

## 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.

### 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.



TUMMY TUCK

#### 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.

“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

**LOCATION**  
Tijuana, Mexico

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 To learn more about the practice visit [juanfuentesmd.com](http://juanfuentesmd.com)