

A close-up photograph of a male surgeon with a beard, wearing a blue surgical cap and a white face mask. He is looking down intently at his work, which is partially visible in the foreground. He is wearing blue surgical scrubs. The background is dark and out of focus.

**TRUST  
YOUR  
SURGEON**

[www.drlopezcollado.com](http://www.drlopezcollado.com)





## DR. LÓPEZ COLLADO

PLASTIC SURGEON

Our office is located Vitalie Center for Rejuvenation and Advanced Plastic Surgery, which strives first and foremost to maintain the quality of work, well-being and satisfaction of its patients.

Dr. López Collado is a member of:

- Brazilian Society of Plastic Surgery, SBCP
- Dominican Society of Reconstructive and Aesthetic Plastic Surgery, SODOCIPRE
- American Society of Plastic Surgeons, ASPS
- International Society of Aesthetic Plastic Surgery, ISAPS
- Ibero-Latin American Federation of Plastic and Reconstructive Surgery, FILACAP
- Dominican Association of Health Tourism, ADTS

Dr. Carlos Alberto López Collado graduated from the National University Pedro Henríquez Ureña (UNPHU) as a medical doctor in 1998. In that same year, he became a member of the faculty of the School of Medicine and the Department of Biology of that university. He was a volunteer at the Dominican Red Cross where he has carried out various community service activities. He completed a diploma in International Public Health at the Carlos III Institute of the National School of Health in Madrid, Spain. In Brazil, he trained as a General Surgeon at the Marcilio Dias Naval Hospital in the City of Rio de Janeiro and as a Plastic Surgeon at the Fluminense Plastic Surgery Clinic in the City of Niterói.

During his training, Dr. López Collado was characterized by his high degree of commitment, dedication, humanism and above all, responsibility. He was invited to be part of the select medical staff of the Fluminense Clinic Plastic Surgery residency with whom he worked for approximately five years. He has published several scientific papers that were presented at congresses and in journals specializing in plastic surgery in Brazil and the United States.









# THANK YOU FOR CHOOSING US

to carry out this initiative to enhance your image.

This guide will help you prepare for the best results. Following step by step the ensuing tips, you will reduce the risks involved in a surgical intervention and therefore have a faster and safer recovery.

# **IMPORTANT PREOPERATIVE RECOMMENDATIONS**





Reserve the date for your surgery; contact Dr. López Collado's team for the deposit and date reservation.



Ask about the details and possible risks associated with the surgery; you should understand the procedure and know about the possible complications.



Request your vacation time from work in advance so that you can perform all the preoperative procedures and have the recommended recovery time after surgery.



All procedures are completely individualized; you should know that the process is done from the perspective of enhancing your own physical attributes and are not influenced by or in reference to other people.



Notify Dr. López Collado if you are under medical treatment for heart disease, blood pressure, respiratory problems, diabetes, etc., so that we can prevent complications during your surgery. It is important that you be honest with Dr. López Collado; keep in mind that any detail regarding your health is important.



Perform a medical check-up and a blood count exam approximately 15-30 days before your surgery to rule out the possibility of a condition such as anemia, as this may affect your procedure.



Inform Dr. López Collado if you have symptoms associated with a cold, sore throat, fever or other discomforts; if necessary, the procedure will be rescheduled.



Do not smoke. Patients who smoke have a greater risk of complications during and after surgery. You must stop smoking immediately

upon deciding to undergo surgery and rigorously do so 15 days beforehand.



Make sure you are not pregnant; if in doubt, immediately notify Dr. López Collado.



Start taking vitamins with iron, folic acid, B complex and vitamin C so that your blood count is at an optimal level and meets the requirements set by Dr. López Collado. You must stop taking Vitamin E and any other medicine that contains aspirin at least 7 days before the procedure. These medicines can affect blood clotting.



Include light, comfortable and loose clothing in your luggage; make it easy for yourself to get dressed.



## If you are traveling from abroad, we recommend:

You reserve and confirm your flight. Arrive at least 4 days before the date of your surgery and plan your return for at least 15 days after the procedure.

Plan your transportation and accommodation. If you need assistance in hiring these services, our customer service team will be happy to offer you the best recommendations.

## IT IS ESSENTIAL THAT

You contact Dr. López Collado's team at least 1 week before to coordinate the following preoperative procedures:



Laboratory tests (included in our services).



Chest x-ray (included in our services).



Electrocardiogram and consultation with a cardiologist (included in our services).



Consultation with an anesthesiologist (included in our services).



If necessary, consultations with other specialists (this is NOT included in our services).



