



## VALLARTA UNIFIED HEALTH SOLUTIONS

Medical Services Coordinator

What is plastic surgery?

Plastic surgery is a medical specialty focused on the reconstruction, repair, or alteration of the human body. It can be broadly classified into two types:

1. **Reconstructive Surgery:** This type is performed to restore the function or appearance of body parts affected by trauma, injury, birth defects, or medical conditions such as cancer. Common procedures include breast reconstruction after mastectomy, cleft lip and palate repair, and skin grafts for burn victims.
2. **Cosmetic Surgery:** This type is performed to enhance or improve the appearance of a person. It's often elective and includes procedures like rhinoplasty (nose reshaping), facelifts, breast augmentation, and liposuction.

Plastic surgery can involve various techniques like skin grafting, tissue expansion, and the use of prosthetic materials. It requires precision and a deep understanding of aesthetics and function.

Which cosmetic surgeries are available?

1. **Facelift:**

A facelift, or rhytidectomy, is a transformative cosmetic procedure that refreshes and rejuvenates your appearance by addressing the visible signs of aging in the face and neck. By tightening and lifting the skin and underlying tissues, a facelift smooths away sagging skin, reduces deep wrinkles, defines the jawline, and restores a youthful contour. It's designed to help you look naturally younger and more vibrant, giving you a confident, refreshed look.

## 2. Facial Feminization:

Facial feminization surgery (FFS) is a specialized cosmetic procedure aimed at enhancing and softening the features of the face to achieve a more traditionally feminine appearance. This transformative process involves a range of techniques designed to refine and harmonize the facial features, creating a balanced and elegant look. Whether it's softening the brow line, reshaping the nose, or contouring the jaw and chin, FFS is tailored to accentuate your unique beauty and help you feel more confident in your own skin. This procedure is ideal for individuals seeking to align their facial features with their gender identity, offering a blend of artistry and precision to achieve a naturally feminine appearance.

## 3. Eyelid Surgery:

Eyelid surgery, or blepharoplasty, is a refined cosmetic procedure designed to rejuvenate and refresh the appearance of your eyes. By removing excess skin, tightening loose muscles, and reducing puffiness, this surgery can help you achieve a more youthful, awake, and vibrant look. Whether you're looking to correct drooping upper lids or eliminate under-eye bags, eyelid surgery enhances the natural beauty of your eyes, leaving you looking well-rested and revitalized. It's a subtle, yet transformative way to refresh your entire face and regain a brighter, more confident appearance.

## 4. Foxy Eyes:

Foxy eyes, or cat-eye lift, is a trending cosmetic procedure designed to create a beautifully lifted and elongated eye shape for a more alluring, youthful appearance. By subtly raising the outer corners of the eyes, this technique gives you that sleek, sultry look often associated with high-fashion icons and celebrities. The result is a natural-looking, elongated gaze that enhances the overall contours of your face, offering a strikingly sophisticated and refreshed appearance. Perfect for those looking to add a touch of elegance and definition to their eyes!

## 5. Rhinoplasty:

Rhinoplasty, commonly known as a nose job, is a highly personalized cosmetic procedure that enhances the shape, size, and overall appearance of the nose, creating harmony with your facial features. Whether you're looking to refine the tip, smooth out bumps, or correct asymmetry, rhinoplasty helps you achieve a beautifully balanced and natural-looking nose. Beyond aesthetics, it can also improve breathing issues, making it both a functional and cosmetic enhancement. This transformative procedure gives you the confidence that comes with a more defined and harmonious profile, perfectly tailored to complement your unique beauty.

## 6. Ear Surgery:

Cosmetic ear surgery, or otoplasty, is a transformative procedure designed to reshape and reposition the ears for a more balanced and symmetrical appearance. Whether you're looking to correct prominent ears, reduce their size, or refine their shape, otoplasty can beautifully enhance your facial harmony. The result is a natural, subtle change that boosts your confidence and leaves you feeling more comfortable with your appearance. This simple yet impactful procedure creates a well-proportioned look, allowing your true beauty to shine.

