visible scars.

Who Is A Candidate For This Surgery?

Ideal candidates for ear surgery are individuals who are physically and emotionally healthy and have realistic expectations about the procedure. They should be bothered by the appearance of their ears and have no underlying medical conditions that could affect the outcome. Children are typically good candidates for ear surgery once their ears have reached full size, usually around age five or six.

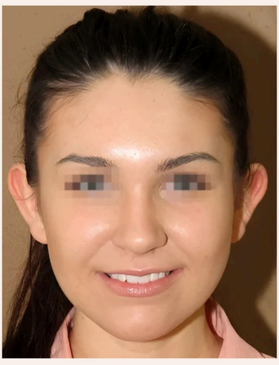
How Long Is The Surgery?

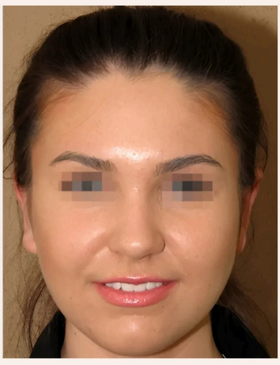
The duration of an ear surgery typically ranges from 1 to 2 hours.

What Is The Recovery Like?

Recovery from ear surgery involves some discomfort, swelling, and bruising around the ears. Patients will need to wear a head bandage for a few days to support the ears during healing. Most patients can return to normal activities within a week, but it may take several weeks for the final results to become apparent. It's essential to avoid strenuous activities and protect the ears from impact during the initial healing period.

Our Results





What Are The Benefits?

Ear surgery is a procedure to correct the shape or position of the ears, often to address prominent ears.

Benefits:

- Improved appearance of the ears
- Increased self-esteem
- Reduced teasing or bullying

Ear Surgery FAQ's

Is the procedure painful?

Ear surgery, or otoplasty, is performed under local anesthesia with sedation or general anesthesia, so you won't feel pain during the procedure. Post-operative discomfort is usually mild to moderate and can be managed with pain medications. Most patients experience some swelling, bruising, and tenderness around the ears.

What are the risks?

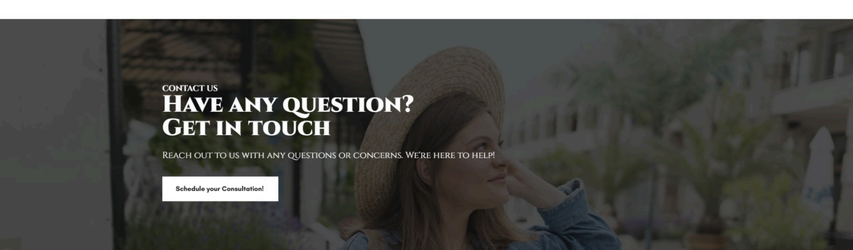
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Will I need to wear a headband after the procedure?

Can I combine it with other procedures?



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BODY

Eyelid Surgery

What Is An Eyelid Surgery?

Eyelid surgery, also known as blepharoplasty, is a surgical procedure to correct sagging or excess skin and fat in the upper and lower eyelids. This can result in a tired or aged appearance. The procedure involves removing excess skin and fat, and in some cases, tightening the underlying muscles to create a more youthful and refreshed look.

Eyelid surgery can improve vision in individuals with drooping upper eyelids that obstruct the field of vision.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
LOCAL	1-2 HOURS	1-2 WEEKS	FROM $3220



How Is An Eyelid Surgery Performed?

Eyelid surgery is typically performed under local anesthesia, with sedation if desired. Incisions are made within the natural creases of the upper eyelids and below the lower lash line. Excess skin and fat are removed, and the underlying muscles may be tightened. In some cases, fat may be repositioned to improve the appearance of the eyelids. The incisions are closed with fine sutures.

Who Is A Candidate For This Surgery?

Ideal candidates for eyelid surgery are individuals with sagging or excess skin in the upper eyelids or bags under the lower eyelids. They should be in good overall health and have realistic expectations about the procedure. Patients who experience vision problems due to drooping upper eyelids may also benefit from this surgery.

How Long Is The Surgery?

The duration of an eyelid surgery typically ranges from 1 to 2 hours.

What Is The Recovery Like?

Recovery from eyelid surgery involves some discomfort, swelling, and bruising around the eyes. Patients may experience dryness and itching as the eyes heal. It's important to follow your surgeon's post-operative care instructions carefully, including applying eye ointment and avoiding strenuous activities. Most patients can return to work within a week, but it may take several weeks for the final results to become apparent.

Our Results





What Are The Benefits?

Eyelid surgery is a procedure to correct sagging or excess skin in the upper or lower eyelids.

Benefits:

- More youthful appearance
- Improved vision (if drooping eyelids obstruct vision)
- Reduced appearance of tired or aged eyes

Eyelid Surgery FAQ's

- Is the procedure painful?

  Eyelid surgery is performed under local anesthesia with sedation or general anesthesia, so you won't feel pain during the procedure. Post-operative discomfort is usually mild, with some swelling, bruising, and tightness around the eyes. Pain is typically well-controlled with prescribed medications.

- What are the risks?
- How much time off will I need?
- How long until I see results?
- How long does the result of the procedure last?
- Does the scar ever go away?
- Can I combine it with other procedures?

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BODY

FACELIFT

What Is A Facelift?

A facelift, also known as rhytidectomy, is a surgical procedure designed to improve the visible signs of aging on the face. It addresses sagging skin, wrinkles, and loss of facial volume that occur naturally with time. A facelift can rejuvenate the appearance of the face, neck, and jawline, creating a more youthful and refreshed look.

The procedure involves lifting and tightening the underlying facial tissues and removing excess skin.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	2-4 HOURS	2-4 WEEKS	$5220



How Is A Facelift Performed?

The surgical approach for a facelift varies depending on the extent of aging and the desired outcome. Incisions are typically made in inconspicuous areas, such as within the hairline, around the ears, and under the chin. The surgeon separates the skin from the underlying tissues, removes excess skin, and repositions the remaining skin and tissue for a more lifted and toned appearance.

Who Is A Candidate For This Surgery?

Ideal candidates for a facelift are individuals in good overall health with realistic expectations about the procedure. They should have noticeable signs of aging, such as sagging skin, wrinkles, and jowls, that are resistant to non-surgical treatments. Patients with good skin elasticity tend to achieve better results.

How Long Is The Surgery?

The duration of a facelift surgery typically ranges from 2 to 4 hours.

What Is The Recovery Like?

Recovery from a facelift involves some discomfort, swelling, and bruising. Patients will need to wear a compression garment for a few days to reduce swelling. Most patients can resume light activities within a week, but it may take several weeks for the final results to become apparent. It's essential to avoid strenuous activities and protect the incisions from sunlight during the initial healing period.

Our Results



What Are The Benefits?

A facelift is a surgical procedure to address sagging skin and wrinkles in the face and neck.

Benefits:

- More youthful appearance
- Reduced wrinkles and sagging skin
- Improved facial contour

Facelift FAQ's

Is the procedure painful?

A facelift is performed under general anesthesia or local anesthesia with sedation, so you won't feel pain during the surgery. After the procedure, you may experience some discomfort, tightness, and swelling in the face and neck area. Pain is generally mild to moderate and can be managed with prescribed pain medications.

What are the risks?

How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the procedure leave scars?

Can I combine it with other procedures?

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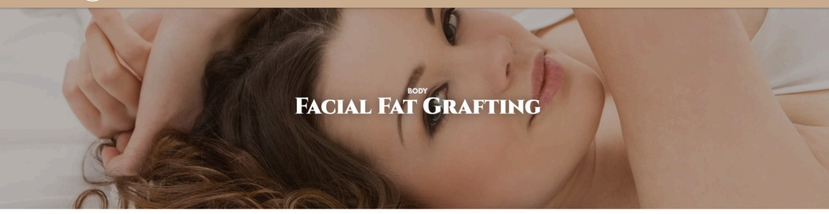


BODY
Facial Fat Grafting

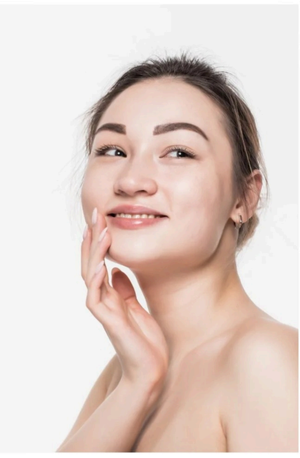
What Is A Facial Fat Grafting?

Facial fat grafting is a cosmetic procedure that involves harvesting fat from one area of the body, typically the abdomen, hips, or thighs, and injecting it into the face to restore volume, smooth wrinkles, and enhance facial contours. This natural approach can address various concerns, including sunken cheeks, hollow temples, under-eye hollows, and lip augmentation.

Fat grafting offers a long-lasting and natural-looking alternative to synthetic fillers.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL OR LOCAL	2-4 HOURS	2-4 WEEKS	



How Is A Facial Fat Grafting Procedure Performed?

Facial fat grafting is a two-step procedure. First, excess fat is harvested from a donor area using liposuction. The harvested fat is then processed to remove impurities and prepared for injection. The purified fat is carefully injected into the desired areas of the face to restore volume and contour. The incisions for liposuction are typically small and discreet.

Who Is A Candidate For This Surgery?

Ideal candidates for facial fat grafting are individuals with good overall health and realistic expectations about the procedure. They should have sufficient fat deposits in the donor area and desire a natural-looking approach to facial rejuvenation. Patients with facial volume loss due to aging, weight loss, or other factors may benefit from this treatment.

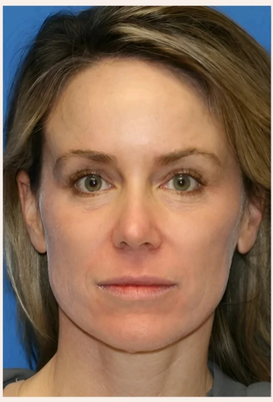
How Long Is The Surgery?

The duration of a facial fat grafting surgery typically ranges from 2 to 4 hours.

What Is The Recovery Like?

Recovery from facial fat grafting involves some discomfort, swelling, and bruising in both the donor and recipient areas. Patients will need to wear compression garments on the treated areas for a few days. Most patients can resume light activities within a week, but it may take several weeks for the final results to become apparent. It's essential to avoid strenuous activities and protect the treated areas from sunlight during the initial healing period.

Our Results





What Are The Benefits?

Facial fat grafting is a procedure that involves harvesting fat from one area of the body and injecting it into the face to restore volume and smooth wrinkles.

Benefits:

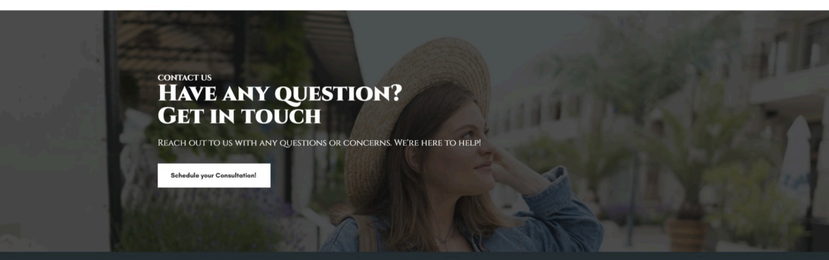
- Natural-looking facial rejuvenation
- Improved volume and contour
- Reduced appearance of wrinkles and lines

Facial Fat Grafting FAQ's

- Is the procedure painful?

  Facial fat grafting is performed under local anesthesia with sedation or general anesthesia, so you won't feel pain during the procedure. Afterward, you may experience some discomfort, swelling, and bruising in both the donor and treatment areas. Pain is typically mild and can be managed with over-the-counter or prescribed medications.

- What are the risks?
- How much time off will I need?
- How long until I see results?
- How long does the result of the procedure last?
- How much of the fat survives after the procedure?
- Can I combine it with other procedures?



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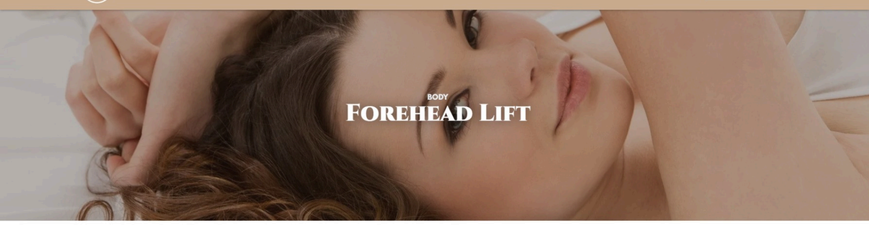


BODY

Forehead Lift

What Is A Forehead Lift?

A forehead lift, also known as brow lift, is a surgical procedure designed to correct sagging or wrinkled skin on the forehead and eyebrows. The procedure involves lifting the brow line, smoothing wrinkles, and improving the overall appearance of the upper face. A forehead lift can help to create a more youthful and refreshed look.

It is often combined with other facial rejuvenation procedures, such as eyelid surgery or a facelift, for a more comprehensive approach to facial rejuvenation.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL OR LOCAL	1-3 HOURS	1-2 WEEKS	



How Is A Forehead Lift Performed?

The surgical approach for a forehead lift varies depending on the extent of the desired correction. Incisions can be made within the hairline, along the hairline, or through endoscopic techniques that involve smaller incisions. Excess skin is removed, and the underlying tissues are tightened and repositioned. The incisions are closed with sutures.

Who Is A Candidate For This Surgery?

Ideal candidates for a forehead lift are individuals with sagging eyebrows, forehead wrinkles, or a heavy browline that creates a tired or angry appearance. They should be in good overall health and have realistic expectations about the procedure. Patients with good skin elasticity tend to achieve better results.

