

PLASTIC SURGERY IN LATVIA

Latvia is an excellent destination for medical tourism. It is a country where one can receive high-class medical services provided by medical professionals with a wealth of experience and using state-of-the-art technology.



Institutions in Latvia offer a comprehensive range of plastic surgery procedures as well as comfortable facilities for the post-operative period before a return to everyday life. In cases of more extensive surgery, including the initial post-operative period, patients should plan to spend approximately 12 to 14 days in Latvia. This is the optimal time needed for a successful recovery from breast surgery, abdominoplasty, or other major surgery.

Latvian Health Tourism Cluster clinics offer safe, high-quality plastic surgery services that improve health and appearance to feel confident in your own body!

LIPOSUCTION AT DERMOTOĻĢIJAS KLĪNIKA

Eating a healthy diet and exercising are not always enough to get fit. Depending on the specific characteristics of one's body, excess fat can accumulate in areas that defy even the most rigorous workouts and diets. Liposuction, or the reduction of the subcutaneous layer of fat, is one of the most popular cosmetic surgery procedures because its effect is immediate and lasts a lifetime, without the fat cells being renewed.

Liposuction can contour areas of the body that cannot be improved with exercise and a healthy diet. However, it should be noted that liposuction is intended only for body contouring, not for weight loss.

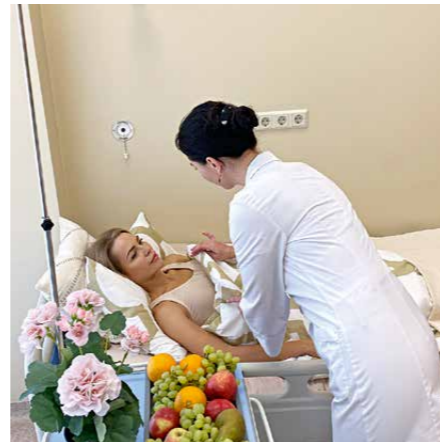
Like any surgery, liposuction has contraindications. It is not recommended for patients with chronic conditions, such as diabetes, but this does not mean that the procedure is strictly forbidden. It all depends on the patient's general state of health as well as the part of the body selected for liposuction. In such cases, it is advisable to treat areas of the body one by one, performing several small operations over a longer period of time rather than one major operation.

The operation takes two to three hours, depending on the extent and the type of anaesthesia (local, epidural, or general). The patient will feel discomfort and a slight burning pain at the site of the operation for a few days after liposuction. After liposuction surgery, the patient must wear tight-fitting compression garments for two to three weeks. He or she can return to work after one to two weeks and resume greater physical activity after two to four weeks. The results of liposuction become fully visible after three to six months.

Recovery time after liposuction depends on the extent of the surgery, but various body treatments can speed it up. Vacuum massage, LPG, radiofrequency treatments, and lymphatic drainage are recommended to reduce swelling and help achieve the desired effect more quickly. They also reduce scarring and skin irregularities and help prevent skin dimpling.

PRICES

Liposuction at *Dermatoloģijas Klīnika*, depending on the selected area: from EUR 1500 dermaclinic.lv



BREAST REDUCTION AND CORRECTIVE BREAST SURGERY AT THE LATVIAN MICROSURGERY CENTRE

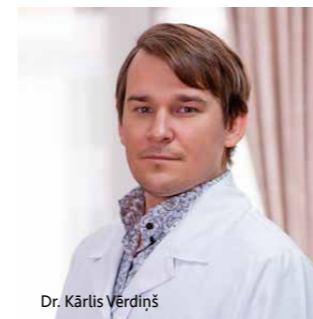
For women with large breasts, breast reduction can be very important in improving their quality of life. The surgery not only reduces the size of the breasts but also reduces various physical and psychological problems. Very large breasts can lead to back pain, neck pain, shoulder pain, and other health problems. Of all plastic surgeries, breast reduction surgery ranks first in patient satisfaction data.

During breast reduction surgery, excess breast tissue and skin is removed, making the breasts more proportionate to the body. The areola is also reduced or repositioned. The result is permanent.

The operation takes two to four hours under general anaesthesia. After breast reduction surgery, pain and discomfort in the breast area persists for two to five days. Physical activity should be restricted for four to five weeks after surgery.

PRICES

Breast reduction surgery at the Latvian Microsurgery Centre: from EUR 3900 mikrokirurgija.lv



Dr. Kārlis Vērdiņš

BREAST AUGMENTATION AT THE AIWA CLINIC

Breast augmentation, or enlargement, is usually performed if a woman has small, undeveloped, or asymmetrical breasts or her breast tissue has lost its volume after breastfeeding. Before the surgery, the patient should have a blood test and certain examinations, including possibly a breast ultrasound or mammography.

