

# AESTHETIC PLASTIC SURGERY DERMO-COSMETICS

## PORTUGAL

Making sure your health comes first



# MedicalPort

MEDICAL SOLUTIONS ABROAD



## Aesthetic Plastic Surgery (Lisbon and Oporto)

Nowadays, a good looking body is increasingly important, as it determines behaviours not always filtered by consciousness. Social and individual identification mechanisms are set by the way we appear to others and the way we perceive ourselves. A deformity without significant functional effects can entail unimaginable psychological pain for some individuals. For others, a positive attitude towards life and towards others requires that total confidence in oneself.

**When we feel a correction of our body is important, Aesthetic Plastic Surgery is an effective solution to achieve a different look and improve one's image.**

### Body:

- Abdominoplasty
- Liposuction
- Fat Transfer

### Breast:

- Breast Augmentation
- Breast Reduction
- Breast Lift

### Face:

- Facelift
- Eyelid surgery
- Rhinoplasty

## Derma-Cosmetics

Not all ways to deal with ageing revolve around going under surgery. Derma-cosmetic treatments aimed at facial rejuvenation and the softening of expression lines in the face, work by compensating the loss of tissue volume and filling wrinkles. The solutions make you look and feel younger, and regain confidence in yourself.

- Anti-ageing treatment with Botulinum Toxin
- Dermal filling with Restylane
- Mature skin treatment with Skinboosters

## Accredited Hospitals

You can submit to Aesthetic Plastic Surgery and Dermo-Cosmetic treatments in two selected locations, benefiting from the safety and the know-how conditions that general hospitals have to offer.

**Hospital Lusíadas Lisboa:** private general hospital, located in Lisbon, and accredited by Joint Commission International (JCI).

Year of construction: 2008

Number of beds: 116

Number of surgeries in 2014: 7650

Number of births in 2014: 1711

Number of physicians: 564

Emergency services 24/7

Intensive Care Unit and Intensive Neonatal Care Unit

**Hospital Lusíadas Porto:** private general hospital, located in the North of Portugal in the city of Oporto, and accredited by Joint Commission International (JCI).

Year of construction: 2008

Number of beds: 138

Number of surgeries in 2014: 6690

Number of births in 2014: 234

Number of physicians: 411

Emergency services 24/7

Intensive Care Unit



## Quick facts about Portugal:

- Nearly 30% of the population is fluent in English. In the healthcare sector, professionals are fluent in English, French, Spanish, and Portuguese;
- Portugal has around 4 physicians/1000 inhabitants;
- There are roughly 36000 hospital beds available;
- Internationally recognized physicians and researchers like PhD Carlos Caldas, PhD António Damásio, PhD Fausto Pinto, PhD João Lobo Antunes, PhD João Espregueira Mendes;
- Internationally recognized organizations such as Champalimaud Foundation, Gulbenkian Institute of Science, Neuroscience and Biology Centre, Molecular Medicine Institute;
- The country ranked number 11 out of 162 in the 2015 Global Peace Index;
- Portugal was recognized as the 5th best country in the Quality of Life Index 2015 by Internations. Additionally, it ranked 3rd for Health, Safety and Well-being.

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## Your partner for Aesthetic Plastic Surgery and Dermo-Cosmetics

Medical Port is a medical travel facilitator, dedicated to providing access to adequate medical care for those coming from abroad, gathering Portugal's health care resources, and the country's renowned hospitality on behalf of medical travellers, whilst paying attention to the details that assure their well-being.

### Specialist services

- Access to adequate and efficient medical care in private providers in Portugal;
- Pre-assessment of the customer's health care information and eligibility, with identification of supplementary care needed for a safer medical treatment;
- Safeguarded transfer of information between the customer and the health care provider;
- Access to accommodation, traveling and leisure activities;
- Integral, quick and transparent management of the customer's medical travel experience, including planning and coordination of medical acts with the stay, plus booking of all services required;
- An unique point of contact during the medical travel experience for all the services awarded;
- A Customer Care Specialist to escort the customer and facilitate all contacts;
- A Customer Care Agent and a Support Line for transmission of information and discussion of doubts and questions;
- A detailed medical care plan and proposal, adapted to the patient's requirements.

Health care provided ranges from consultations and exams, to non-surgical and surgical treatments from all medical specialties. Most commonly requested medical acts relate to:

- Orthopaedics
- Physical rehabilitation
- General surgery
- Neurological disorders
- Radiotherapy
- Check-ups
- Excess weight and obesity
- Dental care
- Sports medicine
- Plastic surgery
- Psychology
- Medically assisted reproduction
- Assisted living
- Dermo-cosmetic

Providers in our network include:

- JCI accredited private general hospitals in Lisbon, Oporto and the Algarve;
- Radiotherapy clinic, in Oporto;
- Neurological campus, near Lisbon;
- Physical rehabilitation units in Lisbon and Oporto;
- Sports medicine centres, in Lisbon and Oporto;
- Psychology centres, in Lisbon, Oporto and Algarve;
- Assisted living facility, near Lisbon.



Medical Port, Portugal  
Website: [www.medicalport.org](http://www.medicalport.org)

Phone: +351 220 973 751

Email: [info@medicalport.org](mailto:info@medicalport.org) / [customer.care@medicalport.org](mailto:customer.care@medicalport.org)