How Long Is The Surgery?

The duration of a forehead lift surgery typically ranges from 1 to 3 hours.

What Is The Recovery Like?

Recovery from a forehead lift involves some discomfort, swelling, and bruising around the forehead and scalp. Patients will need to wear a head bandage for a few days to support the incisions. Most patients can resume light activities within a week, but it may take several weeks for the final results to become apparent. It's essential to avoid strenuous activities and protect the incisions from sunlight during the initial healing period.

Our Results





What Are The Benefits?

A forehead lift is a surgical procedure to address sagging or wrinkled skin on the forehead and eyebrows.

Benefits:

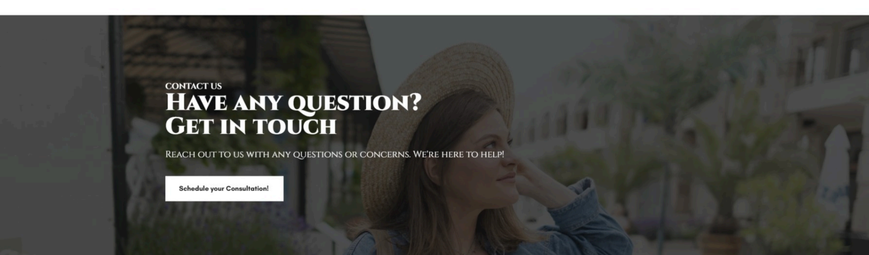
- More youthful appearance
- Reduced forehead wrinkles
- Elevated browline

Forehead Lift FAQ's

- **Is the procedure painful?**

  A forehead lift, also known as a brow lift, is typically performed under local anesthesia with sedation or general anesthesia, so you won't feel pain during the procedure. Post-operative discomfort is usually mild to moderate, with some swelling, bruising, and tightness in the forehead. Pain is manageable with prescribed medications.

- **What are the risks?**
- **How much time off will I need?**
- **How long until I see results?**
- **How long does the result of the procedure last?**
- **Does the scar ever go away?**
- **Can I combine it with other procedures?**



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BODY
Liposuction (Submental)

What Is A Submental Liposuction?

Submental liposuction, often referred to as "double chin liposuction," is a surgical procedure designed to remove excess fat from under the chin. This fat accumulation can create a fullness or sagging appearance in the neck area, commonly known as a "double chin."

The procedure involves the removal of excess fat through liposuction to achieve a more defined jawline and a slimmer neck contour.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
LOCAL	30-60 MINUTES	1-2 WEEKS	$3220 - $4920



How Is A Submental Liposuction Performed?

Submental liposuction is typically performed under local anesthesia, with sedation if desired. The surgeon makes small incisions under the chin or within the mouth to insert a cannula, a thin tube with a rounded tip. The cannula is used to break up and suction out the excess fat. The incisions are then closed with sutures.

Who Is A Candidate For This Surgery?

Ideal candidates for submental liposuction are individuals with excess fat under the chin that is resistant to diet and exercise. They should be in good overall health and have realistic expectations about the procedure. Patients with good skin elasticity tend to achieve better results.

How Long Is The Surgery?

The duration of a submental liposuction surgery typically ranges from 30 to 60 minutes.

What Is The Recovery Like?

Recovery from submental liposuction involves some discomfort, swelling, and bruising under the chin. Patients may experience numbness or tightness in the treated area. It's important to follow your surgeon's post-operative care instructions carefully, including wearing a compression garment and avoiding strenuous activities. Most patients can return to normal activities within a few days, but it may take several weeks for the final results to become apparent.

Our Results





What Are The Benefits?

Submental liposuction is a procedure to remove excess fat from under the chin, often referred to as a "double chin."

Benefits:

- Improved jawline definition
- Reduced appearance of a double chin
- More youthful facial appearance

Liposuction (Submental) FAQ's

Is the procedure painful?

Submental liposuction, commonly known as chin or neck liposuction, is performed under local anesthesia with sedation or general anesthesia, so you won't feel pain during the procedure. Afterward, you may experience mild to moderate discomfort, swelling, and bruising in the treated area. Pain is typically manageable with over-the-counter or prescribed medications.

What are the risks?

How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?

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BODY
Neck Lift

What Is A Neck Lift?

A neck lift, also known as lower rhytidectomy, is a surgical procedure designed to improve the appearance of the neck by addressing sagging skin, excess fat, and prominent neck cords. These issues often develop with age and can contribute to a tired or aged appearance. A neck lift can help to create a more youthful and defined neck contour.

The procedure involves removing excess skin, tightening underlying muscles, and recontouring the neck area.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	2-3 HOURS	2-4 WEEKS	$3620



How Is A Neck Lift Performed?

The surgical approach for a neck lift varies depending on the extent of the desired correction. Incisions are typically made under the chin or behind the earlobes. Excess skin is removed, and the underlying muscles are tightened to lift and contour the neck. Liposuction may also be performed to remove excess fat. The incisions are closed with sutures.

Who Is A Candidate For This Surgery?

Ideal candidates for a neck lift are individuals with sagging skin, excess fat, or prominent neck cords that are resistant to non-surgical treatments. They should be in good overall health and have realistic expectations about the procedure. Patients with good skin elasticity tend to achieve better results.

How Long Is The Surgery?

The duration of a neck lift surgery typically ranges from 2 to 3 hours.

What Is The Recovery Like?

Recovery from a neck lift involves some discomfort, swelling, and bruising in the neck area. Patients will need to wear a compression garment for a few days to reduce swelling. Most patients can resume light activities within a week, but it may take several weeks for the final results to become apparent. It's essential to avoid strenuous activities and protect the incisions from sunlight during the initial healing period.

Our Results





What Are The Benefits?

A neck lift is a surgical procedure to address sagging skin and excess fat in the neck area.

Benefits:

- More youthful and defined neck contour
- Reduced appearance of jowls
- Improved facial profile

Neck Lift FAQ's

Is the procedure painful?

A neck lift is usually performed under general anesthesia or local anesthesia with sedation, so you won't feel pain during the procedure. Afterward, you may experience some discomfort, tightness, swelling, and bruising in the neck area. Pain is generally mild and can be managed with prescribed pain medications.

What are the risks?

How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?

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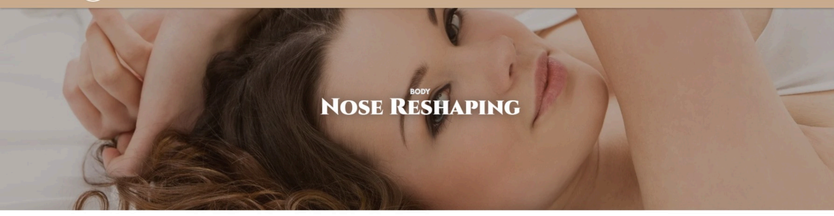


BODY
Nose Reshaping

What Is A Nose Reshaping?

Nose reshaping, also known as rhinoplasty, is a surgical procedure to alter the shape, size, or angle of the nose. It can address various concerns, including a crooked nose, a large or bulbous nose, a nasal hump, or nostrils that are too wide or narrow. Rhinoplasty aims to improve the overall harmony and balance of the face.

The procedure involves modifying the bone and cartilage structure of the nose.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	1-3 HOURS	1-2 WEEKS	FROM $4120



How Is A Nose Reshaping Performed?

Rhinoplasty is typically performed under general anesthesia. The surgeon makes incisions within the nose or along the base of the nose to access the nasal structures. The bone and cartilage are reshaped or removed to achieve the desired shape. In some cases, additional procedures, such as septoplasty to correct deviated septum or turbinate reduction, may be performed simultaneously.

Who Is A Candidate For This Surgery?

Ideal candidates for nose reshaping are individuals with a clear understanding of their desired outcome and realistic expectations about the procedure. They should be in good overall health and have no underlying medical conditions that could affect the healing process. Patients who are dissatisfied with the size, shape, or function of their nose may be suitable candidates.

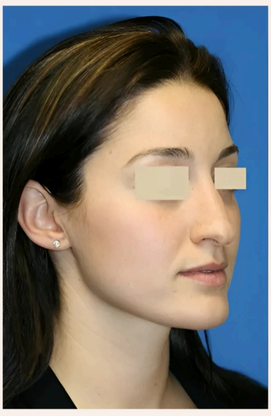
How Long Is The Surgery?

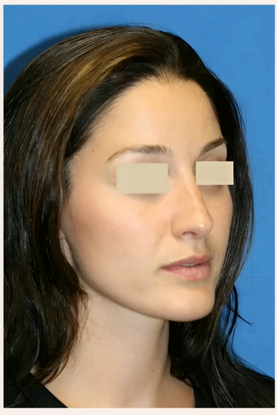
The duration of a nose reshaping surgery typically ranges from 1 to 3 hours.

What Is The Recovery Like?

Recovery from nose reshaping involves some discomfort, swelling, and bruising around the nose. Patients will need to wear a splint or nasal packing for a few days after surgery. It's important to follow your surgeon's post-operative care instructions carefully, including avoiding strenuous activities and protecting the nose from impact. Most patients can return to work within a week, but it may take several weeks for the final results to become apparent.

Our Results





What Are The Benefits?

Rhinoplasty is a surgical procedure to alter the shape, size, or angle of the nose.

Benefits:

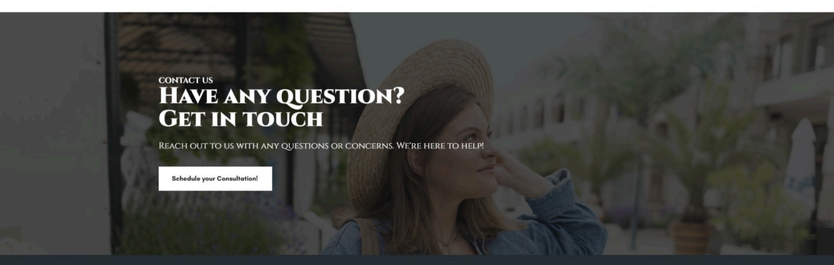
- Improved facial harmony and balance
- Correction of nasal deformities
- Improved breathing (in some cases)

Nose Reshaping FAQ's

- **Is the procedure painful?**

  Rhinoplasty, or nose reshaping, is performed under general anesthesia or local anesthesia with sedation, so you won't feel pain during the procedure. After surgery, you may experience some discomfort, swelling, and bruising around the nose and eyes. Pain is usually mild and can be managed with prescribed medications.

- What are the risks?
- How much time off will I need?
- How long until I see results?
- How long does the result of the procedure last?
- Does the scar ever go away?
- Can I combine it with other procedures?



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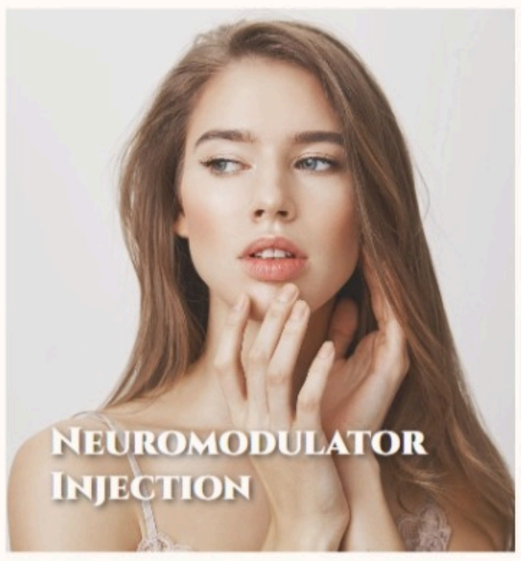
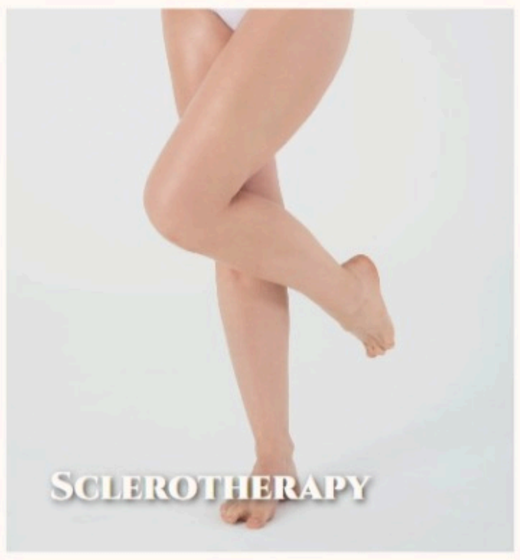
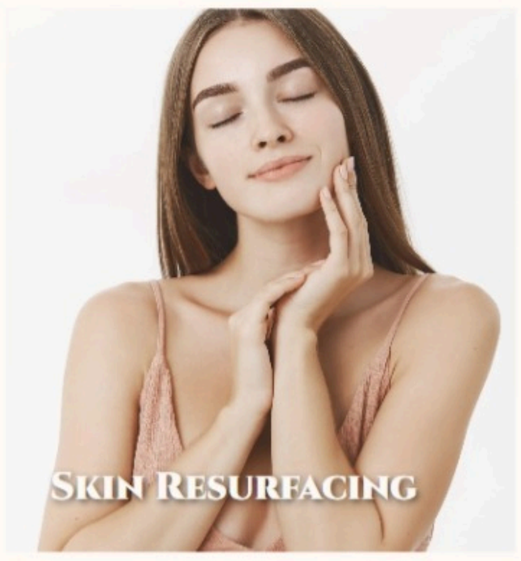
PROCEDURES

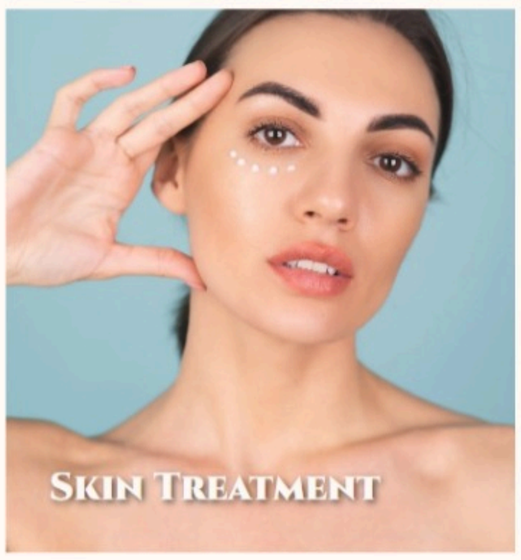
Minimally Invasive Procedures

Achieve remarkable results with minimal downtime through our minimally invasive procedures. We offer cutting-edge treatments that provide subtle enhancements and rejuvenation without the need for extensive surgery. From injectables to skin resurfacing, our minimally invasive options are designed to refresh your appearance with precision and care. Experience the benefits of modern aesthetics with personalized treatments that fit your lifestyle.