Make arrangements for someone to transport you to the clinic and accompany you during the recovery process (if you need to hire nursing services and/or a chauffeur, our customer service team will be happy to offer you the best recommendations).



Settle any remaining payment related to the total budgeted amount for the surgery. If you are going to pay via credit card, confirm with your bank the daily transaction limit, and take into account possible exchange rates.

## THE DAY OF SURGERY



According to your instructions, you must fast for 8 hours. Do not eat food or drink liquids of any kind 8 hours before surgery; also, your last meal should be light, and you should not consume alcohol.



Wear comfortable and casual clothes.



Do not wear contact lenses; you must bring your prescription glasses.



Do not use nail polish (especially acrylic or silicone). These could hide changes that must be monitored during surgery and recovery.



Bring your personal items (toothbrush and toothpaste, sandals, sanitary napkins, etc.).



Avoid bringing valuables with you. The clinic is not responsible for replacing lost items.







# THANK YOU

It has been a great satisfaction for us to carry out this important step you have taken to enhance your image.

Now, the important thing is to focus on your recovery so that you can restore your health, start enjoying your new image as soon as possible, and resume your usual pace of life.

# POSTOPERATIVE RECOMMENDATIONS

We accompany you with this guide of useful observations and advice throughout the postoperative process.

In the first stage after surgery, it is normal for you to experience discomforts such as those described in this section.



## YOU MAY EXPERIENCE



Heightened sensitivity or moderate pain.



Difficulty falling asleep.



Increase in body temperature in the first week; if your temperature exceeds 100° F or your fever persists for more than 72 hours, contact Dr. López Collado.



It is normal during the first weeks and months to experience a loss of sensation, numbness, heat, burning, itching and tingling in the operated area.



Sometimes it is necessary to insert a drain to allow fluids to leave the treated areas. These remain for a few days; they are easy to use and you should not worry.



Hematomas or bruising is very likely after surgery; you may have swelling and bruising during the first weeks after your intervention.



Scars will be more visible during the first 3 to 4 months after surgery. This will depend on your skin type, and you should take care for them according to Dr. López Collado's guidelines to optimize their appearance.



### It is also normal to:

- Experience changes in your menstrual cycle.
- Perceive changes in mood, even feeling a little depressed and irritable.
- Have intestinal constipation.



# THE ESSENTIALS REGARDING EACH SYMPTOM

■ If you experience pain and discomfort during the first few days after your surgery, be sure to take [medication](#) following Dr. López Collado's instructions.

■ [Postoperative](#) therapies are recommended to relieve post-surgical discomfort and reduce swelling more rapidly (if you need assistance hiring these services, our customer service team will be happy to offer you the best recommendations).

■ Another essential element immediately after your surgery is the [compression garment](#); it will serve as support, reinforcing the process of [fluid drainage](#). Therefore, it helps to reduce inflammation and mitigate sensitivity (it should not be used too tight or too loose).

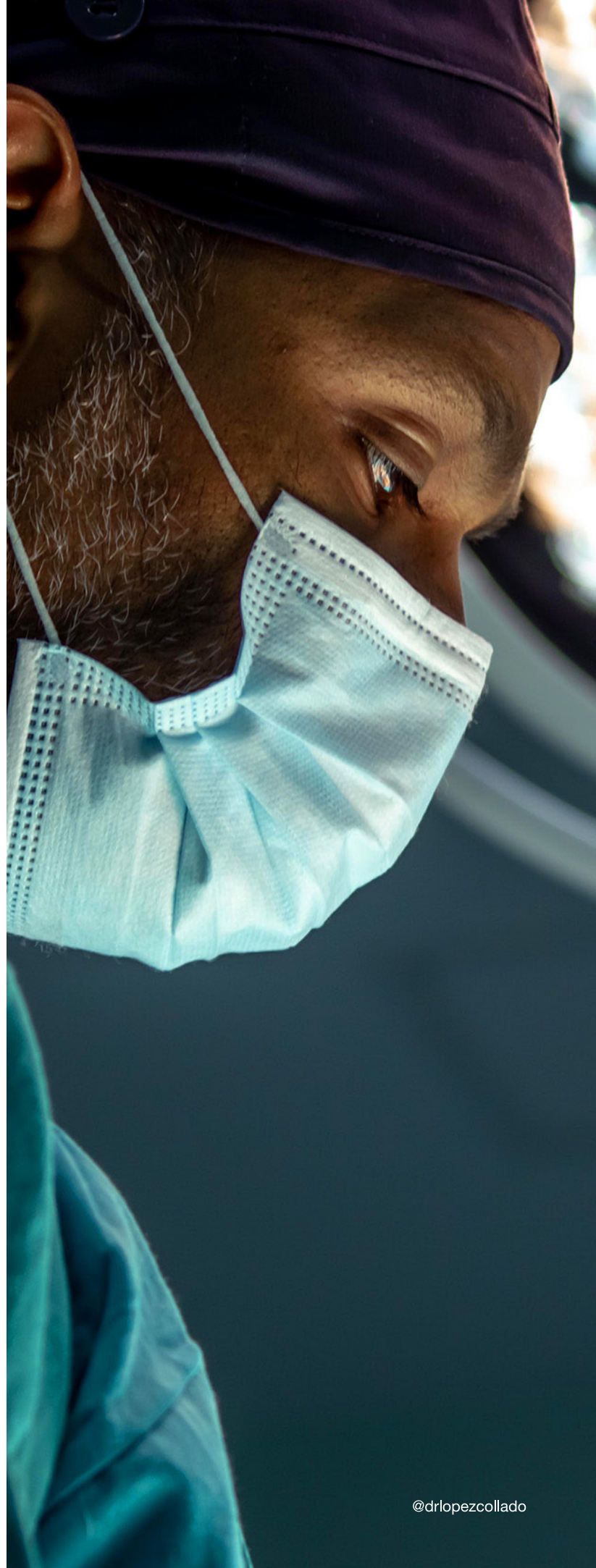
■ [Monitor your temperature](#); it is normal for it to increase moderately throughout the first days. If your temperature exceeds 100° F or your fever persists for hours, contact Dr. López Collado immediately.

