1. ANGIOLOGY AND VASCULAR SURGERY.

**Varicose veins.**

**CHIVA-Technique:** Minimally invasive surgical treatment carried out with local anaesthetic and without hospital stay, resulting in minimal work leave. The patient must walk at least one hour daily as of the day following the intervention.

There is also the possibility of using another technique:
Sclerosis with microfoam: minimally invasive technique carried out in the physician’s office, avoiding the need for surgery.

After conducting a hemodynamic study with Eco-Doppler, a vascular surgeon will determine the most appropriate treatment for each individual case.

2. GENERAL SURGERY

**Unilateral inguinal hernia.**
One-day hospital stay. Check up at 7 days.

**Bilateral inguinal hernia**
One or two-day hospital stay. Check up at 7 days.

**Sacroccocygeal sinus pilonidal.**
Outpatient service without hospital stay. Check up at 7 days.

**Haemorrhoids.**
One-day hospital stay. Check up at 7 days.

**Anal fissure.**
Outpatient service without hospital stay. Check up at 7 days.

**Anal fistula.**
Outpatient service without hospital stay. Check up at 7 days.

**Cholelithiasis by laparoscopy**
Three to four-day hospital stay. Check up at 7 days.

**Ventral hernia by laparoscopy**
Three to four-day hospital stay. Check up at 7 days.
3. ORAL SURGERY.

High quality **dental implant**, each (Straumann, Nobel, Haptite)
RBG dental implant, each

Time in operating room
Up to 4 implants, 45 minutes, with sedation
Anaesthetist
Other hospital expenses

5 to 10 implants, 90 minutes, with sedation
Anaesthetist
Other hospital expenses

11 to 14 implants, 130 minutes
   With sedation and 1 day hospital stay
Anaesthetist
   With general anaesthesia and 1 day hospital stay
Anaesthetist

If it is necessary to add bone in order to perform the implant:

**Own bone** (graft)
(1 day in hospital, 3.5 hours in operating room)
Anaesthetist

**Major reconstruction**, bone taken from the iliac crest
(2 days in hospital, 4.5 hours in operating room)
Anaesthetist

**Crown screwed on implant** (each)
**Tooth, molar or wisdom tooth included** (extraction)
**Check-up of all implants after three days**

4. INTERNAL MEDICINE.

**HEALTH REVIEW**

With the **Preventive Medicine and Health Checks Unit**, the Internal Medicine specialist offers a thorough check up in order to prevent disease through early diagnosis. This thorough check up includes:
Thorough analytical testing, simple X-ray, electrocardiogram (ECG), vision control, audiometry, spirometry and complete auscultation.
Breakfast and lunch at the hospital’s restaurant are also included. Age, sex, personal and familiar history and other risk factors are also considered and depending on the results of this complete examination, the internist will decide what other tests should also be conducted as well as whether or not other specialists should analyse the patient.

**Additional check-ups and other tests**

- Complete ophthalmological exam
- Urological exam with echography
- Echography
- CAT (computerized axial tomography)
- NMR (nuclear magnetic resonance)
- Cardiac-resonance (1)
- Polysomnography
- Urodynamics (urinary incontinence)
- EMG (Electromyography)
- EEG (Electroencephalography)

**5. OPHTHALMOLOGY.**

**Cataracts surgery.**

**What is the crystalline lens?**
Part of the eye that functions like a lens to focus on the retina.

**What is a cataract?**
Progressive opacification of the crystalline lens.
It causes a decrease in vision
Example: translucent glass

**Treatment**
The actual technique consists of the replacement of this crystalline lens with an artificial lens
Use of ultrasound to eliminate the crystalline lens
No suture use (in most cases)

**Advantages.**
Topical local anaesthesia (with eye drops in most cases)
Duration of the surgery: approximately 15 minutes. Check up on the following day and after 10 days.
Immediate incorporation into daily activities, except for major efforts.
The patient may travel by plane

**Botox.**
Treatment of the wrinkles on the upper third of the face.
Outpatient service without hospital stay

**Eyelid surgery**
Bags, malposition, etc.
Outpatient service without hospital stay
Complete ophthalmological exam.

6. **OTORHINOLARYNGOLOGY.**

*Amygdalectomy with or without adenoidectomy*

*Bilateral nasal-sinus surgery*

*Adenoidectomy*

*Decortication of the vocal cords. Microlaryngoscopy.*

*Submucous resection of nasal septum. Septoplasty.*

*Dacriocistorrinostomy.*

*Unilateral nasal-sinus endoscopic surgery.*

*Corrective or functional rhinoplasty.*

7. **TRAUMATOLOGY AND ORTHOPAEDIC SURGERY.**

*Carpal tunnel syndrome.*

Outpatient service.
It consists of the liberation of the median nerve through the sectioning the ligament of the tunnel roof to allow for its expansion.

*Dupuytren.*
This surgery is the ideal treatment for the retraction of palmar aponeurosis and Dupuytren’s contracture.
One-day hospital stay.

*Bunions.*
Hallux valgus
One or two days in hospital

*Articular prosthesis in knee and hip*
Arthritis of the hip and knee are the most common causes of articular ache and functional impotence in adults.
The replacement of these joints by prosthesis has been one of the greatest modern day advances of orthopaedic surgery.

Consultation, surgery in two days and 6-day hospital stay.
Rehabilitation as of the day following the operation.
Check up at 12 days after hospital discharge.
Knee arthroscopy
Meniscus and cruciate ligament rupture
One or two day hospital stay. Local-regional anaesthesia. Outpatient rehabilitation as of the day following surgery. Check up at 10 days.

Shoulder arthroscopy
Unstable shoulder and rotator cuffs.
One day hospital stay. Local-regional anaesthesia. Outpatient rehabilitation as of the day following surgery. Check up after 10 days.

Ankle arthroscopy
Ligaments and others
One or two day hospital stay. Local-regional anaesthesia. Outpatient rehabilitation as of the day following surgery. Check up at 10 days.

Shoulder arthroscopy (rotator cuffs)
Rotator cuff reconstruction. Suture with implant.
One or two day hospital stay. General anaesthesia. Check up at 10 days.