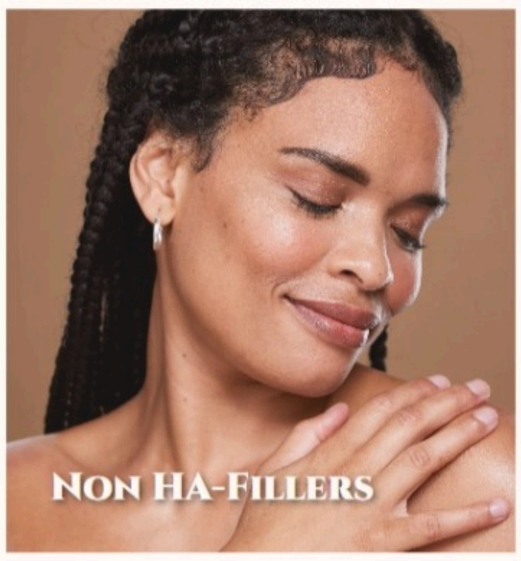












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BODY

Neuromodulator Injection

What Is A Neuromodulator Injection?

Neuromodulator injections are a non-surgical cosmetic treatment used to temporarily reduce the appearance of wrinkles and fine lines. The most commonly used neuromodulators are botulinum toxin injections, often referred to by brand names like Botox or Dysport. These injections work by blocking nerve signals to the muscles, causing them to relax and soften the appearance of wrinkles.

They are primarily used to treat dynamic wrinkles, which are lines that form due to facial muscle movement, such as frown lines, forehead lines,

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
TOPICAL	15-30 MINUTES	1-2 DAYS	$500



How Is A Neuromodulator Injection Performed?

Neuromodulator injections are a minimally invasive procedure that can be performed in a doctor's office. The treatment area is cleansed, and a small needle is used to inject the neuromodulator into specific muscles. The procedure is relatively quick, with minimal discomfort.

Who Is A Candidate For This Procedure?

Ideal candidates for neuromodulator injections are individuals with moderate to severe facial wrinkles who desire a non-surgical approach to wrinkle reduction. They should be in good overall health and have realistic expectations about the results. Patients with certain neurological conditions or those who are pregnant or breastfeeding should avoid neuromodulator injections.

How Long Is The Procedure?

The duration of a neuromodulator injection procedure typically ranges from 15 to 30 minutes.

What Is The Recovery Like?

Recovery from neuromodulator injections is minimal. You may experience some redness, swelling, or bruising at the injection sites, but these side effects usually subside within a few days. It's important to avoid massaging or applying pressure to the treated areas for several hours after the procedure.

What Are The Benefits?

Neuromodulator injections are used to temporarily reduce the appearance of wrinkles and fine lines by blocking nerve signals to the muscles.

Benefits:

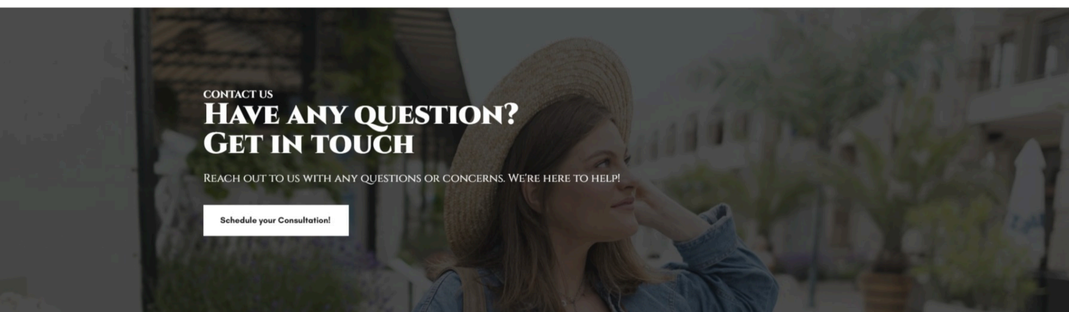
- Reduced appearance of wrinkles and lines
- Smoother, more youthful-looking skin
- Non-surgical approach

Neuromodulator Injection FAQ's

- Is the procedure painful?

  Neuromodulator injections, such as Botox, are typically well-tolerated and cause minimal discomfort. The injections are administered with a fine needle, and you may feel a slight pinch or sting. Some areas may be more sensitive, but the procedure is usually quick and requires no anesthesia. Topical numbing cream can be applied if needed.

- What are the risks?
- How much time off will I need?
- How long until I see results?
- How long does the result of the procedure last?
- What should I avoid after the procedure?
- Can I combine it with other procedures?



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BODY
SCLEROTHERAPY

What Is Sclerotherapy?

Sclerotherapy is a non-surgical treatment used to eliminate spider veins and varicose veins. These are small, dilated blood vessels that can appear on the legs, causing cosmetic concerns. The procedure involves injecting a chemical solution into the affected veins, which causes them to collapse and eventually disappear.

Sclerotherapy is a popular option for individuals seeking to improve the appearance of their legs.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
TOPICAL	30-60 MINUTES	1-2 WEEKS	$800 PER SESSION



How Is A Sclerotherapy Performed?

Sclerotherapy is a minimally invasive procedure that can be performed in a doctor's office. The affected veins are identified, and a sclerosing solution is injected into them using a fine needle. The solution irritates the lining of the vein, causing it to close. Multiple injections may be required during a single session, depending on the number and size of the veins.

Who Is A Candidate For This Procedure?

Ideal candidates for sclerotherapy are individuals with spider veins or varicose veins that are primarily cosmetic concerns. They should be in good overall health and have realistic expectations about the results. Sclerotherapy is not a treatment for deep vein thrombosis or other serious circulatory conditions.

How Long Is The Procedure?

The duration of a sclerotherapy procedure typically ranges from 30 to 60 minutes.

What Is The Recovery Like?

Recovery from sclerotherapy is generally mild. You may experience some discomfort, swelling, or bruising at the injection sites, but these side effects usually subside within a few days. Wearing compression stockings for a period of time after the procedure can help to reduce swelling and improve results. It's important to avoid strenuous activity and prolonged standing for a short period after the treatment.

What Are The Benefits?

Sclerotherapy is a procedure used to treat spider veins and varicose veins by injecting a solution into the veins, causing them to collapse.

Benefits:

- Improved appearance of legs
- Reduced pain and discomfort
- Increased confidence

Sclerotherapy FAQ's

- **Is the procedure painful?**

  Sclerotherapy is generally well-tolerated, with most patients experiencing minimal discomfort. The procedure involves injecting a solution into the veins, which may cause a mild burning or tingling sensation. The discomfort is usually brief, and the procedure typically does not require anesthesia.

- **What are the risks?**
- **How much time off will I need?**
- **How long until I see results?**
- **How long does the result of the procedure last?**
- **Will I need to wear compression stockings after the procedure?**
- **Can I combine it with other procedures?**

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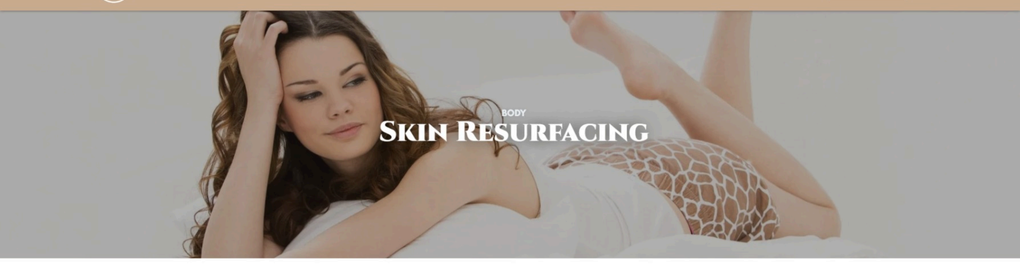


BODY

Skin Resurfacing

What Is Skin Resurfacing?

Skin resurfacing is a collective term for various cosmetic procedures designed to improve the appearance of the skin by removing or reducing skin imperfections. These imperfections can include wrinkles, fine lines, acne scars, age spots, and uneven skin tone. The goal of skin resurfacing is to create a smoother, more youthful, and rejuvenated complexion.

There are several techniques available, each with its own benefits and recovery time.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
VARIES	30 MIN - SEVERAL HOURS	VARIES	$500-$5000



How Is A Skin Resurfacing Performed?

The specific method used for skin resurfacing depends on the desired outcome and the extent of skin damage. Common techniques include: Laser resurfacing: Uses laser energy to remove damaged skin layers. Chemical peels: Apply chemical solutions to exfoliate and remove damaged skin cells. Dermabrasion: Uses a rotating brush to remove the outer layer of skin. Microdermabrasion: Uses a diamond-tipped wand to exfoliate the skin. The choice of procedure will be determined during a consultation with a qualified dermatologist or plastic surgeon.

- Laser resurfacing: Uses laser energy to remove damaged skin layers.
- Chemical peels: Apply chemical solutions to exfoliate and remove damaged skin cells.
- Dermabrasion: Uses a rotating brush to remove the outer layer of skin.
- Microdermabrasion: Uses a diamond-tipped wand to exfoliate the skin.

The choice of procedure will be determined during a consultation with a qualified dermatologist or plastic surgeon.

Who Is A Candidate For This Procedure?

Ideal candidates for skin resurfacing are individuals with concerns about wrinkles, fine lines, acne scars, or uneven skin tone. They should be in good overall health and have realistic expectations about the results. Patients with darker skin tones may have limitations with certain resurfacing treatments due to the risk of pigmentation changes.

How Long Is The Procedure?

The duration of a skin resurfacing procedure varies depending on the technique used and the extent of the treatment area. It can range from 30 minutes to several hours.

What Is The Recovery Like?

Recovery time varies depending on the type of skin resurfacing performed. Some procedures, like microdermabrasion, involve minimal downtime, while others, such as laser resurfacing, may require several days or weeks of healing. Common side effects include redness, swelling, and peeling. It's essential to follow your doctor's post-treatment care instructions carefully to promote healing and minimize complications.

What Are The Benefits?

Skin resurfacing procedures, such as laser resurfacing, chemical peels, or dermabrasion, are used to improve the texture and appearance of the skin by removing damaged layers.

Benefits:

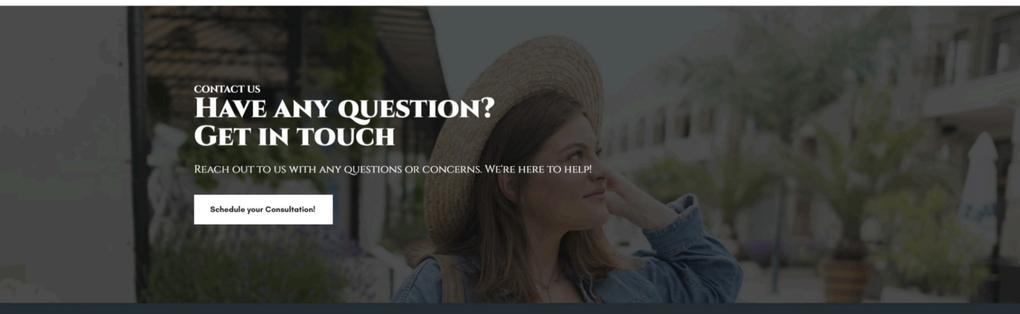
- Reduced appearance of wrinkles and fine lines
- Improved skin texture
- Smoother, more youthful-looking skin
- Treatment of acne scars or age spots

Skin Resurfacing FAQ's

- **Is the procedure painful?**

  The level of discomfort during skin resurfacing depends on the method used (e.g., laser, chemical peels, or dermabrasion). Some treatments may cause mild to moderate discomfort, often described as a stinging or burning sensation. Topical numbing creams or local anesthesia may be applied to enhance comfort during the procedure.

- **What are the risks?**
- **How much time off will I need?**
- **How long until I see results?**
- **How long does the result of the procedure last?**
- **How should I care for my skin after the procedure?**
- **Can I combine it with other procedures?**



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BODY
Skin Treatment

What Are Skin Treatments?

Skin treatments encompass a broad range of procedures designed to improve the overall health, appearance, and texture of the skin. These treatments address various concerns, including acne, wrinkles, pigmentation, scarring, and skin tone irregularities.

The specific treatment options available depend on the individual's skin type, concerns, and desired outcomes. Common skin treatments include chemical peels, microdermabrasion, laser therapy, and facials.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
VARIES	VARIES	VARIES	VARIES



How Is A Skin Treatment Performed?

