

Dr. Juan Carlos Fuentes

Tijuana, Mexico

ASK DR. FUENTES

WHAT IS YOUR MOST REQUESTED PROCEDURE?

My most popular procedure is body contouring—liposuction, tummy tucks and breast augmentation.

WHAT DO YOU STRIVE TO ACHIEVE WHEN PERFORMING A PROCEDURE?

Above all, I seek to create a beautiful, natural-looking aesthetic. Patients don't want an unnatural appearance with pulls and scars. They want individually tailored, beautiful outcomes.

WHAT PROCEDURES ARE YOUR FAVORITE TO PERFORM?

I particularly enjoy facial rejuvenation. Patients see themselves in the mirror, but feel different inside. Facial surgery is so satisfying. I get to see a new and improved person coming back.

HOW CAN I REVIVE MY POST-PREGNANT FIGURE?

Depending on your needs, we can perform various breast and body procedures in a single surgery. For example, if you desire both larger and uplifted breasts, we can perform a breast augmentation and lift together. Or if you're concerned about a lax midsection and want larger breasts, you may be a candidate for an abdominoplasty in conjunction with breast surgery.

Prioritizing patient safety

"If you are planning an aesthetic surgery procedure, Mexico is an option to consider," says Dr. Fuentes. However, he is just as quick to caution that patients should practice extensive due diligence when choosing a surgeon abroad. "There are brilliant board-certified doctors in Mexico who have completed stringent requirements. Many of us belong to the American Society of Plastic Surgeons and American Society for Aesthetic Plastic Surgery and attend annual meetings. We stay current with all the medical techniques, advances and training." It is important that every prospective patient do his or her homework. "Be sure about the doctor's certification and facility accreditation. Check their referrals and study their photos. Make sure you feel comfortable and that the doctor has contingency plans in case of a complication." According to Dr. Fuentes, surgery in an exotic locale is only a good idea if you have chosen your "guide" carefully.

CASE STUDY



MIDSECTION MAKEOVER

Unhappy with the excess loose skin and fat deposits in her midsection, this 26-year-old patient turned to Dr. Fuentes for help. "An abdominoplasty with liposuction to the waist and lower back as well as fat grafting to the buttocks helped her achieve the figure she wanted," Dr. Fuentes says.

“beauty is the universal language”

JUST 30 MINUTES SOUTH OF DOWNTOWN SAN DIEGO, DR. JUAN CARLOS FUENTES MANAGES A BUSY AESTHETIC PLASTIC SURGERY PRACTICE COMPRISED OF A MAJORITY OF PATIENTS FROM THE UNITED STATES. HIS HIGH REFERRAL BASE IS A FUNCTION OF HIS AESTHETIC SKILL AND TRAINING. "IN ORDER FOR ME TO GIVE MY PATIENTS THE BEST RESULTS, THEY NEED TO BE THE CENTER OF MY ATTENTION. HERE, EVERY PATIENT HAS A NAME. IF YOU COME HERE, WE WILL KNOW WHO YOU ARE."

MEET THE EXPERT

Dr. Juan Carlos Fuentes

Mexican Board of Plastic Surgery

SERVICES OFFERED

Abdominoplasty
Breast Augmentation
Rhinoplasty
Facelift
Aesthetic Injectables

ABOUT DR. FUENTES

WHAT IS THE BEST ADVICE YOU'VE RECEIVED?

Whatever you choose to do, do it right.

WHERE DO YOU GO TO ESCAPE THE OFFICE?

I love traveling to the beaches in Mexico. They are so beautiful.

WHAT'S ONE THING YOU'RE NEVER WITHOUT?

A good mood—it's a must.

WHAT IS YOUR FAVORITE QUOTE?

I have always believed that if you are not part of the solution, you are part of the problem.

MEDICAL DEGREE
Universidad de Guanajuato

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 To learn more about the practice visit juanfuentesmd.com