Breast augmentation is achieved using implants. These are newest-generation silicone gel-filled implants with a lifetime manufacturer's warranty. The implants are resistant, and the body tolerates them well. If an

implant is placed under the muscle, the glandular tissues of the breast are almost unaffected during placement. Thanks to the wide range of implant sizes, volumes, and shapes, the most suitable option can be chosen for each patient. For example, round implants are usually selected for an impressive décolleté, but there are also anatomical implants for patients wanting a natural shape. The surgery lasts about 1.5 to two hours and is performed under general anaesthesia.

During the post-operative period, one should stay in the hospital for one to two days and wear a special bra for four weeks after surgery. Showers are permitted on the fourth or fifth day after surgery, but one should not swim, take a bath, or begin physical activity until three to four weeks after surgery. There is pain and discomfort in the chest area for one to six days after surgery, and work can be resumed after several days. Scarring disappears after a year or more. Early results are visible in two to three months.

PRICES

Breast augmentation surgery with implants at the *Aiwa Clinic*: from EUR 3800 aiwa.clinic



FACELIFT AT THE AESTHETICA CLINIC

Over time, various changes occur in the shape of the face as the skin, the hypodermis, and the musculo-aponeurotic system become more rigid and sag. Sagging soft tissue on the cheeks and jawline cannot be corrected with cosmetic products, massages, lasers, injections, or other treatments. Therefore, surgery is performed if there is excess skin along the chin line, 'bulldog cheeks', a double chin, excess skin on the neck, and/or sagging cheeks (very deep nasolabial folds).

During a facelift, the excess skin is removed and the subcutaneous, muscular, and aponeurotic layer is surgically 'lifted' back into place to bring a more youthful appearance back to the facial contour.

Most often, a facelift is combined with a neck lift, because the neck area can rarely be corrected alone. Facelifts can also very often be successfully combined with eyelid surgery or various injectables.

Neck lift surgery corrects excess skin and fat around the jawline, creating a more expressive and youthful neck. The results can be long-lasting, but it is important to bear in mind that neck correction cannot completely stop the aging process.

Depending on the extent of the surgery, a neck lift



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usually takes between two and four hours under general anaesthesia, target-controlled anaesthesia, or local anaesthesia. An overnight stay in the medical facility is usually required. The following day, the dressing is changed and the patient is discharged from hospital.

Post-operation swelling reduces within three to five days, facial swelling subsides after seven to ten days, and bruising disappears in approximately ten to 14 days. It is advisable to wear a compression bandage for the first few days after the surgery. Daily activities can be resumed after two weeks, although sporting activities, saunas, and baths must be restricted for at least one month. Exposure to direct sunlight should be limited for several months after the operation.

PRICES

Facelift at the *Aesthetica* clinic: from EUR 4500
Facelift and neck lift: from EUR 6500 aesthetica.lv



EYELID SURGERY (BLEPHAROPLASTY) AT THE LATVIAN AMERICAN EYE CENTRE

Plastic surgery on the eyes is performed for both medical and aesthetic reasons. It remedies droopy eyelids and bags under the eyes that make a person look tired and older than their years. These conditions can often also hinder a person's vision.

Before surgery, patients must notify the doctor about any medications they take on a daily basis as well as any allergies they have. For example, medicines for high blood pressure must be taken on the day of surgery, while blood-thinning medicines should be stopped a week before surgery and resumed only a few days after surgery, unless this would endanger the patient's health.

Patients usually do not need specific tests before surgery under a local anaesthetic. For elderly patients and those with heart ailments, a cardiogram is recommended before major surgery to rule out an exacerbation of heart problems during this period. In some cases when surgery is performed under general anaesthesia, the doctor may require a wide range of tests, a cardiogram, and a lung radiograph. A general practitioner's report on the patient's general state of health is also required.

Eyelid surgery is usually performed under local anaesthesia, with the numbing agent injected

directly under the skin in the area to be operated on, just like at the dentist, and the patient can go home within a few hours after surgery. If the patient wishes, the operation can also be performed under general anaesthesia. This type of surgery is almost always performed with a scalpel and is painless. The operation can take anywhere from a few minutes to two hours. Depending on the type of surgery, the eye may be covered with a bandage, usually until the next morning. The patient sometimes also receives sedative medication before the operation, so it is not advisable to drive home from the operation.

There is usually no pain after surgery. However, there may be a burning or pulling sensation as well as swelling and bruising around the operated eye, which usually disappears within two weeks. Cold therapy, minimal physical activity, and blood pressure control are recommended to reduce these symptoms. In short, during recovery the patient should avoid anything that causes dilation of the blood vessels. Naturally, the wound must also be kept clean to prevent infection. Non-absorbable stitches usually need to be removed by a doctor within five to 14 days after the surgery, and this is a painless procedure. Absorbable stitches disappear on their own within two to four weeks. Post-operative scars may be visible for a few weeks or up to six months. While the scar is healing, it must be protected from the sun, otherwise pigmentation may persist for a long time.