The approach for skin treatments varies depending on the specific procedure chosen. Some treatments involve exfoliating the skin to remove dead cells, while others stimulate collagen production or target specific skin concerns. Common techniques include:

- Chemical Peels: Applying a chemical solution to exfoliate the skin.
- Microdermabrasion: Using a diamond-tipped wand to remove the outer layer of skin.
- Laser Therapy: Employing laser energy to treat various skin conditions.
- Facials: Cleansing, exfoliating, and hydrating the skin.

The choice of procedure will be determined during a consultation with a qualified dermatologist or plastic surgeon.

Who Is A Candidate For This Procedure?

Ideal candidates for skin treatments are individuals with concerns about skin texture, tone, or imperfections. They should be in good overall health and have realistic expectations about the results. Patients with specific skin conditions, such as acne, rosacea, or hyperpigmentation, may benefit from targeted treatments.

How Long Is The Procedure?

The duration of a skin treatment varies significantly depending on the specific procedure and the extent of the treatment area. It can range from 30 minutes to several hours.

What Is The Recovery Like?

Recovery time depends on the type of skin treatment performed. Some treatments, like facials, involve minimal downtime, while others, such as laser resurfacing or deep chemical peels, may require several days or weeks of healing. Common side effects include redness, swelling, peeling, and dryness. It's essential to follow your doctor's post-treatment care instructions carefully to promote healing and minimize complications.

What Are The Benefits?

Skin treatments encompass a wide range of procedures, including facials, peels, and laser therapy, to address various skin concerns.

Benefits:

- Improved skin health and appearance
- Reduced acne or acne scars
- Evened skin tone
- Treatment of sun damage

Skin Treatment FAQ's

- Is the procedure painful?

  Skin treatments, such as facials, microdermabrasion, or chemical peels, are generally well-tolerated and cause minimal discomfort. Some treatments may cause a mild tingling or stinging sensation, depending on the products or techniques used. Most patients find these procedures to be relaxing and pain-free.

- What are the risks?
- How much time off will I need?
- How long until I see results?
- How long does the result of the procedure last?
- How often should I get this treatment?
- Can I combine it with other procedures?

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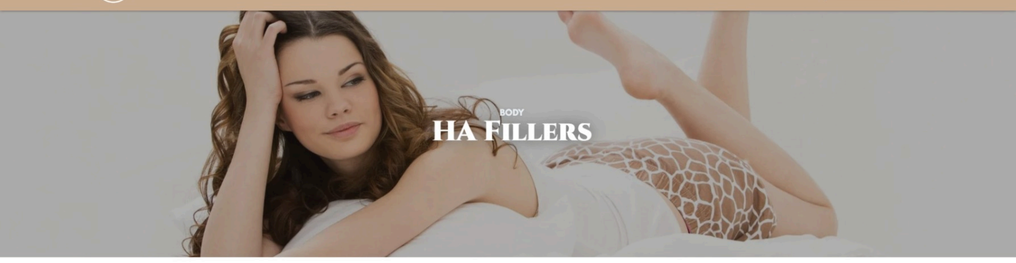


BODY

HA Fillers

What Are HA Fillers?

HA fillers, or hyaluronic acid fillers, are injectable substances used to restore volume and fullness to the skin. Hyaluronic acid is a naturally occurring substance found in the body, which helps to hydrate and plump the skin. HA fillers are commonly used to address facial wrinkles, lines, and folds, such as nasolabial folds (lines from the nose to the mouth), marionette lines (lines around the mouth), and lip augmentation.

They can also be used to enhance cheekbones, define the jawline, and improve the appearance of under-eye hollows.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
TOPICAL	30-60 MINUTES	1-2 DAYS	$1000



How A HA Filler Procedure Performed?

HA filler injections are a minimally invasive procedure that can be performed in a doctor's office. The area to be treated is cleansed, and a topical anesthetic may be applied to numb the skin. The filler is injected into the target area using a fine needle. The procedure typically takes less than an hour, depending on the number of treatment areas.

Who Is A Candidate For This Procedure?

Ideal candidates for HA fillers are individuals who have moderate to severe facial wrinkles or volume loss. They should be in good overall health and have realistic expectations about the results. Patients with allergies to hyaluronic acid or other fillers should not undergo this treatment.

How Long Is The Procedure?

The duration of an HA filler procedure typically ranges from 30 to 60 minutes.

What Is The Recovery Like?

Recovery from HA fillers is minimal. You may experience some redness, swelling, or tenderness at the injection sites, but these side effects usually subside within a few days. It's important to avoid strenuous activity and excessive sun exposure for a short period after the treatment.

What Are The Benefits?

HA fillers are injectable fillers made of hyaluronic acid, a naturally occurring substance in the skin. They are used to add volume and reduce wrinkles.

Benefits:

- Reduced appearance of wrinkles and lines
- Increased facial volume
- Improved lip shape and volume
- Non-surgical approach

HA Fillers FAQ's

Is the procedure painful?

HA (Hyaluronic Acid) fillers are administered with a fine needle or cannula, and most patients experience minimal discomfort. A topical numbing cream or local anesthetic may be applied to enhance comfort. Additionally, many HA fillers contain lidocaine, a numbing agent, to reduce pain during the procedure.

What are the risks?

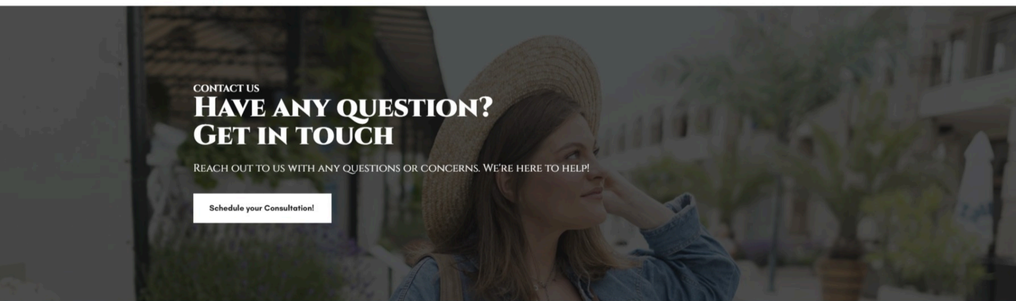
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

How can I maintain the results?

Can I combine it with other procedures?



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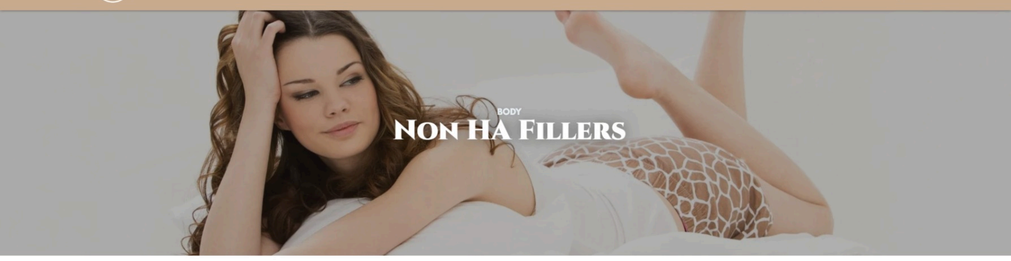


BODY

Non HA Fillers

What Are Non HA Fillers?

Non-HA fillers refer to a variety of dermal fillers that do not contain hyaluronic acid (HA). These fillers are used to restore volume, smooth wrinkles, and enhance facial contours. While HA fillers are the most common type, non-HA options provide alternatives for individuals with specific needs or preferences.

Some of the most common non-HA fillers include calcium hydroxylapatite (CaHA), poly-L-lactic acid (PLLA), and polymethylmethacrylate (PMMA).

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
TOPICAL	30-60 MINUTES	1-2 DAYS	$800



How Is A Non HA Filler Procedure Performed?

The procedure for non-HA fillers is similar to HA fillers. The area to be treated is cleansed, and a topical anesthetic may be applied. The filler is injected into the target area using a fine needle. The specific injection technique will vary depending on the type of filler and the desired outcome. The procedure typically takes less than an hour, depending on the number of treatment areas.

Who Is A Candidate For This Procedure?

Ideal candidates for non-HA fillers are individuals who have moderate to severe facial wrinkles or volume loss and are seeking a longer-lasting alternative to HA fillers. They should be in good overall health and have realistic expectations about the results. Patients with allergies to the specific filler material should avoid this treatment.

How Long Is The Procedure?

The duration of a non-HA filler procedure typically ranges from 30 to 60 minutes.

What Is The Recovery Like?

Recovery from non-HA fillers is generally mild. You may experience some redness, swelling, or tenderness at the injection sites, but these side effects usually subside within a few days. It's important to avoid strenuous activity and excessive sun exposure for a short period after the treatment.

What Are The Benefits?

Non-HA fillers are injectable fillers made of materials other than hyaluronic acid, such as calcium hydroxylapatite or poly-L-lactic acid. They are used for similar purposes as HA fillers.

Benefits:

- Reduced appearance of wrinkles and lines
- Increased facial volume
- Longer-lasting results compared to some HA fillers

Non HA Fillers FAQ's

Is the procedure painful?

Non-HA fillers are administered using a fine needle or cannula, and the level of discomfort is usually minimal. Topical numbing cream or local anesthesia may be used to enhance comfort. Some fillers also contain lidocaine to reduce pain during the injection process.

What are the risks?

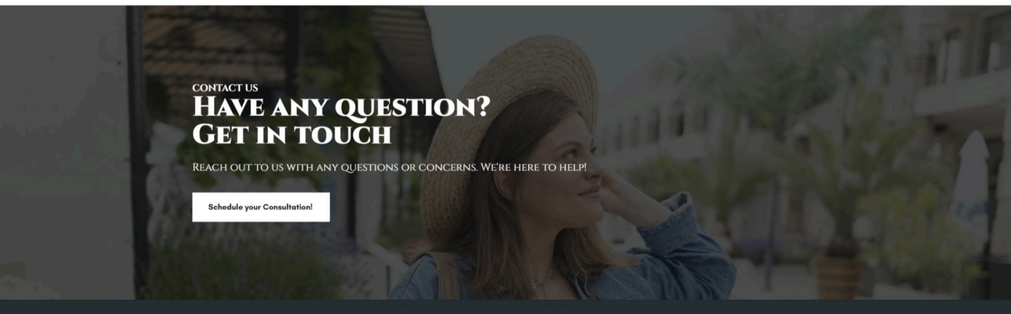
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

How can I maintain the results?

Can I combine it with other procedures?



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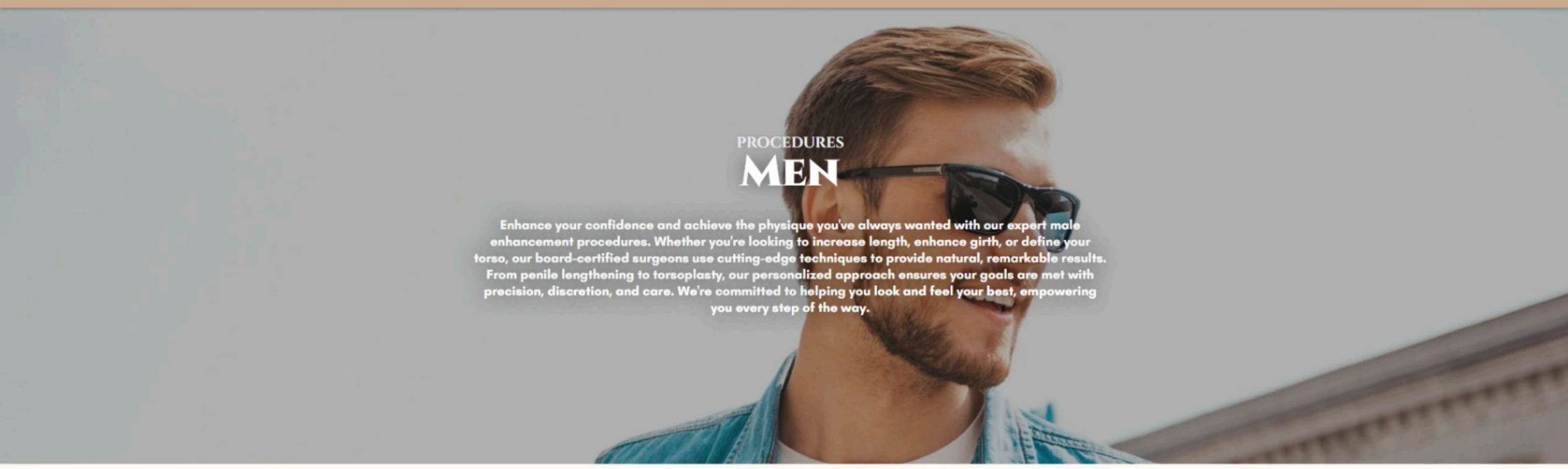


