

Looking younger

Eyelid surgery can transform a person who looks old and tired into one that radiates youth.

With age, pockets form under the eyes and skin accumulations appear on the upper eyelids. These facial alterations are not only aesthetically unpleasant, but in some cases can affect vision and cause headaches.

Dr Cheng Chun Ling of Cosmetic and Reconstructive Eyelid and Orbital Surgery, explained that some people who have excess skin on their upper eyelids tend to raise eyebrows to enhance their visual field, which is being limited by their drooping lids. This habitual muscle contraction is an effort that over time can cause permanent and unexplained headaches and eyestrain.

In such cases, eyelid surgery (Oculoplasty) has a functional rather than cosmetic reason, while ultimately the patient also gets the added benefit of looking better and rejuvenated.

Usually after 45 years of age, gravity or a genetic predisposition can cause the skin and tissues of the lower eyelids to stretch and bags of fat that protect the eyeball are accentuated and become more visible, making the person look sad and tired.

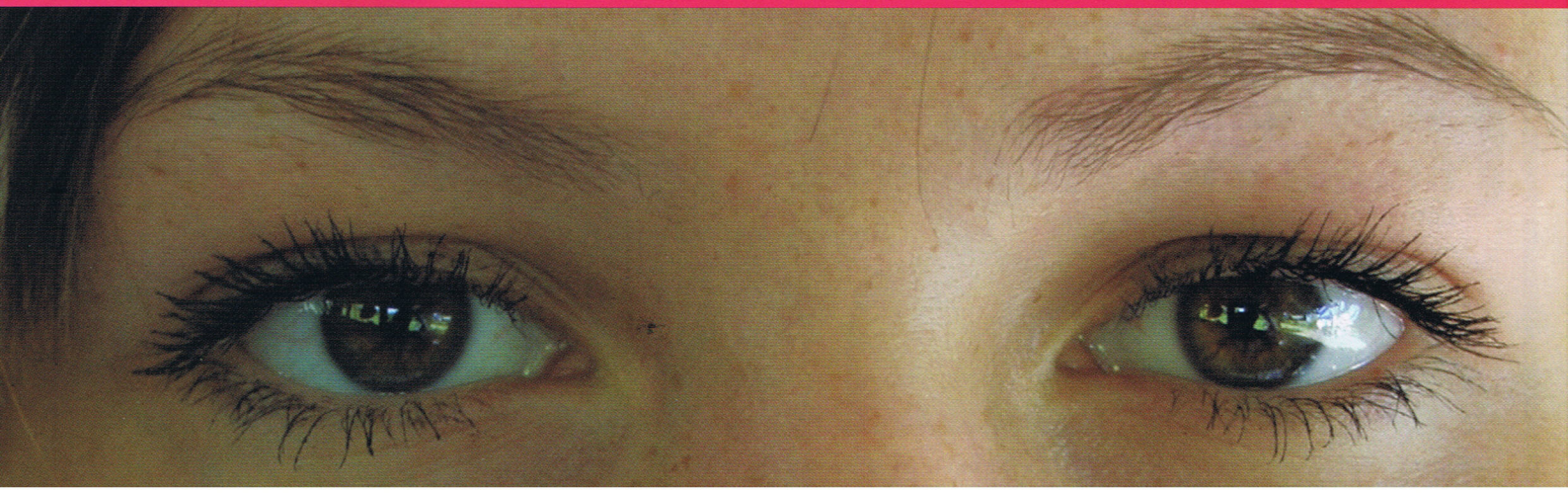
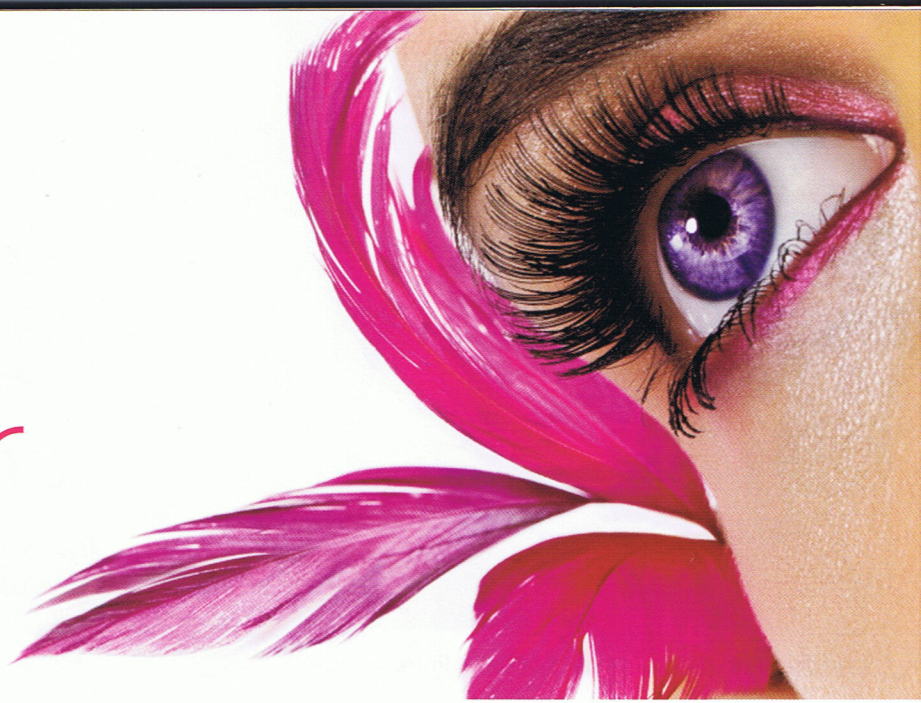
People with these problems have the potential to rejuvenate

