DR. RAUL LOPEZ
PLASTIC SURGERY

Before Surgery Indications

Recommended care before your surgery

- **DO NOT** take Aspirin at least 5 days before your surgery
- **DO NOT** Smoke a month before your surgery
- Suspend any supplements 1 week before your surgery
- If you suffer from constipation take a mild laxative 2 days before surgery
- **Do NOT take laxatives 1 day before or on the day of your surgery**
- It is recommended that you take Arnica tea 5 days before your surgery and / or take Arnica SinEcch capsules 1 day before surgery (available at our clinic, more information below)

If you are taking any prescribed medication please advise the doctor beforehand, to see if you may take your medications regularly.

Items to purchase before surgery

- **Arnica Tea and / or Arnica Capsules:** It is recommended that you take Arnica tea 5 days before your surgery and / or take Arnica SinEcch capsules 1 day before surgery and after. You can buy it in our office the day before or of your surgery. Arnica is an herbal supplement that serves as an aid in the treatment of inflammation or bruising. (Arnica capsules (14 in a box) for $40)
- **Saline Nasal Spray (Ocean or Air Nasal Spray)-** You may also purchase this product with your medication the day of surgery.

- **SPF-30 or greater-** The incision of your nose is sensitive to sunlight after surgery. Protect the incision line from sun exposure.
- **Stool softener** -It is fairly common to get constipated with medications after surgery, we recommend you use a mild laxative. You can purchase;Ducolax, Miralax, Metamucil, or Peri-Colace or a mild laxative of your preference. These should be started the day after surgery.

- **Oral Thermometer -**It is important to monitor your temperature after surgery in the event that you feel "feverish" or hot. You have a fever if you have a temperature above 101.5.

- **Q-tips**
- **Hydrogen peroxide**.
- **Additional drip pads or gauzes (optional)-** We will provide a small pack of gauzes before you leave, please have additional gauzes in case you have a bloody nasal discharge.

- **Micropore Tape (optional)-** During your revisions, we will be changing your nose tape, you have may purchase an additional micropore tape to wear 2 weeks after surgery .

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1 Day before Surgery

The day before your surgery, you must hydrate and have a light meal. Before going to bed drink a good amount of water!

If your surgery is scheduled in the morning (any time between 7:00 am-11:00 am) suspend any liquid or food intake at 12:00 am.

If your surgery is scheduled in the afternoon or late afternoon (any time between 12:00pm - 8:00 pm) suspend any liquid or food intake **8 hours before** your surgery. Make sure your last meal is healthy and not too heavy.

If you are taking any additional medications, please advise the doctor

Indications

1. Report of any drug allergies

2. Avoid drinks or food, at least 8 hours before the operation

3. Unpainted nails, avoid makeup and moisturizing cream. Do not bring jewelry or piercings. You can use perfume and deodorant

4. You can brush your teeth without drinking any liquids

5. In case of having been marked the day before the operation, DO NOT ERASE MARKS during your bath.

6. Notify if you take any type of medication and if so, bring medications to continue treatment during your stay.

7. After the operation you **will not be able** to drive vehicles, so it is recommended to **come accompanied**. We recommend you are accompanied at all times during your recovery time, at least for the first 3-5 days. Post-Op indications will be provided after surgery.

8. If you use removable pieces in your mouth and / or contact lenses, please notify us and bring a case

9. If you are on your menstrual days on the day of surgery please notify your nurse or doctor.

10. DO NOT TAKE LAXANTS THE DAY BEFORE OR THE DAY OF SURGERY!

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Day of Surgery:

- **You must arrive to the clinic** a day before or in the morning of your surgery date (day indicated by the doctor) for your pre operatory exams, photos, and for your marking.

- The rest of the surgery will be charged the day of your surgery before your operation

Optional Items to bring with you

- Comfortable pajamas and underclothes
- Travel items for your stay (if required)
- You may bring any smart deceives such an iPad or to connect with HDMI for your entertainment
- Contact lens Case
- Pesos currency in case you or your guest needs to purchase anything during your stay
- Passport, Visa, or any travel documents to cross the US boarder

Post Op Care instructions will be provided after surgery.

Night Stay

Ambulatory procedures: Almost every procedure is ambulatory (dispatched same day of surgery), it is not required for patients to stay one night in out clinic unless indicated by the doctor.

Only for tummy tucks, face lifts,, and butt augmentation with implants patients will be discharged 24 hours after surgery or until the doctor indicates.

- During your night stay patients will be provided a light breakfast meal.

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Exams

You will arrive the day before or on the agreed day with Dr. López for your preoperative exams and to clarify any doubts.

Required Exams

For all patients: **Preoperative blood tests:** TP TTP CBC Platelets HIV	
For patients over 30 years old -an electrocardiogram	**For over 40 years** **-**preoperative evaluation with the cardiologist

- Covid-19 exam

Payments

The rest of the surgery will be charged the day of your surgery before your operation. We require a minimum of 30% of your surgery to be paid in cash. The rest can be paid by debit or credit card (American express, visa, MasterCard) (if payed with American Express, you can pay up to $3000 and no more than 50% of the total cost of your surgery). contact us if you have questions on payment methods.

Additional costs: Additional payments to consider include pre operatory exams, medications, and additional but optional items.

Additional costs price list:
Bloodwork- $100 (additional $10 for rush fee if done the day of surgery, $110)
Electrogram (patients over 30)- $55
Covid-19 test- $100
Rhinoplasty Medications: Approximately $180

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Location

Our clinic is located 3 blocks from the international bridge in Hidalgo, Texas, giving our patients the option of staying in Reynosa (Mexico) or McAllen (United States) if necessary. We are located in a medical area within walking distance of the private hospital (Santander).

Contact

Address
Calle Francisco I. Madero 1420, Prado Sur 88560
Reynosa, Tamaulipas MX

Dr. Raul Lopez Office
Office: 899) 922-5563 (MX)
Dial from USA 011 52 (899) 922-5563 (MX)
Office Cel +1 (899) 106-1060 (WhatsApp)
drraullopezcastillo@gmail.com

Medical Tourism Assistance
Contact: Dafne Lopez
Cel.- (956) 4009443 (usa)