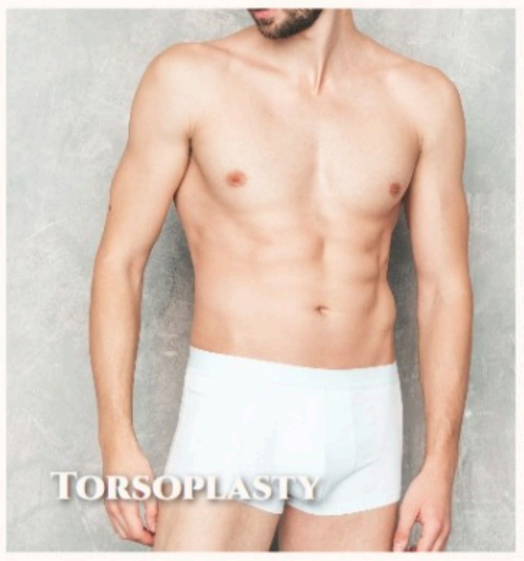
PROCEDURES

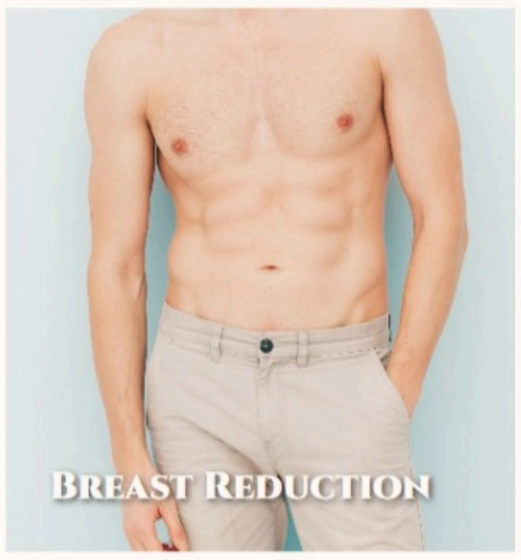
MEN

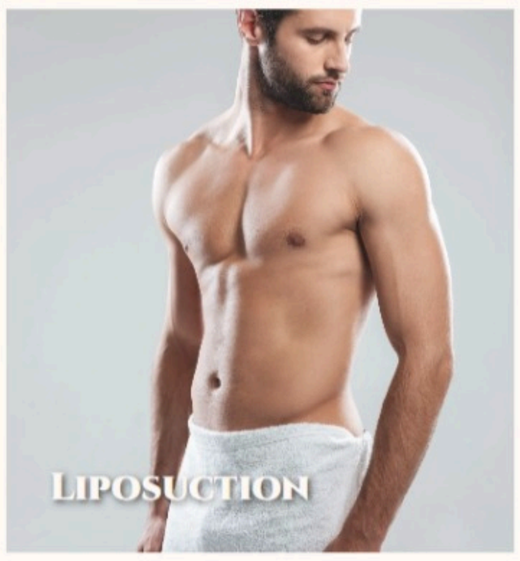
Enhance your confidence and achieve the physique you've always wanted with our expert male enhancement procedures. Whether you're looking to increase length, enhance girth, or define your torso, our board-certified surgeons use cutting-edge techniques to provide natural, remarkable results. From penile lengthening to torsoplasty, our personalized approach ensures your goals are met with precision, discretion, and care. We're committed to helping you look and feel your best, empowering you every step of the way.











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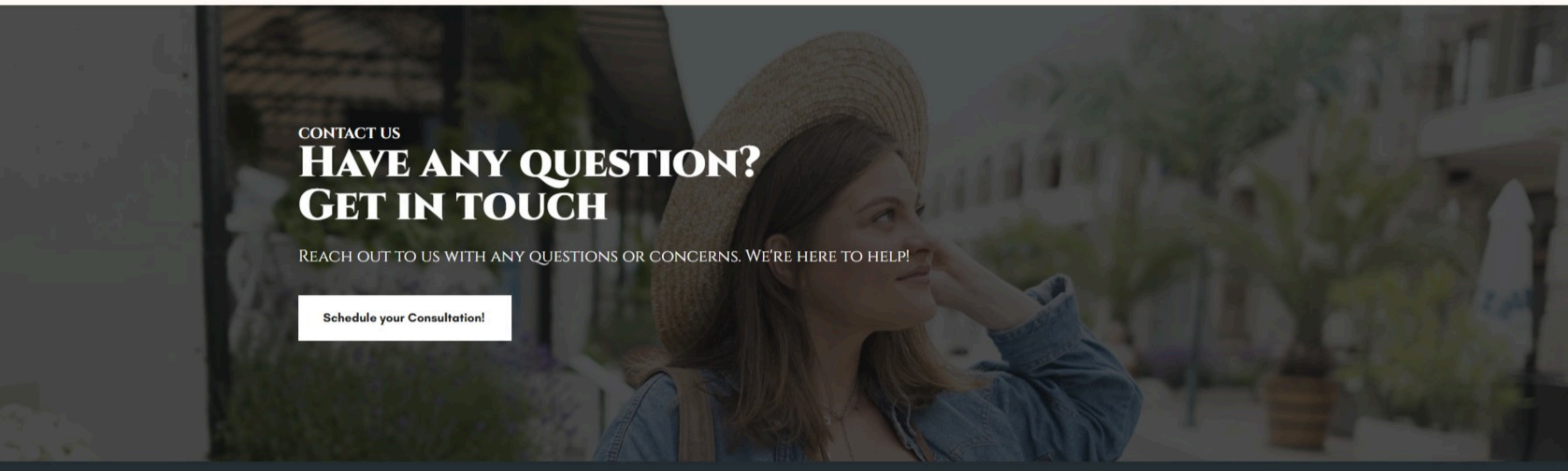

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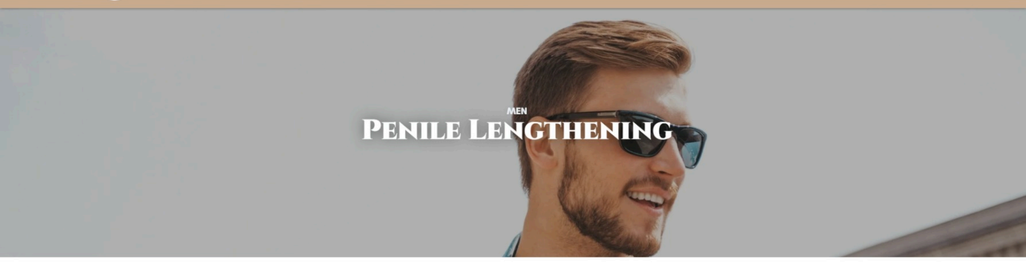


MEN

Penile Lengthening

What Is Penile Lengthening??

Penile lengthening is a cosmetic surgical procedure designed to increase the visible length of the penis. The surgery typically involves cutting the suspensory ligament, which connects the penis to the pubic bone, allowing a portion of the internal penis to extend outward.

This creates the appearance of a longer penis when flaccid. The procedure is often performed to improve self-confidence and body image for men who feel self-conscious about their penis size.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	1-2 HOURS	4-6 WEEKS	$4220 - $4920



How Is A Penile Lengthening Procedure Performed?

The procedure starts with an incision made at the base of the pubic area, where the suspensory ligament of the penis is located. By cutting this ligament, a portion of the penis that is normally inside the body is released, making the penis appear longer. In some cases, fat or skin grafts may be used to enhance the aesthetic outcome. Once the ligament is cut and any additional adjustments are made, the incision is closed, and a compression garment may be applied. The surgery is typically performed under general anesthesia.

Who Is A Candidate For This Surgery?

Candidates for penile lengthening surgery are men who are in good overall health and have realistic expectations about the results. It is typically sought by men who are concerned about the length of their penis when flaccid and who may experience psychological distress due to their perceived size. Ideal candidates should also be non-smokers or willing to stop smoking before surgery to aid in proper healing. It is essential to have a consultation with a board-certified surgeon to evaluate personal goals and determine whether the procedure is appropriate.

How Long Is The Surgery?

Penile lengthening surgery typically takes between 1 to 2 hours to complete, depending on the complexity of the case.

What Is The Recovery Like?

Recovery from penile lengthening surgery involves several weeks of healing. Patients can expect some swelling, bruising, and discomfort initially, which can be managed with prescribed pain medications. It is recommended to avoid any strenuous activities, including sexual intercourse, for at least 4-6 weeks. Wearing loose clothing and avoiding pressure on the area is advised during the healing period. Most individuals can return to light activities after a week, but full recovery takes several weeks, with results becoming more noticeable as swelling subsides.

What Are The Benefits?

Penile lengthening surgery offers both physical and psychological advantages, including

Benefits:

- Increased visible length of the penis
- Improved self-esteem and body image
- Boost in sexual confidence
- Potential enhancement of sexual satisfaction
- A lasting solution for those seeking cosmetic improvement

Penile Lengthening FAQ's

Is the procedure painful?

The procedure is typically performed under general anesthesia, so you won't feel pain during surgery. Post-surgery, you may experience mild to moderate discomfort, swelling, and bruising, which can be managed with prescribed pain medications.

What are the risks?

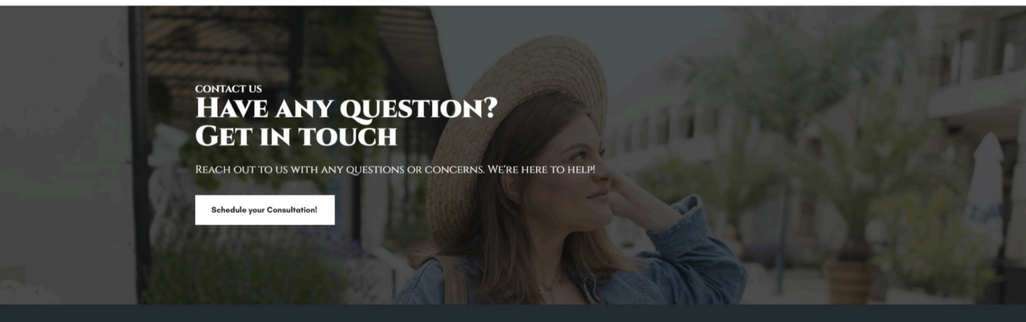
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?



CONTACT US

Have any question? Get in touch

Reach out to us with any questions or concerns. We're here to help!

Schedule your Consultation!

Get In Touch
Hospital Angeles del Pedregal Camino Sta. Teresa 1055, Héroes de Padierna, La Magdalena Contreras CDMX, Mexico City, Mexico
Mon-Fri 9:00AM - 5:00PM
contact@bodyglowplasticsurgery.com

MEN

Girth Enhancement

What Is Girth Enhancement?

Girth enhancement is a cosmetic procedure designed to increase the circumference of the penis, providing a fuller and thicker appearance. This can be achieved through different methods, such as fat transfer, dermal fillers, or tissue grafts.

The goal of the procedure is to enhance both the visual appearance and physical sensation of the penis. Girth enhancement is often sought by men who wish to improve their self-confidence and satisfaction with their penile size.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	1-2 HOURS	4-6 WEEKS	$3620 - $4920



How Is A Girth Enhancement Procedure Performed?

Girth enhancement can be performed using fat grafting, dermal fillers, or other tissue augmentation techniques. In fat grafting, fat is harvested from areas like the abdomen or thighs via liposuction, purified, and then injected into the penis to increase its thickness. Dermal fillers, such as hyaluronic acid, can also be injected for temporary enhancement. In some cases, allograft or autograft tissue may be used. The procedure is typically performed under local or general anesthesia, and results vary based on the method chosen.

Who Is A Candidate For This Surgery?

Candidates for girth enhancement are men who are in good overall health and wish to improve the thickness of their penis. Ideal candidates are those with realistic expectations regarding the outcomes of the procedure. Men who are self-conscious about their penile girth, either for cosmetic reasons or due to concerns about sexual satisfaction, may benefit from this surgery. Non-smokers or individuals willing to quit smoking before the procedure are preferred, as smoking can interfere with healing. A consultation with a qualified plastic surgeon will help determine candidacy.

How Long Is The Surgery?

Girth enhancement surgery typically takes between 1 to 2 hours, depending on the technique used and the desired results.

What Is The Recovery Like?

Recovery from girth enhancement depends on the specific technique used. After the procedure, patients may experience swelling, bruising, and some discomfort. Pain can be managed with medication, and swelling usually subsides within a few weeks. Patients should avoid strenuous activities, including sexual activity, for at least 4-6 weeks. Compression garments may be advised to reduce swelling in cases of fat transfer. Most individuals can return to light activities after a week, but full recovery takes a few weeks, with final results becoming more noticeable as swelling reduces.

What Are The Benefits?

Girth enhancement provides several benefits, such as:

Benefits:

- Increased penile thickness
- Enhanced self-esteem and body image
- Improved sexual confidence
- Potential improvement in sexual satisfaction
- Long-lasting or temporary results depending on the method chosen

Girth Enhancement FAQ's

Is the procedure painful?

The procedure is usually performed under local anesthesia with sedation or general anesthesia, so you won't feel pain during the surgery. Mild discomfort, swelling, and bruising can be expected afterward, which can be managed with medication.

What are the risks?

How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the procedure affect sexual function?

Can I combine it with other procedures?

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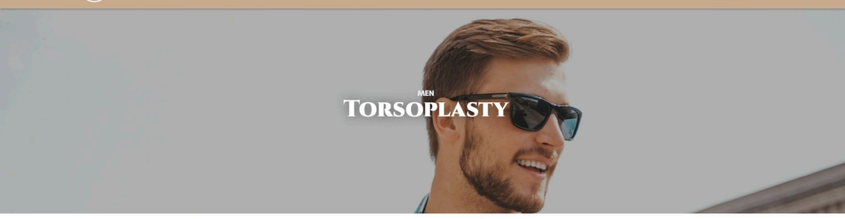


MEN

Torsoplasty

What Is Torsoplasty?

Torsoplasty, also known as body lift or upper body lift, is a cosmetic procedure designed to reshape and contour the torso, particularly the upper back, chest, and sides. It is often performed to remove excess skin and fat that may have accumulated due to significant weight loss or aging.