## 7. Fat Transfer/Injection:

Cosmetic fat transfer and injection is a natural, rejuvenating procedure that enhances your body's contours by using your own fat to add volume and definition. This technique involves gently removing fat from areas like the abdomen or thighs and strategically injecting it into areas such as the face, breasts, or buttocks for a fuller, more youthful appearance. It's a perfect way to restore lost volume, smooth out wrinkles, or enhance curves, all while using your body's natural resources. The result? A beautifully sculpted, refreshed look with long-lasting, natural-looking results tailored to your unique shape.

## 8. Lip Lift:

A lip lift is a subtle yet transformative cosmetic procedure that enhances the natural beauty of your smile by shortening the space between the nose and upper lip. This creates a more lifted, fuller, and youthful appearance while adding definition and volume to the lips. By delicately reshaping the lip line, a lip lift can give you a more balanced, refreshed look and reveal more of your teeth when you smile. It's the perfect way to achieve a naturally enhanced pout and a more confident, radiant expression.

## 9. Neck Liposuction:

Neck liposuction is a highly effective cosmetic procedure designed to sculpt and define the neck and jawline, creating a slimmer, more youthful profile. By carefully removing excess fat beneath the chin and along the neck, this treatment eliminates the appearance of a "double chin" and smooths out any fullness. The result is a beautifully contoured neck and a more elegant transition between the face and shoulders, giving you a refreshed, confident look. Perfect for those looking to enhance their natural beauty with a sleek and refined jawline!

## 10. Chin Enhancement:

Chin enhancement, or genioplasty, is a cosmetic procedure designed to refine and enhance the shape and size of your chin, creating a more balanced and harmonious facial

profile. Whether you're looking to add definition, correct asymmetry, or achieve a stronger, more sculpted look, chin enhancement can beautifully transform your appearance. By using implants or subtle reshaping techniques, this procedure accentuates your natural features, giving you a more defined jawline and improved facial harmony, resulting in a confident, striking profile. It's the perfect way to add structure and elegance to your overall look!

#### 11. Breast Augmentation:

Breast augmentation is a highly personalized cosmetic procedure designed to enhance the size, shape, and symmetry of your breasts, giving you a fuller, more balanced silhouette. Whether you're looking to restore lost volume, achieve a more proportionate figure, or simply boost your confidence, breast augmentation uses implants or fat transfer to create beautiful, natural-looking results. Tailored to your unique body, this transformative procedure helps you achieve the feminine curves you've always desired, leaving you feeling more confident and empowered in your own skin.

#### 12. Breast Reduction and Lift:

A breast reduction and lift is a transformative procedure designed to reduce the size of overly large breasts while lifting and reshaping them for a more youthful, perkier appearance. This dual approach not only relieves discomfort associated with large breasts, such as back pain and posture issues, but also creates a beautifully proportioned silhouette. By removing excess tissue and tightening the skin, the procedure enhances breast shape, offering a more lifted and balanced look. Perfect for those seeking comfort, confidence, and a more refined, elegant figure.

#### 13. Gluteal Augmentation:

Gluteal augmentation is a sculpting procedure designed to enhance the shape and size of your buttocks, creating a fuller, more contoured silhouette. Whether through implants or fat transfer, this procedure adds volume and definition, giving you the curves you've always desired. The result is a beautifully enhanced profile with a natural, balanced look that complements your body's unique proportions. Perfect for those seeking a more confident and stunningly sculpted figure.

#### 14. Body Liposuction:

Body liposuction is a precision-based cosmetic procedure designed to sculpt and refine your body's contours by removing stubborn pockets of fat that resist diet and exercise. Using advanced techniques, liposuction targets areas such as the abdomen, thighs, and flanks to create a more streamlined, toned silhouette. The result is a smoother, more

defined shape that enhances your natural curves and boosts your confidence. Ideal for achieving a beautifully sculpted look, body liposuction delivers remarkable, lasting results that help you feel and look your best.