their look through the use of the techniques of oculoplastic surgery. This type of minimally invasive intervention should be performed by an oculoplastic ophthalmologist who knows full well the anatomy of the eye and this will minimize the risk of complications. The eye contour is the most fragile and delicate area of the face, so if you want or need aesthetic surgery on the eyelids, it is essential that you be evaluated properly and effectively by the right specialist.

Best first impression

Pay attention to the area around the eyes because age, fatigue, excessive nightlife, excessive exposure to the sun, sudden weight loss, and stress leave their mark on the skin. In addition, hereditary factors and even thyroid diseases can leave the telltale signs of aging in this area of your face.

The procedure to correct these defects of the eyelids depends on the level of damage, if it is mild to moderate, tissue repair can be addressed from within, avoiding external scars. But if this is a very advanced case it may require cutting skin or correction of the fall of the eyebrow, but this will leave scars; the specialist said that these will be almost imperceptible because the oculoplastic surgeon knows how to make the



Medical Tourism



incisions in natural creases or facial lines of expression.

Intervention is performed with the use local anesthesia, but Dr. Lin also recommends sedation, because it allows the patient to be more relaxed and the specialist can perform surgery with greater confidence. The procedure is simple and satisfying and performed by an expert surgeon.

The eyelids are a very sensitive area and it is vital that the operation be performed by eye surgeon specializing in this type of surgery (oculoplastic surgeon). The contour of the eyes is one of the areas where the signs of age are first noticed, because the skin of this facial area is fine and sensitive.

The techniques that include micro-incision and absorbable internal stitches, among others; enable patients to recover immediately and resume normal activities in about a week. Facial swelling and bruising will disappear quickly if you follow the post-operative indications, such as ice packs in the affected area and keep away from heavy lifting and bending over. The intervention will not prevent the patient from watching TV or reading.

This type of surgery, which will enhance the looks, can provide extraordinary results without resorting to more invasive methods. But for the results to be successful, eyelids should not be treated separately, nor should very radical changes be sought. The most important goal is to achieve a smooth contour of the eyelids that blends in with the rest of the face, which is one of the main characteristics of looking younger while also providing for a very good first impression.

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AAAHC Accreditation: Benefits for patients

**Nova Dental is the
first clinic to obtain
this international
accreditation.**



Costa Rica has set out to become a major destination for Medical Tourism. One of the major strategies that will enable competition in this attractive market is to have medical centers accredited by well known International organizations.

One such organization is the Accreditation Association for Ambulatory Health Care (AAAHC), a leading institution in the development of standards for the presentation and promotion of patient safety and the quality and value of ambulatory care. In April 2010, Nova Dental Clinic became the first dental clinic in the country to obtain accreditation, this after completing an intense and rigorous process of implementation of protocols which lasted for about eight months. "Obtaining accreditation is a not process achieved in a day, you must demonstrate that all written protocols work in the practice and that evaluators review the protocols and verify their effectiveness," said Dr. Luis Obando, head of the clinic.

For Dr. Obando, accreditation benefits primarily the patient, who will have confidence that the service they receive at Nova Dental will have the same standards of quality as in the United States, because all processes are handled through protocols. Another important benefit for the patient is that the accreditation guarantees the total sterilization of dental instruments. "We must periodically incubate specific bacteria in the Autoclave Sterilizer to ensure that it is functioning properly. We apply a strict protocol of zero risk, as well as all appropriate preventive measures in our daily practice to prevent the spread of infectious diseases".

The protocols also require that the clinic ensure that patients receive all the information of the treatments that they will receive at each appointment and they must agree to the treatment before starting the process. "Today we have a much more organized practice. We chose this accreditation because it is the largest in the United States, which is at the same time our prime target market".

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