By tightening and lifting the tissues around the torso, torsoplasty improves body shape, enhances posture, and creates a more defined, youthful appearance. It is often combined with other procedures like liposuction for more comprehensive results.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	3-5 HOURS	1-2 WEEKS	$4220



How Is A Torsoplasty Procedure Performed?

Torsoplasty involves making incisions along the upper back, sides, or chest to remove excess skin and fat. The surgeon will then tighten the underlying muscles and reposition tissues to create a smoother, more toned appearance. In some cases, liposuction is used to remove stubborn fat deposits for additional contouring. Once the desired shape is achieved, the incisions are closed with sutures, and bandages or compression garments are applied to support healing. The surgery is typically performed under general anesthesia and may last several hours, depending on the extent of the procedure.

Who Is A Candidate For This Surgery?

Candidates for torsoplasty are individuals who have experienced significant weight loss or aging and are left with excess skin or fat around their upper torso. Ideal candidates are in good overall health, have maintained a stable weight, and are non-smokers or willing to quit smoking prior to surgery. It's important that candidates have realistic expectations and are seeking to improve the contour and appearance of their torso. A consultation with a board-certified plastic surgeon will determine if torsoplasty is the right procedure based on personal goals and medical history.

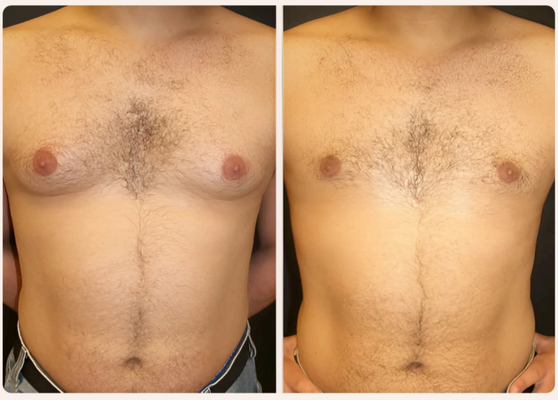
How Long Is The Surgery?

Torsoplasty surgery typically takes between 3 to 5 hours, depending on the extent of the procedure and whether it's combined with liposuction or other body contouring techniques.

What Is The Recovery Like?

Recovery from torsoplasty can take several weeks. Patients should expect swelling, bruising, and discomfort in the initial days, which can be managed with pain medication. It's important to wear compression garments to support healing and reduce swelling. Strenuous activities should be avoided for at least 4-6 weeks, but light activities can usually be resumed after 1-2 weeks. Full recovery may take several months, during which time swelling will continue to decrease, and final results will become more noticeable. Follow-up appointments are essential to ensure proper healing.

Our Results



What Are The Benefits?

Torsoplasty offers numerous physical and psychological benefits, including:

Benefits:

- Removal of excess skin and fat for a more toned appearance
- Improved body contour and proportions
- Enhanced posture and mobility
- Boost in self-confidence and body image
- Long-lasting results when paired with a healthy lifestyle

Torsoplasty FAQ's

Is the procedure painful?

Torsoplasty, which involves contouring the upper body, is performed under general anesthesia, so you won't feel pain during the procedure. Post-operative discomfort, swelling, and bruising are normal but manageable with prescribed medications.

What are the risks?

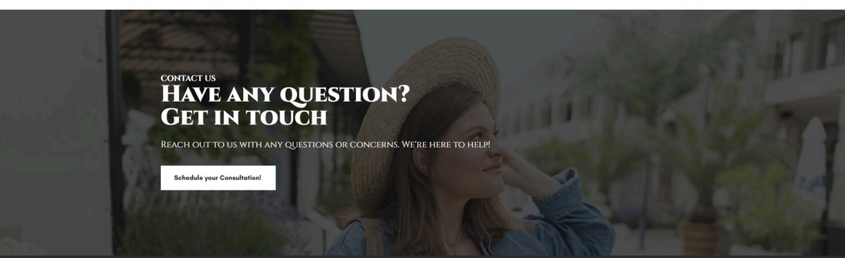
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?



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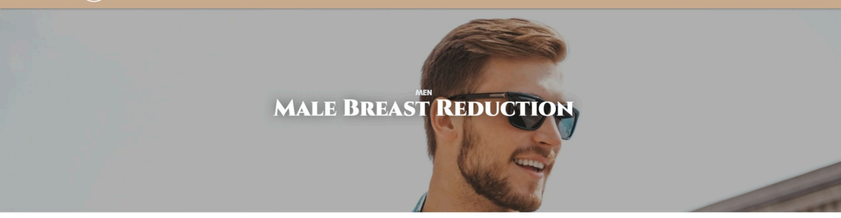


MEN

Male Breast Reduction

What Is A Male Breast Reduction?

Male breast reduction, also known as gynecomastia surgery, is a procedure to correct enlarged male breasts. This condition can occur due to hormonal imbalances, medications, obesity, or genetics. Gynecomastia can cause significant emotional distress and impact self-esteem.

The surgery involves removing excess fatty tissue and glandular tissue to restore a more masculine chest contour.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
GENERAL ANESTHESIA	1-2 HOURS	2-4 WEEKS	$3620



How Is A Breast Reduction In Males Performed?

The surgical approach for male breast reduction depends on the cause of the enlargement. For fat deposits, liposuction may be sufficient. However, if glandular tissue is involved, surgical removal of the excess tissue is necessary. Incisions are typically made around the areola or in the underarm area. The surgeon removes excess fat and glandular tissue, and the skin is tightened to create a more contoured chest.

Who Is A Candidate For This Surgery?

Ideal candidates for male breast reduction are men who are physically and emotionally healthy and have realistic expectations about the procedure. They should have a stable weight and be free from underlying medical conditions that could affect the outcome. Men who are bothered by the appearance of their chest and who have tried non-surgical options without success may be suitable candidates.

How Long Is The Surgery?

The duration of a male breast reduction surgery typically ranges from 1 to 2 hours.

What Is The Recovery Like?

Recovery from male breast reduction involves some discomfort, swelling, and bruising. Patients will need to wear a compression garment for several weeks to aid in healing and reduce swelling. Most patients can resume light activities within a few days, but it may take several weeks for the final results to become apparent. It's essential to avoid strenuous activities and lifting heavy objects for a specified period.

Our Results





What Are The Benefits?

Breast reduction in males, or gynecomastia surgery, is a procedure to correct enlarged male breasts. It is often performed for cosmetic reasons or to alleviate discomfort.

Benefits:

- Improved body image and self-esteem
- Reduced discomfort or embarrassment
- More masculine appearance

Breast Reduction In Males FAQ's

Is the procedure painful?

Breast reduction in males (gynecomastia surgery) is performed under general anesthesia, so you won't feel any pain during the procedure. After surgery, you may experience discomfort, swelling, and tightness in the chest area. Pain is typically mild to moderate and can be managed with prescribed pain medications. Most patients report that discomfort subsides within the first week.

What are the risks?

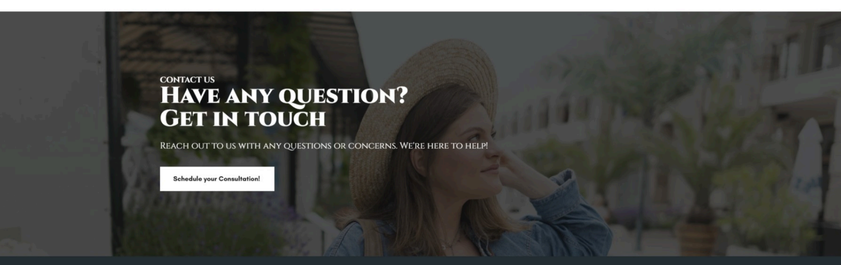
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?



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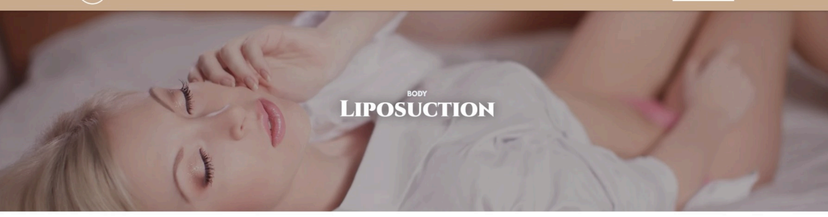


BODY
Liposuction

What Is A Liposuction?

Liposuction is a surgical procedure designed to remove excess fat from specific areas of the body. Unlike diet and exercise, which target overall fat reduction, liposuction is focused on contouring the body by eliminating stubborn fat deposits that are resistant to traditional methods. Common treatment areas include the abdomen, flanks, thighs, arms, and chin, but it can be performed on almost any part of the body. It's important to note that liposuction is not a weight loss solution and should be considered for individuals with localized fat deposits who have reached a stable weight.

The procedure involves the use of a cannula, a thin tube with a rounded tip, to break up and suction out fat cells. There are different techniques available, such as traditional liposuction, laser-assisted liposuction (LipoLaser), and ultrasound-assisted liposuction (UAL), each with its own advantages and suitable for different patients.

Contact us

Anesthesia	Duration of Operation	Recovery Time	Total Cost
LOCAL ANESTHESIA	1-3 HOURS	3-6 WEEKS	$3220 - $4920



How Is A Liposuction Performed?

Liposuction is typically performed under general anesthesia. A small incision is made, and a thin tube called a cannula is inserted to break up and suction out fat cells. The procedure can be performed using traditional liposuction, laser-assisted liposuction, or ultrasound-assisted liposuction, depending on the patient's needs and the surgeon's preference.

Who Is A Candidate For This Surgery?

Ideal candidates for liposuction are individuals with localized fat deposits and good overall health. They should have realistic expectations about the procedure and understand that liposuction is not a substitute for weight loss. Patients with stable weight and good skin elasticity tend to achieve better results.

How Long Is The Surgery?

The duration of liposuction varies depending on the treated areas and the amount of fat removed. Typically, the procedure takes between one and three hours.

What Is The Recovery Like?

Recovery time varies depending on the extent of the procedure. Most patients can resume normal activities within a few days, but it may take several weeks for the swelling and bruising to subside. Compression garments are usually worn for several weeks to aid in healing and reduce swelling.

Our Results





What Are The Benefits?

Liposuction is a surgical procedure that removes excess fat from specific areas of the body. It is not a weight loss solution but can help contour the body by targeting stubborn fat deposits that are resistant to diet and exercise.

Benefits:

- Improved body contour
- Reduced appearance of cellulite
- Increased self-esteem

Liposuction FAQ's

Is the procedure painful?

Liposuction is performed under local or general anesthesia, so you won't feel pain during the procedure. Post-surgery, you may experience some soreness, swelling, and bruising in the treated areas. Pain is usually mild to moderate and can be managed with prescribed pain medication. Most discomfort subsides within a few days to a week.

What are the risks?

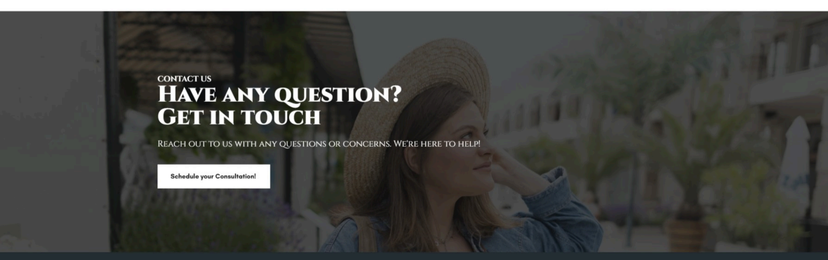
How much time off will I need?

How long until I see results?

How long does the result of the procedure last?

Does the scar ever go away?

Can I combine it with other procedures?



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contactebodyglowplasticsurgery.com

HOME

International Patients



INTERNATIONAL PATIENTS

Traveling Patients

We fully understand the unique needs of patients traveling internationally for medical procedures. To ensure a seamless and stress-free experience, we provide personalized concierge services that address every detail of your journey. From the moment you arrive, our comprehensive airport transfer service ensures a smooth transition to your comfortable accommodations.

Our carefully selected accommodation options prioritize your comfort and convenience, offering a relaxing environment that allows you to focus on your recovery. We also provide assistance in your preferred language, ensuring clear communication throughout your stay.

Our state-of-the-art facilities are equipped with the latest technology, adhering to the highest safety and efficiency standards. Designed to be a safe and welcoming space, our clinic ensures that you can feel at ease and confident in the care you receive.

We are committed to making your medical experience as comfortable and successful as possible. Our dedicated team is here to support you every step of the way, from your initial consultation to post-operative care, with the highest level of professionalism and compassion.

Contact us

1. Schedule Your Consultation

Research and contact reputable clinics or hospitals in Mexico that specialize in plastic surgery. Schedule an initial consultation to discuss your desired procedures, medical history, and expectations with the surgeon. Many clinics offer virtual consultations, which can be convenient for international patients.

2. Plan Your Travel and Accommodation

Once you've selected a clinic and confirmed your surgery date, arrange your travel and accommodation. Look for hotels or recovery centers near the clinic that cater to medical tourists. Ensure your travel dates allow for a comfortable recovery period before returning home. Some clinics offer packages that include accommodation and transportation services.

3. Prepare for the Procedure

Follow the pre-operative instructions provided by your surgeon. This may include medical tests, dietary restrictions, and adjustments to your medication regimen. Make sure you understand the risks and benefits of the procedure, and arrange for post-operative care and support. Having a companion to assist you during your recovery can be very beneficial.

4. Undergo Surgery and Post-Operative Care

Arrive at the clinic on the scheduled date for your procedure. After the surgery, follow the surgeon's post-operative care instructions meticulously to ensure a smooth recovery. Attend follow-up appointments as required, either in person or virtually. Make sure you have all the necessary medications and supplies for your recovery period.