■ When faced with pain, loss of sensation, numbness, heat and tingling in the operated area, [do not despair](#). This will disappear with the return of nerve function, and in rare cases is it permanent.


■ [Wound care](#) is essential to avoid possible contamination and quick healing; therefore, always keep your incisions and sutures clean.

■ [Sutures](#) should be removed when indicated by Dr. López Collado.

■ In the event of [ecchymosis \(bruising\)](#), you must follow Dr. López Collado's exact instructions. Bruising is not permanent and will take about 2 weeks to disappear completely.







■ To **avoid the formation of clots** in leg veins, it is advisable to use compression stockings and to **walk or move around (without sudden movements) as soon as possible** at least 3 times a day—although you may not feel the desire to do so.

■ To **prevent keloids and flatten scars**, use creams and silicone gel tapes when indicated by Dr. López Collado. The scars will change over time and become less visible.

■ **It is normal for your menstrual cycle to be altered** due to medications, anesthesia and normal trauma from a surgical procedure.

■ **Do not worry.** It may occur that you **feel depressed** at some point during recovery; advise those around you. Your body has been subjected to trauma. Changes in your mood can be shown with crying, distortion of your self-image, doubt and general sadness. **This is also temporary.**





A close-up photograph of a light blue hospital gown or robe, tied at the waist with a matching fabric belt. The fabric has a visible ribbed texture. Overlaid on the center of the image is the text "TAKE CARE OF YOUR BODY" in a large, bold, white sans-serif font.

# TAKE CARE OF YOUR BODY



# BASIC RECOMMENDATIONS

## Sleep

Although it may be difficult at first, try to sleep as many hours as possible, as it will enable a speedy recovery. Follow Dr. López Collado's guidelines; each procedure has its particularities. You can use several pillows to accommodate your body.

## Bathing

At first you will take sponge baths; you can use a sponge or wet towels (wipes) to make it easier. Dr. López Collado will tell you when you can take a full shower, usually after the incisions are completely closed and the sutures are removed.

## Perform breathing exercises

It is highly recommended to frequently perform breathing exercises. Inhaling and exhaling deeply several times a day will help the lungs to expand as they may become compressed due to use of the compression garment and the long period of inactivity.

## Do not forget to

### Drink water

It is imperative to drink at least two liters of water a day. This helps for a quicker absorption of medications in your system and reduces swelling.

### Feed yourself properly

Be conscious of your diet. Eat balanced foods rich in fiber and protein for a better recovery; your body will need extra energy. It is not the time to go on a strict diet.

## Walk

It is recommended that you walk for 5 to 10 minutes, 3 times a day. This will prevent clotting in the leg veins.

## Companion

It is advisable to have someone to take care of you during the first weeks.

## Compression Garment

You must keep the compression garment on at all times. AVOID bends and folds by gradually adjusting the clasps until its tightest compression level.

## Drain

You must empty the drain once a day, preferably in the morning, and keep track of the accumulated amount.





