

Medical Exams

These are the Medical Exams you need to send in advance: a recent and complete medical check up with an electrocardiogram, a complete urine test and complete blood tests that include a whole blood count with Platelets, Thromboplastin Time, Prothrombin Time and HIV. If you are over forty five years old, a lipid blood profile is also needed with total Cholesterol, HDL and LDL, their ratio, and triglycerides, also Glycemia, urea and creatinin.

Tests are valid for three months prior to surgery

You can fax them from USA at 011 (506) 2255-4370, or you can send them to my mailing address in FL which gets forwarded to my address in Costa Rica:

Please send the package to the adequate address:

Arnoldo Fournier, M.D., F.A.C.S.
SJO 64, P.O. Box 025331
Miami, FL 33102-5331
(For letters and envelops)

Arnoldo Fournier, M.D., F.A.C.S.
SJO -64
6703 NW 7th St.
Miami, FL 33126 – 6007
(For packages and courier)

If you rather have your tests done in Costa Rica, the total cost for **all** of them could run around \$350-\$400. We can arrange your complete medical check up and EKG with any of this specialist in Internal Medicine:

▼ Dr. Verny Huertas: Clinica Aguilar Bonilla (7th Street, between 8th and 10th Avenues) (506)2223-2603 from Monday to Friday (**no Wednesday**); from 1pm to 6pm. **Accept only cash.**

▼ Ibrahim Barguil: Plaza Medica del Este (San Pedro montes de Oca, in front of Banco Popular bulding) (506)2281-0886 from Monday to Friday; from 3pm to 5:30pm. **Accept only cash.**

▼ Dr. Max Gutreiman: Hospital CIMA (Escazu) (506)2208-1404 from Monday to Friday (**no Thursdays**); from 10am to 11:30am and from 2:30pm to 5pm. **Accept cash and credit card.**

▼ Dr. Jorge Deliyore: Clinica Americana (14th Avenue, between Central and 1st Streets) (506)2258-6868 from Monday to Friday from 9am to 11:30am. **Accept only cash.**



▼ Dr. Oscar Palma: Clinica Americana (14th Avenue, between Central and 1st Streets) (506)2258-6868 from Monday to Friday from 4:30pm to 6pm.

Accept only cash.

Front view, lateral, right and left photos prior to surgery are also needed of different areas to be treated. They can also be sent with your medical questionnaire that is found in www.drournier.com and sent direct by E mail to fournier@racsaco.cr

Remember that if you take any estrogen or progesterone medicines, they have to be suspended 6 weeks before any surgery. Aspirin, smoking, alcohol or other blood thinners has to be suspended four weeks before any surgery.

PLEASE CONSIDER that if any test result abnormal, and you are NOT eligible for surgery, your surgery could be postponed or cancelled, and I will not be held responsible.

We hope you have a nice day.

Sincerely,

Arnoldo Fournier M.D., F.A.C.S.
Office phones from USA
011 (506) 2223-7214 or 011 (506) 2221-2225
Homepage: www.drournier.com

Office location in downtown San Jose:
Santa Rita Hospital Clinic, on 8 avenue, 15-17 streets, second floor.
Phone 24 hours from USA 011 (506) 2221-6433



WARNING

Six weeks before surgery suspend and AVOID estrogen or progesterone derivatives or any female hormones. One month prior the surgery, and one month after the surgery, please AVOID, at all times, passive or active smoking, nicotine intake in any way, beverages containing caffeine, and alcoholic beverages. The inhale of any smoke, caffeine, and the intake of alcohol will cause during the recovery period serums, hematomas, necrosis, bleedings, etc., which will result in SEVERE SCARING!

Consider that the body in its normal stage prior any surgery has some degree of asymmetry. As a result, after surgery during the recovery time, each side heals differently from each side. For example, one side might heal faster than the other, or show more swelling than the other. During this period, you can notice differences on the left and right side which after the recovery period will normalize. Please understand that in most post- surgical periods a transient normal asymmetry condition will result with prominent or droopier areas. After some time, the skin shrinks and becomes closer to the new face or body structure. This condition will normally fade away within six to twelve months.

After surgical procedures some degree of bruising, swelling (numbness), dimpling and lumping is expected to be normal. This period could last up to year (under normal conditions), and in some cases a year and a half or two years if hematomas are present such as, in a nose surgery or correctional procedures.

Ordinarily, bruising is currently present after any procedure, and the last of the bruising discoloration will fade after three/ four weeks.