STEP-BY-STEP GUIDE



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HOME

Tourism in Mexico

Discover The Magic Of Mexico City

Mexico City is a vibrant and dynamic metropolis, blending its rich historical heritage with modern attractions. As one of the largest cities in the world, it offers international patients the unique chance to recover while discovering cultural landmarks, world-class museums, and a culinary scene that rivals the best globally. This city is not only where the ancient Aztec empire once thrived or where colonial architecture stands tall; it's a living, evolving city, full of contrasts and surprises.
For those drawn to ancient history, the city's museums and ruins offer a captivating window into the past. Colonial architecture lines the streets, reflecting Mexico's complex journey of conquest and liberation. At the same time, contemporary art, fashion, and technology are flourishing. Mexico City is a place that embraces both the old and new, the familiar and the unknown.
During your stay, you'll focus not only on your medical journey but also on immersing yourself in the energy, charm, and ever-changing pulse of one of the world's most exciting cities. Every corner holds a story—sometimes beautiful, sometimes challenging, but always authentic.



Contact us



The Zócalo

The heart of Mexico City, the Zócalo, is one of the largest city squares in the world. Surrounded by historic landmarks like the Metropolitan Cathedral and the National Palace, it's the ideal spot to immerse yourself in the city's rich history and culture.

Chapultepec Park and Castle

A vast green space in the heart of the city, Chapultepec Park is home to the majestic Chapultepec Castle, offering panoramic views of the city. The park also houses museums, a zoo, and serene lakes, making it a perfect spot for a relaxing day out.





Frida Kahlo Museum

Known as the "Blue House," this museum was the home of iconic Mexican artist Frida Kahlo. Located in the charming Coyoacán neighborhood, it offers a glimpse into her life and work, filled with personal artifacts and artworks.

Teotihuacán Pyramids

Located just outside Mexico City, Teotihuacán is an ancient Mesoamerican city famous for its towering Pyramids of the Sun and Moon. A UNESCO World Heritage site, it's one of the most impressive archaeological locations in the world.





Palacio de Bellas Artes

This stunning palace is a cultural gem, showcasing performances of ballet, opera, and theater, as well as rotating art exhibitions. Its art deco and art nouveau architectural styles make it one of the city's most beautiful buildings.

Xochimilco Canals

A UNESCO World Heritage site, Xochimilco offers colorful boat rides through ancient canals, once part of the extensive Aztec waterways. Visitors can enjoy floating gardens, live music, and local cuisine aboard traditional boats called trajineras.



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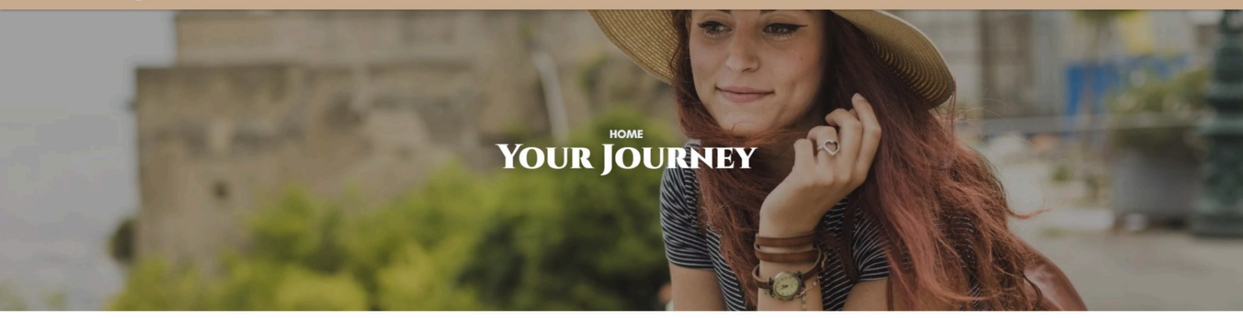


HOME

Your Journey

YOUR JOURNEY WITH BODY GLOW PLASTIC SURGERY

A Step-By-Step Guide For International Patients:

Contact us

STEP 1: SUBMIT YOUR INQUIRY AND PHOTOS VIA EMAIL

To offer you the best service, we ask that you complete all sections of our Pre-Consultation Form, accompanied by high-quality photos. This will provide our medical team with the necessary information to evaluate your case and offer an accurate medical assessment along with a personalized quote that fits your needs.

Required Photographs

- **For body procedures:** Full-body images from the front, back, and side views.
- **For facial procedures:** Close-up images from the front and both profiles (right and left).

Only applications that include the required photographs will be reviewed and considered by our healthcare professionals. Rest assured that all information provided will be handled with strict confidentiality.

FILL OUT THE PRE-CONSULTATION FORM

STEP 2: RECEIVE YOUR QUOTE

After we receive your Pre-Consultation Form and photos, you will be provided with a detailed, all-inclusive plastic surgery package quote. This will cover the costs of your chosen procedures, available dates, and the duration of your stay in Mexico. The quoted amount from Med Tour Plastic Mexico is final, with no hidden costs.

Your All-Inclusive Package includes:

- Surgical Procedure
- Fees for Surgeons, Anesthetists, and the entire medical team
- Hospital Stay
- Hotel Accommodation
- All Pre- and Post-Operative Consultations
- All Local Transportation (Airport/Hotel - Hotel/Hospital - Hotel/Medical Appointments)
- Bilingual Assistance
- Daily doctor visits to your hotel room for five days post-surgery to check your health, change bandages, or assist with anything needed during your recovery.

STEP 3: BOOK YOUR DATE

Once you've decided on your departure date, you can proceed with your reservation. There are two ways to secure your date:

1. By paying the total package cost before your arrival in Mexico via an international bank transfer, at least 10 days prior to your departure.
2. If you prefer not to make any payments until you meet the surgeon, you can confirm your reservation by emailing us a copy of your travel itinerary (confirmation of your flight ticket), including all flight details (date and time of arrival and departure, airline, flight number, etc.). This will secure your booking without the need for a pre-payment. In this case, the full package amount will be due on the day of your surgery, payable in USD or Euros. Credit/Debit Cards are not accepted.

STEP 4: RECEIVE YOUR ITINERARY

Once we receive your payment or flight details, your consultant will send you a detailed itinerary for your trip, including your surgery and stay in Mexico.

STEP 5: ARRIVAL AT MEXICO CITY INTERNATIONAL AIRPORT

Upon arrival, a private driver will meet you inside the airport and escort you to your hotel. Your personal assistant will be at the hotel to greet you, answer any questions about your trip, and ensure you have everything you need for a comfortable stay.

STEP 6: INITIAL CONSULTATION WITH YOUR SURGEON

On the day of your arrival, your assistant will accompany you to the hospital for your first consultation with the surgeon and medical team. Please bring your blood test results (conducted in your home country before arrival) to avoid any delays in your treatment.

STEP 7: YOUR SURGICAL PROCEDURE

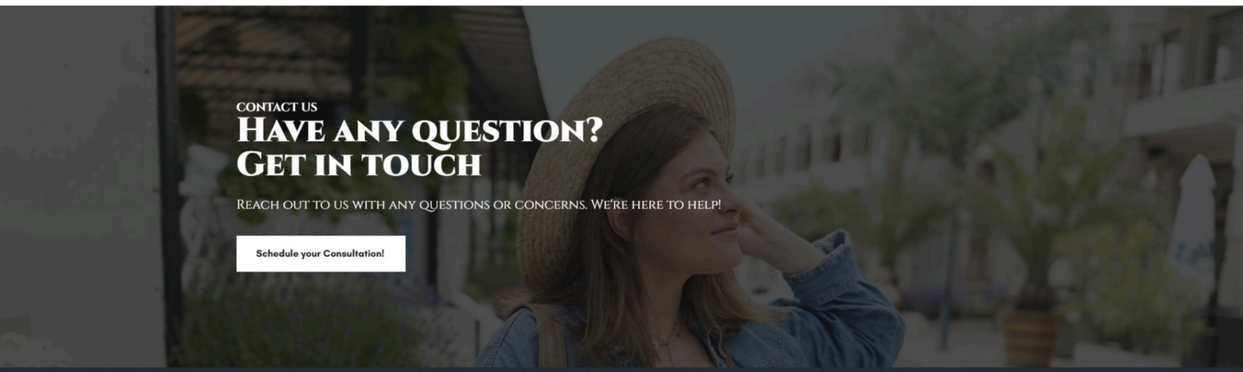
Your surgery will take place the day after your arrival. On the day of the procedure, your assistant will pick you up from the hotel and take you to the hospital. All administrative details will be handled, and your service manager will visit you daily during your hospital stay. Once discharged, you will be driven back to the hotel to rest and recover comfortably.

STEP 8: POST-OPERATIVE CARE AND RECOVERY

Follow the doctor's post-operative care instructions closely. The first few days after surgery are crucial for proper recovery. A doctor (not a nurse) will visit you at your hotel five days a week to monitor your progress and assist with any needs during your stay. Usually, two post-surgical appointments are necessary to ensure proper healing. During the final consultation, your surgeon will check the incisions, remove stitches if needed, and give the go-ahead for you to return home.

STEP 9: RETURN TO YOUR COUNTRY

On the day of your departure, a private chauffeur will take you from the hotel to the airport. Our commitment to you doesn't end here. Med Tour Plastic Mexico will remain in contact even after your return home. If you have any questions or concerns, you can reach us by email or phone.



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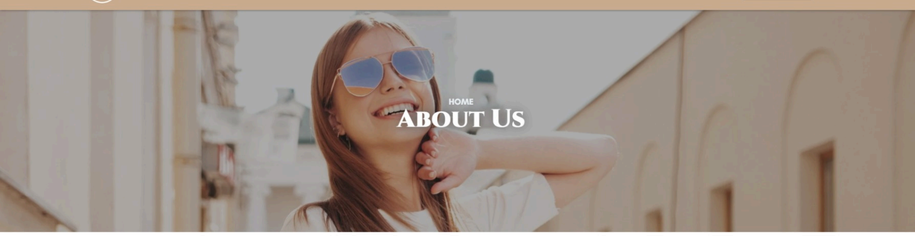

HOME

About Us

What is Body Glow Plastic Surgery

Body Glow Plastic Surgery is a premier destination for those seeking exceptional plastic surgery services. Combining top-tier medical expertise with personalized care, we are dedicated to helping you achieve the look you've always dreamed of. At Body Glow, beauty is redefined with a glow that reflects confidence, elegance, and a renewed sense of self. Let us guide you on your journey to transformation in a supportive and professional environment.



What do we offer?

We provide a comprehensive medical tourism experience that combines world-class plastic surgery with the beauty of Mexico.

- **Expert Surgeons:** Our highly skilled and experienced surgeons specialize in a wide range of plastic surgery procedures.
- **Affordable Prices:** Enjoy significant savings on top-quality procedures compared to prices in the United States.
- **Luxurious Accommodations:** Relax and recover in stylish accommodations with stunning views.

Schedule your Consultation!

Contact us

Why Choose Us?

Body Glow Plastic Surgery specializes in combining exceptional plastic surgery with the unique advantages of medical tourism in Mexico City. Our mission is to provide you with the highest standard of care, prioritizing your safety, comfort, and satisfaction at every step of your journey. From your initial consultation to your final post-operative follow-up, our team of highly skilled professionals is dedicated to addressing your individual needs with personalized care and advanced medical facilities.
Our partner hospitals and clinics are among the best in Mexico, offering cutting-edge technology, fully accredited standards, and experienced surgeons. We provide all-inclusive packages that cover not just the surgery but also accommodations, local transportation, and post-operative care, allowing you to focus entirely on your recovery while we take care of the logistics.

As a medical tourism provider, we also give you the opportunity to explore the rich cultural heritage of Mexico City. While you recover, you can visit iconic landmarks like the Teotihuacan Pyramids, enjoy delicious local cuisine, or immerse yourself in the city's vibrant art and culture—all while being cared for by our expert team.

With Body Glow Plastic Surgery, you'll not only undergo transformative surgery but also enjoy a fulfilling and culturally enriching experience in one of the world's most exciting cities.



Our Hospitals and Clinics

At Body Glow Plastic Surgery, we collaborate with the most renowned hospitals and clinics in Mexico to ensure our patients receive the highest level of care throughout their cosmetic and plastic surgery journey. Our team has meticulously assessed and chosen hospitals based on their dedication to international healthcare standards, cutting-edge facilities, and highly skilled medical professionals. These hospitals meet both **national and international accreditation** requirements, including **ISO certifications**, guaranteeing patient safety and exceptional service.

Our trusted hospital partners offer:

- Facilities that meet international hygiene standards with cutting-edge medical equipment.
- Highly qualified medical staff and ongoing training for healthcare professionals.
- Comfortable patient rooms with private bathrooms, Wi-Fi, and cable TV for a restful recovery.
- Fully equipped operating rooms and advanced anesthesia and recovery units.
- Comprehensive post-operative care, including dedicated anesthesiologists and well-trained nursing personnel.

More Information

Traveling Patients

At our clinic, we deeply understand the unique needs of patients traveling from abroad for medical procedures. To ensure a seamless and stress-free experience, we offer personalized concierge services designed to cater to every aspect of your journey. From the moment you arrive, you will benefit from our comprehensive airport transfer service, ensuring a smooth transition from your flight to your comfortable accommodations.

Our accommodation options are carefully selected to provide the utmost comfort and convenience, allowing you to focus on your recovery in a relaxing environment. Additionally, we offer assistance in your preferred language, ensuring clear communication and understanding throughout your entire stay.