#### 15. Abdominoplasty:

Abdominoplasty, commonly known as a tummy tuck, is a transformative procedure designed to smooth and tighten the abdominal area, giving you a flatter, firmer, and more toned stomach. By removing excess skin and fat, and restoring weakened or separated abdominal muscles, this procedure creates a sleek and contoured midsection. Perfect for those seeking to enhance their body after significant weight loss, pregnancy, or simply to achieve a more refined silhouette, a tummy tuck offers remarkable results that help you feel more confident and comfortable in your own skin.

#### 16. Arm Surgery and Liposuction:

Cosmetic arm surgery and liposuction is a specialized procedure designed to refine and sculpt the arms, creating a smoother, more toned appearance. By combining targeted liposuction with skin-tightening techniques, this treatment effectively eliminates stubborn fat and reduces sagging skin, giving you beautifully contoured arms. Whether you're looking to enhance your silhouette after weight loss or simply achieve a more defined look, this procedure delivers impressive results that help you feel more confident and showcase your arms with pride.

#### 17. Thigh Surgery and Liposuction:

Thigh surgery and liposuction is a dynamic combination designed to sculpt and refine your thighs for a more streamlined and toned appearance. This procedure targets stubborn fat and tightens the skin, addressing areas that resist diet and exercise. By removing excess fat and reshaping the contours of your thighs, you'll achieve a smoother, more defined look. Ideal for enhancing your overall silhouette and boosting your confidence, this treatment offers impressive, lasting results that help you feel fabulous in any outfit.

What are non-surgical cosmetic procedures?

Non-surgical cosmetic procedures are treatments aimed at enhancing appearance without the need for invasive surgery. These procedures typically involve minimal recovery time, lower risks, and are often performed in outpatient settings, such as clinics or medical spas.

Which non-surgical cosmetic procedures are available?

1. Botox Injections:

Botox injections offer a highly effective solution for reducing fine lines and wrinkles by temporarily relaxing facial muscles, creating a smoother and more youthful appearance. Common treatment areas include the forehead, crow's feet, frown lines, as well as wrinkles on the chin and neck.

Beyond cosmetic benefits, Botox also has therapeutic applications. It can help alleviate chronic migraines, reduce involuntary teeth grinding (Bruxism), control excessive sweating, and relieve muscle contractures in the back. By blocking nerve signals that trigger muscle contractions and sweat gland activation, Botox delivers both aesthetic and functional results tailored to your needs.

2. Dermal Fillers:

Dermal fillers are used to add volume and smooth out wrinkles, fine lines, and folds, creating a more youthful look. Additionally, dermal fillers can be strategically applied to the nose to adjust its shape (non-surgical rhinoplasty).

Hyaluronic acid fillers, such as Juvéderm, are used for lips, cheeks, and under-eye hollows. Hyaluronic acid is a naturally occurring substance in the body. When injected as a filler, it has the effect of creating additional volume while simultaneously attracting moisture that enhances and prolongs its effects.

Complications from previous dermal filler treatments, such as volume correction, asymmetry, or filler placed into the wrong layer can be effectively corrected. The expertise of our doctors ensures these issues are addressed with precision, restoring balance, and enhancing natural results.

3. Laser Hair Removal:

Utilizing advanced laser technology, targeted hair follicles are effectively deactivated, halting further hair growth. The laser's adjustable settings ensure precise treatment tailored to individual skin and hair types, enhancing both the efficacy and safety of the procedure.

4. HArmonyCA

**HArmonyCA** is a revolutionary injectable treatment that blends the power of hyaluronic acid with calcium hydroxyapatite for exceptional facial rejuvenation and contouring. This

innovative formula offers immediate volume restoration while stimulating long-term collagen production, leaving your skin looking smoother, firmer, and more youthful. By combining these two powerful ingredients, HArmonyCA enhances skin texture, minimizes wrinkles, and delivers natural-looking, radiant results.