PRICES

Blepharoplasty (two eyelids) at the Latvian American Eye Centre: from EUR 1110

Blepharoplasty (four eyelids): from EUR 2100
laac.lv



AESTHETIC GYNAECOLOGY AND LABIAPLASTY AT THE JV CLINIC

The labia are made up of two parts, the labia majora and labia minora. Globally, one of the most popular cosmetic surgery procedures for women is correction of the labia minora. This surgery is performed not only for aesthetic reasons but often also for functional reasons. The most common procedure is labiaplasty, a procedure that reduces the size of the labia minora.

Increased size of the labia can cause discomfort and unnecessary irritation. But a woman may also choose to undergo a labiaplasty for aesthetic reasons, for example, to correct a deformity or asymmetry of the labia, or for psychosocial reasons, such as to improve her appearance, sex life, and self-esteem.

The most common functional disorder of enlarged labia minora is discomfort and excessive irritation, which is exacerbated by wearing tight clothes, during sports, during sexual activity, or even during urination. Labia can often also cause emotional discomfort and lower a woman's self-esteem and quality of life if the size and shape of the labia are unsatisfactory.



The two most common labiaplasty techniques are trimming the outer edge of the pubic lip and removing a wedge-shaped skin flap. The former is more common and provides good results with a very low risk of complications.

At the *JV Clinic*, labiaplasty is performed in the operating theatre under local anaesthesia. After the operation, the patient spends a few hours in the ward but may return home the same day. However, overnight stays at the clinic are also possible, if so desired.

After a labiaplasty, it is important to keep the wounds clean and dry to ensure that they heal well. Special ointments are rarely needed; washing and drying are usually sufficient. While the body heals, it is not advisable to wear tight clothing. Physical activity should be avoided for about two weeks after a labiaplasty. Sex can be resumed after four to six weeks. A full return to all day-to-day activities is possible after about one month.

PRICES

Labiaplasty of the labia minora at the *JV Clinic*: from EUR 1000
jvklivnika.lv



TUMMY TUCK (ABDOMINOPLASTY) AT THE DR. MED. JĀNIS ĢĪLIS PLASTIC SURGERY CLINIC

Major weight changes, pregnancy, and caesarean sections change the appearance of the abdomen. The skin is stretched and sags, and it is difficult to restore its firmness with physical activity alone. In such cases, one should not give up and settle for an unsatisfactory appearance; instead, one should consider abdominoplasty.

Abdominoplasty is a surgical procedure that removes excess skin and fat from the waist and lower abdomen and strengthens the muscles of the anterior abdominal wall. It is performed on men and women who want to get rid of excess fat and tighten and firm up the abdominal skin if it has lost elasticity due to weight loss, become very stretched, or if stretch marks have formed during pregnancy. Abdominoplasty is also an excellent solution for diastasis.

During an abdominoplasty, the incisions are made horizontally, depending on the individual characteristics of the patient's abdomen. An experienced surgeon makes sure that the scars are not noticeable after the operation and that, over the years, the patient can effectively forget about even having undergone the procedure. Usually, a single horizontal scar remains on the lower abdomen, and the incision is made in such a way that the scar can be hidden by the underwear.



Dr. Ansis Ģīlis

Abdominoplasty is performed under general anaesthesia, and only one day of medical supervision is required in the hospital.

Before scheduling surgery, it is important to bear in mind that the recovery period is very important for the final outcome of the surgery. In the post-operative period, it is recommended that the patient has someone close to them who can help take care of everyday chores during recovery.

The patient should engage in only minimal activity during the post-operative period. Walking in the fresh air is strongly recommended, but lifting heavy loads should be restricted. Proper wound care as recommended by the doctor is also important. If necessary, compression garments should be worn on the affected part of the body. Likewise, the patient should drink plenty of water to keep the body functioning well and to maintain a healthy appearance, mood, and capacity for activity.

PRICES

Abdominoplasty at the *Plastic Surgery Clinic*: from EUR 5600
gilis.lv



ARM LIFT (BRACHIOPLASTY) AT THE JŪRMALA HOSPITAL

The tightening of the skin on the upper arm, also known as an arm lift or brachioplasty, addresses the sagging skin that occurs as a result of natural aging or after significant weight loss, such as after a gastric bypass (bariatric) surgery. This problem usually occurs on the inside of the arm, and specifically in the area between the shoulder and the elbow.

During the operation, excess skin and fat are removed from the upper arms. The operation takes about one to two hours and is performed under local or general anaesthesia.

After surgery, the patient should wear compression garments for two to three weeks. Greater physical activity can be resumed after two to four weeks, and swelling and bruising disappear in about a month. The result of this surgery is permanent.



Jūrmala Hospital is a safe place for any surgical procedure. It has modern operating theatres and state-of-the-art resuscitation and intensive care facilities, which are a critical factor for patient safety during any surgery. The hospital has a team of experienced surgeons and anaesthetists.

PRICES

Brachioplasty at the Jūrmala Hospital: from EUR 2525
jurmallaslimnica.lv