## AVOID

- Sudden movement and physical effort
- Driving
- Smoking
- Exposure to sunlight and warm environments
- Taking aspirin or its derivatives
- Pharmaceutical and natural diuretics
- Changing the bandage (unless instructed by Dr. López Collado)

## ESPECIALLY

- Do not exercise or participate in strenuous activities for 6 weeks, as it can cause bleeding or injury. You should neither carry more than 5 pounds nor lift anything over your head until indicated by Dr. López Collado.

## Do not hesitate to communicate

Ask Dr. López Collado any questions you have related to your surgery. He will know how to guide you better than anyone else.

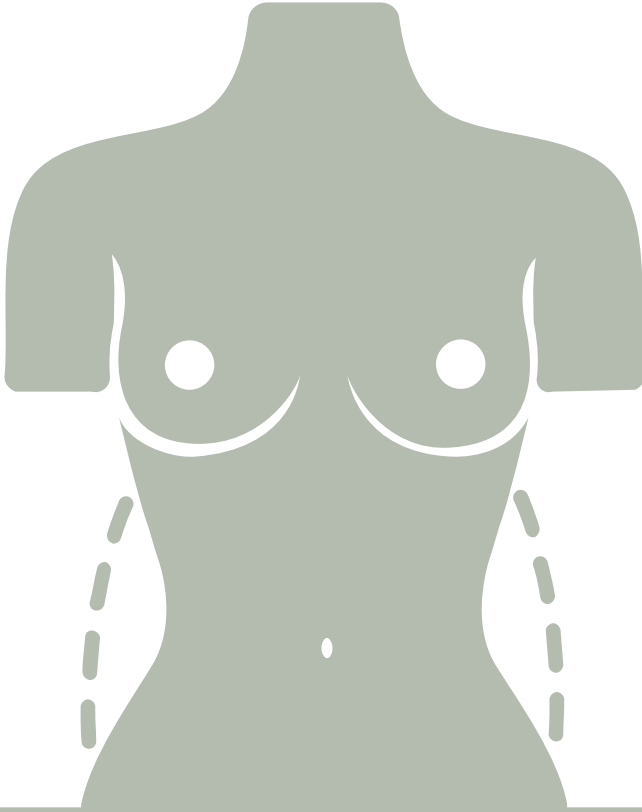
# VERY IMPORTANT

Get in touch with Dr. López Collado or his assistants immediately in the event of the following complications:

- Heavy bleeding from the sutures
- Puss or suppuration in the incision areas, nipples or other areas
- Foul smell
- Uncontrollable pain
- Temperature of more than 100° F
- Inability to go to the bathroom (both urine and stool)
- Dizziness or fainting
- Skin erosion
- Blood in urine or stool
- Blood in spit
- Sudden and severe swelling and discoloration
- Blackening of the skin (clearly not a bruise)
- Uncontrollable vomiting
- Seizures



# OUR SERVICES



- Abdominoplasty (tummy tuck)
- Gluteal augmentation (BBL/buttock implants)
- Breast reconstruction (post-mastectomy)
- Reduction mammoplasty (breast reduction)
- Augmentation mammoplasty (breast implants)
- Mastopexy (breast lift)
- Gynecomastia (male breast reduction)
- Liposuction
- Vaser® high definition liposculpture
- Renuvion® J-Plasma (skin tightening)
- Post-bariatric surgery
- Thighplasty (thigh lift)

- Otoplasty (corrective ear surgery)
- Rhinoplasty (nose reshaping)
- Rhytidoplasty (facelift)
- Bichectomy (cheek reduction)
- Blepharoplasty (eyelid surgery)
- Facial implants
- Autologous fat facial filler
- Thread facelift
- Botox
- Hyaluronic acid filler
- Platelet-rich plasma (PRP) facial
- Vitalie Rejuvenation Center postoperative treatments