Our state-of-the-art facilities are equipped with the latest technology, meeting the highest standards of safety and efficiency. Our clinic is designed to be a safe and welcoming environment, where you can feel at ease and confident in the care you receive.

We are committed to making your medical experience as comfortable and successful as possible. Our dedicated team is here to support you at every step, from initial consultation to post-operative care, ensuring that all your needs are met with the highest level of professionalism and compassion.

Discover More!



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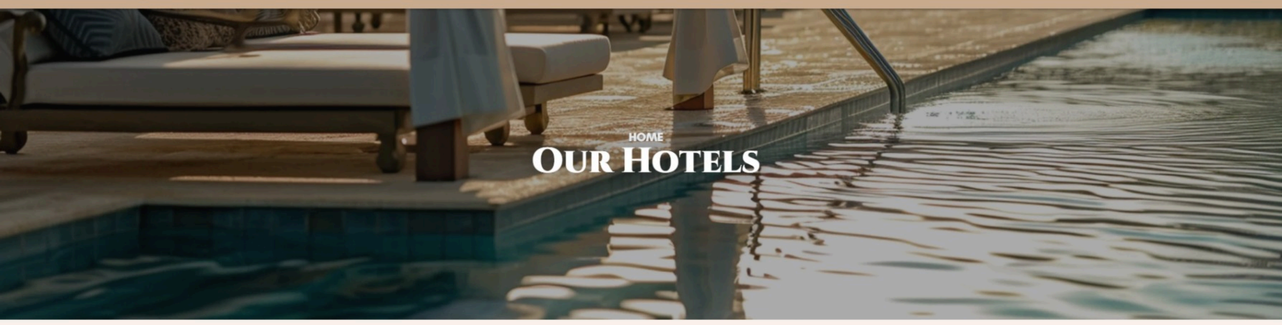
Schedule your Consultation!

Get In Touch

Hospital Angeles del Pedregal Camino Sta. Teresa 1055, Héroes de Padierna, La Magdalena Contreras CDMX, Mexico City, Mexico

Mon-Fri 9:00AM - 5:00PM

contactebodyglowplasticsurgery.com



HOME

Our Hotels

Welcome To Your Stay With Body Glow Plastic Surgery

At Body Glow Plastic Surgery, we understand that recovery is just as crucial as the procedure itself. That's why we've carefully selected accommodations tailored to the needs of our patients. Whether you choose our all-inclusive hotel option or opt for a specialized recovery house, your comfort and well-being are our top priorities.

Our hotel packages include modern, comfortable rooms, daily doctor visits, and all-inclusive local transportation between the airport, hotel, and hospital. Enjoy amenities like complimentary breakfast, room service, free Wi-Fi, and more, ensuring a restful and stress-free recovery.

For those seeking an elevated level of post-surgical care, our recovery house offers 24/7 attentive nursing, nutritious homemade meals, and a tranquil environment optimized for healing. Whether you prefer the privacy of a hotel or the added medical attention at the recovery house, you'll have everything you need for a smooth and comfortable recovery.

At Body Glow Plastic Surgery, we are committed to providing not only the best medical care but also the highest standard of accommodations, so you can focus entirely on resting and healing.

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OPTION #1: HOTEL INCLUDED IN YOUR PACKAGE

Hotel Casablanca

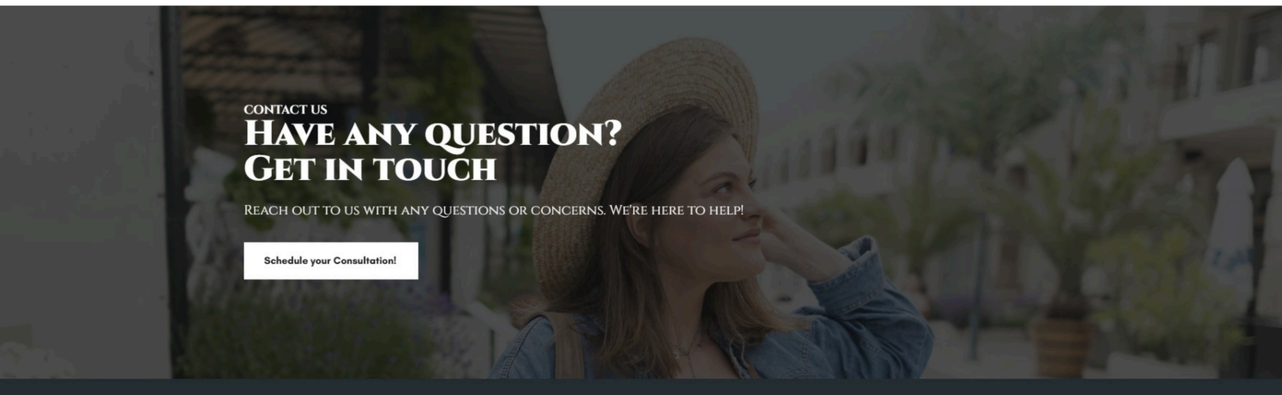
As part of your all-inclusive package, you'll stay at the Hotel Casablanca at no extra cost, except for additional nights beyond what's covered by your package. The price of the full package is **US$700**.

Additional Nightly Rates at Hotel Casablanca (after included nights):

- Single Room (1 adult + breakfast): **US$100**

Services Included in Your Package:

- All local transportation (Airport/Hotel, Hotel/Hospital, Hotel/Medical Consultations)
- Daily visits from a Medical Doctor (M.D.), not a nurse, 6 days a week to check on your health, assist with bandage changes, and support your recovery during your hotel stay.
- Free continental breakfast
- On-site restaurant and room service
- Average full meal cost (appetizer, main course with fish or meat, dessert): **US$30**
- Complimentary high-speed Wi-Fi and Internet access
- Business center access
- Room amenities include LAN connection, hair dryers, air-conditioning, and safety deposit boxes
- Non-smoking rooms available
- 21" TV with 80+ channels
- Laundry and dry-cleaning services (excluding Sundays and holidays)
- Room service available from 7:00 AM to 11:00 PM



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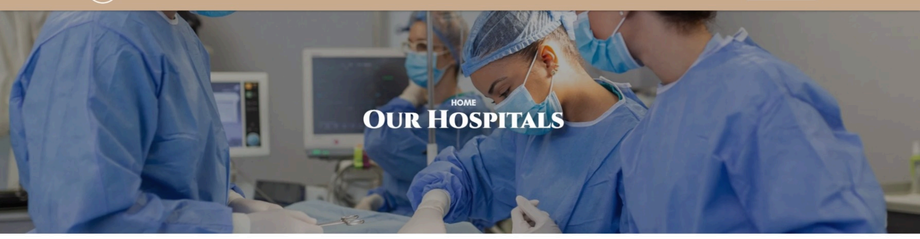

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Accreditation and Quality Standards

Our hospital partners comply with rigorous national health regulations and international quality certifications. These facilities go through extensive testing and inspections to meet high standards, ensuring that your experience is safe, comfortable, and efficient.

Hospital Amenities and Services

All our partner hospitals and clinics offer first-rate amenities to make your stay as comfortable as possible:

- Private rooms with en-suite bathrooms, free Wi-Fi, and cable television.
- Advanced operating rooms, fully equipped for all plastic surgery procedures.
- On-site medical teams that include surgeons, anesthesiologists, and nursing staff, all of whom are dedicated to your well-being.
- Daily monitoring by doctors to ensure post-surgical health and recovery progress.

Post-Surgery Care

At Body Glow Plastic Surgery, we prioritize your safety and comfort during recovery. We don't rush to discharge patients early; instead, we offer extended stays in the hospital or clinic to ensure full recovery before returning to your hotel. Our team provides attentive care, ensuring that you follow medical instructions closely, minimizing complications and promoting quicker recovery.






TESTIMONIALS

Patient Reviews

From start to finish, everything was perfect. The team made me feel comfortable and supported, and the results were exactly what I hoped for. I'm so glad I chose Body Glow!

Jennifer L.

The experience was more than I could have imagined. The doctors were skilled, the technology was advanced, and I felt at ease every step of the way. I couldn't be happier with my results.

Emily R.

The medical team went above and beyond to ensure I was comfortable and well cared for. I felt confident in their hands and the results speak for themselves. I'm so grateful!

Olivia L.

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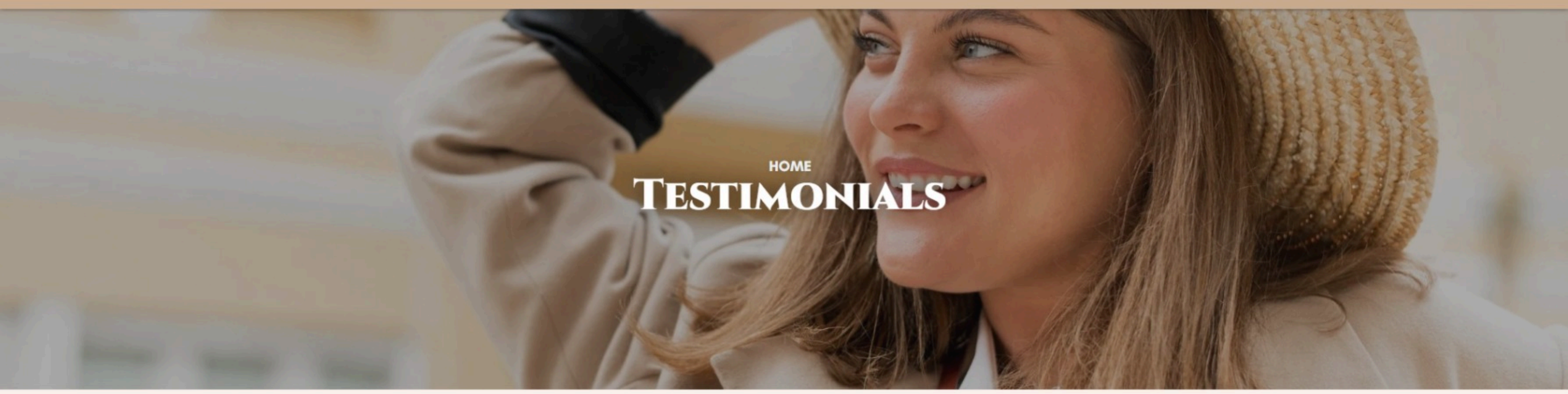

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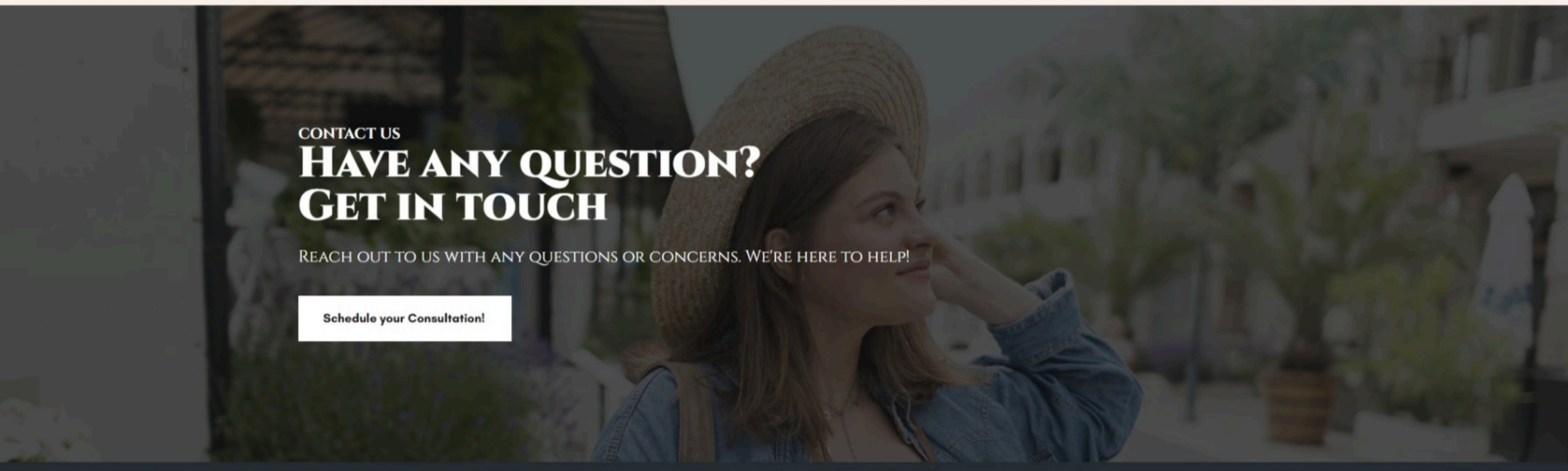

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Name

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Message

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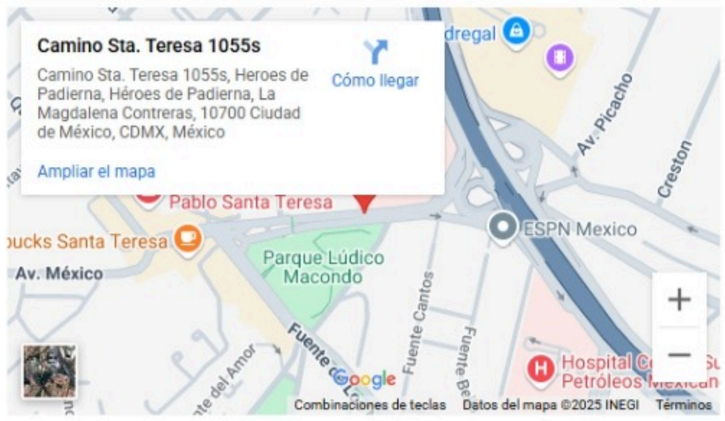

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