



**Healthcare Services  
and Medical Specialties at your fingertips**



# AMBULATORY SURGERY FACILITY

Our Ambulatory Surgery Facility is strategically located near the Juan Santa Maria International Airport in San Antonio de Belen, Heredia, Costa Rica.

Latam Health Solution has developed state-of-the-art ambulatory surgery facility with the latest technology that complies with all the standards required by the American Association for Accreditation of Ambulatory Surgery Facilities International.

We have the best medical equipment in our Operating Room supported by GE and Datex-Ohmeda brands and a customized special air conditioning system in our Pre-Operating, Post-Operating, Operating and Sterilization rooms.

LHS Surgical mission is to ensure the performance of outpatient surgical procedures at the highest level of quality with the greatest convenience, comfort and safety for patients, and to provide cost effective alternative to existing outpatient services.

Medical Tourism has become popular throughout the developed world for a number of reasons. Two of the most frequently cited reasons for this type of travel are the shorter wait times and reduced costs for medical procedures. This is particularly true when private insurance in the US will not cover the procedures as in the case of elective or cosmetic surgeries.

Plastic Surgery is intended to improve one's appearance, while reconstructive surgery is designed to improve defects or improve function. The most commonly requested medical procedure that can be done in our ambulatory surgery facility:

## Face:

- Full face lift
- Face and neck lift
- Neck lift
- Brow and forehead Lift

## Eyes/Ears:

- Upper and lower eyelid
- Double eyelid/upper eyelid
- Lower eyelid/eyebag removal
- Ear pinback

## Breast:

- Breast enlargement
- Breast lift/mastopexy
- Breast lift and implant
- Male breast reduction and enlargement

## Liposuction:

- Lower / upper abdomen
- Whole abdomen
- Whole back
- Arms

**Mommy make over with PRP** (Whole Abdomen + Whole back + Buttock augmentation)

**Mommy make over with implant** (Whole Abdomen + Whole back + Buttock augmentation)

Doctor Victor Urzola is a preeminent board-certified plastic surgeon in Costa Rica and he will be doing plastic surgery procedures in our LHS Ambulatory Surgery Facility.  
Doctor Victor Urzola web page: [www.cosmeticplasticsurgerycr.com](http://www.cosmeticplasticsurgerycr.com)

# AMBULATORY SURGERY FACILITY

Latam Health Soutlion has a group of preeminent Orthopaedics doctors with a comprehensive surgical experience in Costa Rica. The most common arthroscopic procedures done by this group are:

**Knee arthroscopy.**

**Shoulder arthroscopy.**

**Foot /Ankle surgery.**

**Wrist/Elbow surgery.**

**Hand surgery.**

**Surgical Sports Medicine.**

**Hips Surgery**



The following doctors are part of the finest orthopedic surgeons in Costa Rica and will be doing surgical procedures in our LHS Outpatient facility:

Dr. German Solano A: current president of the Orthopedics Association of Costa Rica.  
Dr. Ruben D. Velazquez: extensive experience in surgical sport medicine.  
Dr. Jaime A. Sierra: current member of the Arthroscopy Association of North America.

## Why choose LHS?

We provide comprehensive dental care to achieve wellness and dental health for your family.

We provide dental excellence covering all areas and specialties.

We use equipment, instruments and high-tech materials to ensure an efficient, aesthetic and durable treatment.

In our clinic you will be treated as part of the LHS family.

## SERVICES

LHS is a primary care center with a large group of health professionals. One of our specialties is the dental facility where we offer the following services:

- General Dentistry.
- Cosmetic dentistry and whitening.
- Pediatric Dentistry
- Endodontics (root canal)
- Periodontics (Gum treatment)
- Dental Implants.
- Oral and Maxillofacial Surgery.
- Orthodontics (braces).
- Gerontology (elderly care).

## DENTAL IMPLANTS

"A dental implant is an ideal option to replace missing teeth. It consists of a titanium base or "root" device within the bone supporting the teeth which holds a crown or replacement tooth. The surgical procedure is minimally invasive, so the pain is mild and controlled with drugs and local anesthesia. The aesthetic result is optimal with this technique."

## TOOTH WHITENING

"Dental bleaching, also known as tooth whitening, is a safe technique to remove surface stains acquired from the use of tobacco products and the consumption of certain foods or drinks that produce a loss of the teeth's natural color.

There are several whitening techniques, the most common is the laser tooth whitening (1 appointment 1 hour). Another conventional bleaching system uses a custom-made mouthguard filled with a gel to be applied on the teeth's surface (use day or night for 5-7 days)."

## LOCATION

1 km west from the Marriot Hotel, Heredia, Costa Rica., LHS Clinic  
Schedule: Monday to Fryday: 07:00 am a 07:00 pm. / Saturday: 07:00 am a 06:00 pm.

# ANNUAL MEDICAL CHECK-UP

LHS Group is a leader healthcare provider of annual check-ups for employees of important multinational companies operating in Costa Rica. Based on our broad experience, we want to offer our medical services to individuals who want to invest in their preventive health, but cannot afford it due to high healthcare costs in developed countries." LHS has developed a product that offers a cost-effective and comprehensive medical check-up.

Our Clinic provides lab work using state-of-the-art equipment and certified technologists for fast and accurate tests.

Tests to perform	Both Sex < 40	Female > 40	Male > 40
1. Lab Tests			
a. Complete Blood Count	✓	✓	✓
b. Uric Acid	✓	✓	✓
c. Creatinine	✓	✓	✓
d. Stool Test + Occult Blood Test	✓	✓	✓
e. Urinalysis	✓	✓	✓
f. Fasting Glucose	✓	✓	✓
g. Urea Nitrogen	✓	✓	✓
h. Lipid Profile (Total and Fractionated Cholesterol) + Triglycerides	✓	✓	✓
i. CA 125 (Tumor Marker for Breast CA).	NA	✓	NA
j. Total and Fractionated Proteins	✓	✓	✓
k. Liver Profile	✓	✓	✓
l. Total and fractionated bilirubin	✓	✓	✓
2. Resting electrocardiogram.	✓	✓	✓
3. General Abdominal Ultrasound	✓	✓	✓
4. Breast Ultrasound	NA	✓	NA
5. Gynecologic Evaluation + Coat	X (Females)	✓	NA
6. Urological Evaluation	X (Males)	NA	✓
6. Ophthalmological Evaluation	✓	✓	✓
7. Spirometry	✓	✓	✓
8. Audiometry	✓	✓	✓
9. Gastroscopy	NA	✓	✓
10. Dental Assessment	✓	✓	✓
11. Chest X-ray	✓	✓	✓
12. Internist Medical Consultation, after gathering all the diagnostic information and medical recommendations.	✓	✓	✓