Swelling is a normal phase of the healing process. For the first three weeks after the surgery, you can feel heat or burning sensation in the treated areas. Although different procedures provoke a variety of post-surgical results, swelling generally decreases by 50% during the first three weeks and 70% after the sixth to eighth weeks. The remaining swelling will show symptoms of numbness or lumping; some areas may feel hard and tingly, and occasionally itchy. This last phase may persist for 6 to 12 months and in some cases even more. This is the case of a complete facial surgery. After a nose surgery, swelling could last up to two years.

Lumping and dimpling, usually noticeable on the patient's touch, will remain an additional four to six or eight weeks. After four weeks, some tightness, swelling or tension may be felt for a few months longer. Incisions may show redness after three weeks, and then, they will gradually fade after twelve to eighteen months after the surgery, recovering the skin tone. In some cases, it takes up to 24 months after the surgery for the redness of the scar to fade. This occurs specially on long thick incisions in the abdominal and arms areas.



Once you begin your daily activities, your body might swell. The swelling might last for a day, a few days or for a week. Then, you body could un-swell and swell back again. This period of swelling and un-swalling might last for three to six months after the surgery. Some people have experienced more swelling in the morning, and as the day goes by, the swelling diminishes. Other patients swell more at night time after a day of work, after working out, after having a session of massages, and after doing extraordinary activities.

In many cases gentle hand massages, or massages with foot vibrators and plenty Vitamin E moisturizer can help diminishing the hardness or lumpiness in several areas such as neck, abdomen, eyelids, etc.

You should begin massaging the areas ONE MONTH after the surgery, and should continue massaging for eleven more months until the recovery period has ended. Massages stimulate blood circulation, and the more irrigation of blood your body has, the better the recovery will be. In most cases, six weeks after the surgery, people can begin working. Consider to begin slowly for the first two weeks. Then, you can begin to increase the pace.

After the surgery, you can develop some degree of depression. Depression can result in stress, anxiety, being upset, anger, etc. If you feel blue or you are experiencing any feeling mentioned before, this is completely normal. The counter part is that all of these feeling can delay your healing process because blood circulation diminishes. Try to read fun books, watch fun movies, and distract yourself from any activity that might stress you, or might upset you. If by any reason you feel like anxiety, stress or blue feeling seems to be out of control, please consult a doctor in your area that can prescribe you some medication that can help cope better with your situation.

If you have followed the pre and post-surgical advices above mentioned, any corrective surgery could be done from twelve to eighteen months after your surgery, and no doctor's fee will be charged. Please consider that the Hospital does charge a fee for the use of the OR (Operation Room). The fee usually runs around \$500.

Moreover, as time goes by, you will notice that your cheeks, neck, eyelids, or skin where you had surgery, improves in texture and form. Your skin will loose the post-surgical redness, tightness, lumpiness and dimpling. The hard leathery sensation of the skin will return to a soft, more youthful and normal appearance.

Remember to give careful considerations to these precautions: relaxation, healthful diet, realistic expectations thoroughly discussed with your surgeon, and a positive attitude will help you obtain the results you want. And Avoid leave San Jose for 14 days. The results after any surgery not only depend on the hands of the surgeon, but also in your post-surgical care.

During a month after the surgery, you can wash your hair daily, and you can also blow dry it carefully with low heat. You can take daily showers with mild hot water. Do not go into hot saunas, steam rooms or hot baths.



First and foremost, an individual must be in good health, not have any active diseases or pre-existing medical conditions and must have realistic expectations of the outcome of their surgery. Communication is crucial in reaching one's goals. You must be able to voice your desires to Dr. Fournier therefore he understands what your desired results are. Discuss your goals with him so that you may reach an understanding with what can realistically be achieved.

You must be mentally and emotionally stable to undergo any cosmetic surgery. Any procedure requires patience and stability in dealing with the healing period. As mentioned before, there is sometimes a lull or depression after a surgery and, if there is already a pre-existing emotional problem, this low period can develop into a more serious issue. Please consider this before committing to a surgery.

You must have no bone disorders, should not or have not been on Accutane for the last 6 months or sometimes more. It causes excessive facial bone growth, called Hyperostosis, and increased keloid-like scarring after skin trauma (such as incisions).

Only a qualified plastic surgeon such as Dr. Fournier can determine this after speaking to you as well as going over your medical history, examining your facial structure and skin. You must realize that no doctor can perform miracles but a highly skilled surgeon can transform what you do have into a more balanced look altogether.