#### 5. Recombinant Enzyme Treatments

Enzymes are essential protein molecules naturally found in the body, responsible for both building and breaking down various compounds. Recombinant enzymes, produced through advanced biotechnology, offer a refined approach by precisely targeting specific areas within the body to achieve desired results. These pure, biologically engineered enzymes work with pinpoint accuracy, making them a powerful tool for achieving optimal outcomes.

Recombinant enzymes offer a range of aesthetic benefits, providing a gentler alternative to chemical peels through enzyme-based exfoliating facials that refresh and renew the skin without irritation. These cutting-edge enzymes also naturally target and break down unwanted fat, helping to slim and contour the body. Additionally, they selectively degrade collagen fibers responsible for fibrosis, scar tissue, and sagging skin, promoting smoother, firmer, and more youthful-looking results.

#### 6. Plasma Pen

The Plasma Pen is a groundbreaking treatment that tightens, lifts, resurfaces, and rejuvenates virtually any area of the skin. It effectively targets fine lines, wrinkles, scars, uneven pigmentation, and sagging skin on areas like the neck or abdomen, while also eliminating imperfections such as skin tags and sun damage. By creating a precise plasma discharge, the Plasma Pen delivers controlled thermal energy to the skin's surface and deeper layers. This process stimulates the body's natural healing response, boosting collagen and elastin production—essential proteins that enhance skin's elasticity, firmness, and youthful glow.

#### 7. Collagen Boosters

Collagen boosters are innovative treatments designed to stimulate your body's natural collagen production, helping to restore skin's elasticity, strength, and youthful appearance. With a variety of dermal filler options, including **Sculptra**, **Gouri**, and **Radiesse**, each formula is tailored to target specific areas of the body, offering personalized solutions for achieving firmer, smoother, and more radiant skin.

#### 8. Microneedling with Mesoskin:

Microneedling is a minimally invasive technique that uses fine needles to create micro-injuries on the skin's surface, stimulating your body's natural healing process. This promotes the production of collagen and elastin, leading to firmer, smoother, and more youthful-looking skin. Microneedling is effective for reducing the appearance of fine lines, wrinkles, acne scars, enlarged pores, and hyperpigmentation.

Mesoskin is a powerful solution used alongside microneedling to nourish and hydrate the skin, amplifying the regenerative effects of the treatment. It contains a blend of active ingredients, including vitamins, minerals, peptides, hyaluronic acid, and growth factors, that work together to restore skin vitality and boost overall skin health.

#### 9. HydraFacial

Discover the transformative power of a HydraFacial—an all-in-one treatment that cleanses, exfoliates, extracts, and hydrates in one session. This advanced facial uses cutting-edge technology to deliver a blend of customized serums and treatments, revealing smoother, more radiant skin. Not only does it refine your skin's texture, but it also reduces signs of aging and leaves you glowing with confidence.

#### 10. Ultherapy:

Experience the power of Ultherapy, a non-invasive treatment that lifts and firms the skin for a more youthful appearance. Using advanced ultrasound technology, Ultherapy targets the deeper layers of the skin, naturally stimulating collagen production. This process tightens and revitalizes areas like the face, neck, and décolletage, leaving you with long-lasting, noticeable results—without the need for surgery or downtime.

#### 11. Mint PDO:

Discover the power of *Mint PDO*, a cutting-edge, minimally invasive cosmetic treatment designed to lift and tighten your skin with stunning results. Using absorbable sutures that have been trusted in medical procedures for years, Mint PDO threads are carefully placed beneath the skin to create an instant lift while stimulating natural collagen production. This innovative approach offers a safe, non-surgical way to rejuvenate your face, leaving you with a refreshed, youthful appearance.

#### 12. Paramedical Micropigmentation:

Paramedical micropigmentation is an advanced form of cosmetic tattooing designed to enhance and restore the skin's natural appearance. Also known as medical tattooing, this specialized technique is used to conceal scars, reduce the visibility of stretch marks, and reconstruct the areola after surgery. Whether from an injury, surgery, or skin condition,



paramedical micropigmentation helps you regain confidence by blending imperfections seamlessly with your natural skin tone.