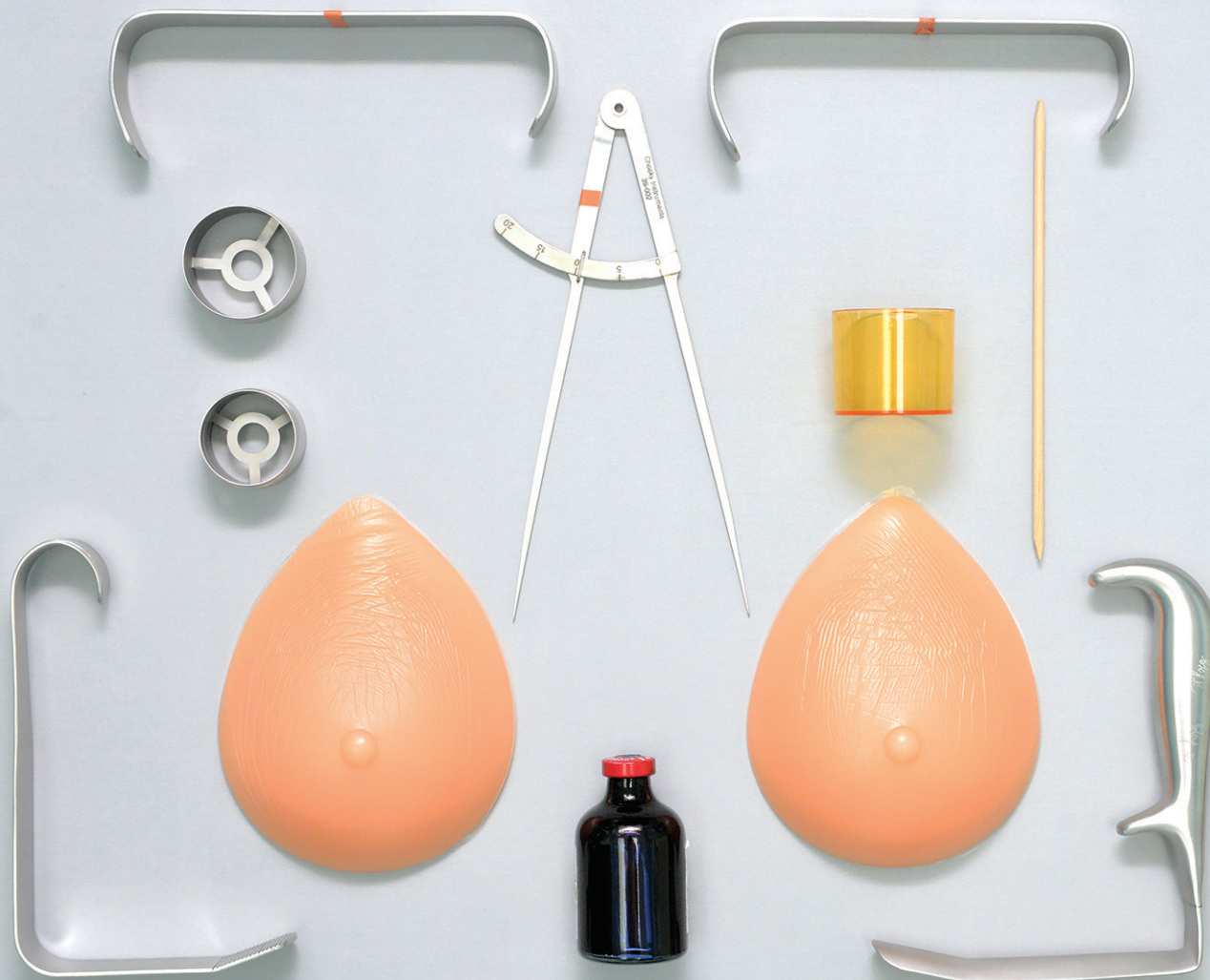






# CHECKLIST

- ☐ Complete the form and attach photos with the necessary information at [www.drlopezcollado.com](http://www.drlopezcollado.com)
- ☐ Request sufficient vacation time.
- ☐ Book a date for your surgery with Dr. López Collado's coordinator.
- ☐ Book and confirm flight (in the event you are traveling from abroad).
- ☐ Pack light, comfortable and loose clothing.
- ☐ Schedule your stay and accommodations.
- ☐ Plan your transportation.
- ☐ Have someone accompany you during your surgery and the days following.
- ☐ Carry out a complete blood count test approximately 15-30 days before surgery to confirm that your hemoglobin levels are within normal parameters.
- ☐ Take vitamin C, iron and folic acid 15-30 days before surgery according to Dr. López Collado's indications.
- ☐ Cease taking vitamin E and any medication containing aspirin.
- ☐ Make sure you have your appointment ready at least 2 days before surgery.
- ☐ Do not eat any food or drink any liquids 8 hours before surgery.
- ☐ On the day of your surgery bring comfortable clothes, personal hygiene kit, and your companion should be with you.
- ☐ Schedule post-operative appointments as indicated by Dr. López Collado.
- ☐ Undergo post-surgical therapies.
- ☐ Make sure you have your accessories such as compression garments, cushions (BootyGuard®) and postoperative medications for home use.
- ☐ Send your postoperative photos 2 months after surgery.



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