

CLINIQUE  
LA PRAIRIE

---

MONTREUX

MEDICAL AND  
SURGICAL CENTER

CLINIC FOUNDED IN 1931

Welcome	4	Cosmetic Surgery	53
Our Centers of Excellence	13	Rooms	63
↳ Medical Imaging Center	14	Information and Contact Us	66
↳ Dentistry Center	18		
↳ Aesthetic Medical Center	20		
↳ Center for Orthopedic Surgery and Traumatology	22		
Specialist Consultations and Medical Diagnoses	27		
↳ Anesthesiology	30		
↳ Pain Therapy	30		
↳ Cardiology	31		
↳ Medical Check-up	32		
↳ Dermatology	34		
↳ Endocrinology and Diabetology	35		
↳ Gastroenterology	36		
↳ Gynecology – Gynecological Surgeries	38		
↳ Infectious Diseases	40		
↳ General Internal Medicine	41		
↳ Neurology – Neurosurgery	42		
↳ Nutrition, Obesity and Eating Disorders	44		
↳ Micronutrition	45		
↳ Ophthalmology	46		
↳ Ophthalmic and Oculoplastic Surgery	46		
↳ ENT – ENT Surgery	48		
↳ Psychiatry and Psychotherapy	49		
↳ Rheumatology	50		
↳ Physiotherapy	51		

### Our mission

To be a benchmark private clinic, giving patients access to a wide range of expertise, cutting-edge medical technologies, and an approach rooted in human relationships, across three areas: preventive and curative medicine and surgery.

## Welcome to the Clinique La Prairie Center of Medicine and Surgery

At Clinique La Prairie, we are aware that you are putting your trust in us with your most precious possession: your health. At the cutting edge of technology, our Center of Medicine and Surgery offers a wide range of specialist consultations and surgical services.

This brochure will provide you with an overview of the clinic's medical specialisms.

To prepare for your consultation or stay with us, we recommend that you read this brochure carefully. Our staff are also completely at your disposal for any further information. Our management team and all our staff look forward to welcoming you to our Center.

Live in good health, live more fully, live long.

Welcome

## A Medical Center of Excellence on the Riviera for more than 90 years

92 years

of history and medical excellence

50 Doctors

and specialists

25 Specialisms

in medicine, surgery and  
paramedicine

3 Operating Theaters

with the latest technology  
(renovated in 2021)

20 Rooms

for post-operative care

80 Members

on our care team

45,000 Patients

each year

1991

Our Center is built

2022

The Lausanne Center opens

2023

Inauguration of the Lake  
Consultation Center



## Medical Center with more than 50 specialists

Dedicated to helping patients lead healthier, longer lives, the Clinique La Prairie Medical Center offers an exceptional range of expertise, with more than 50 doctors and surgeons covering 25 specialisms, as well as several surgical departments, 3 operating theaters, and 20 recovery rooms.

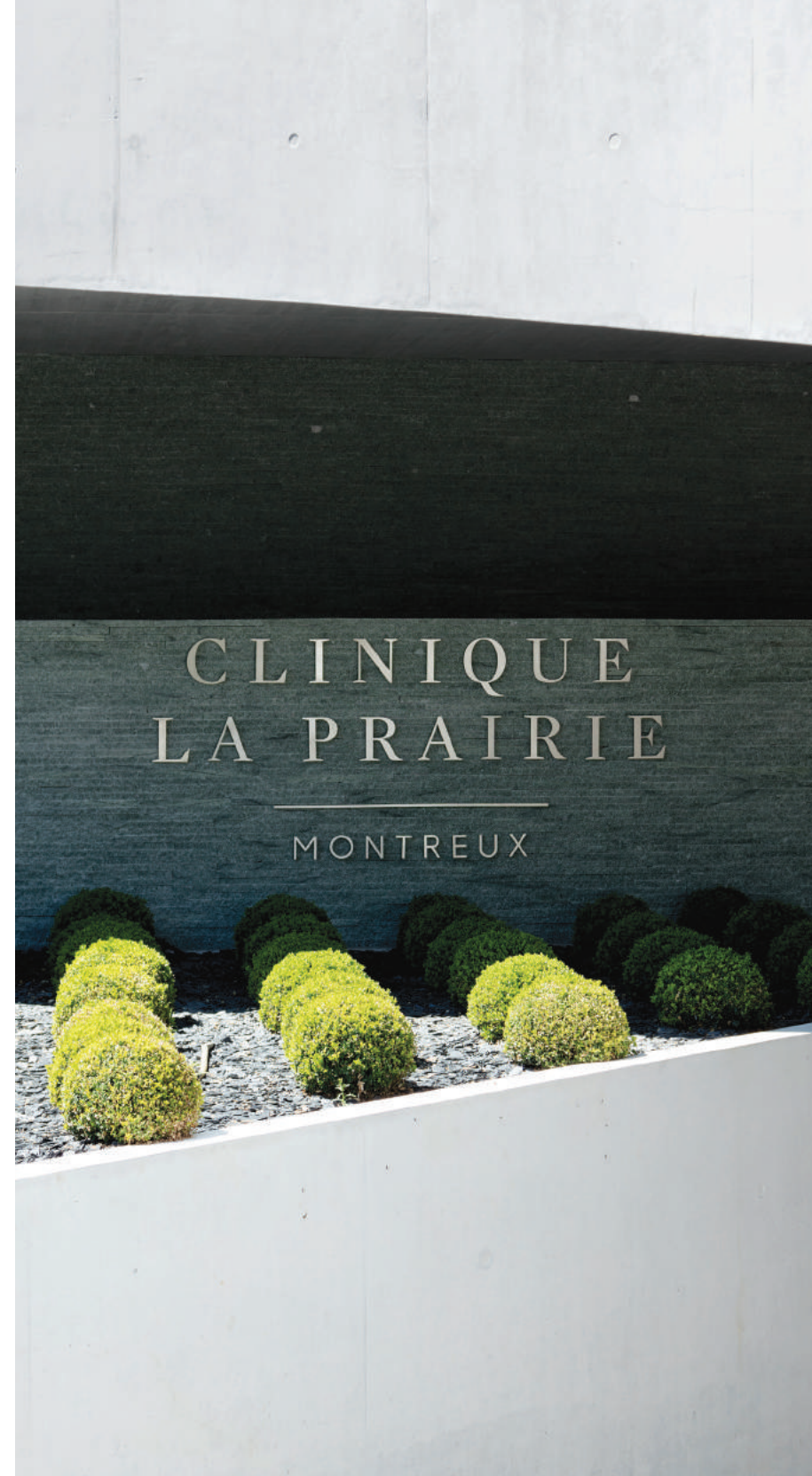
With a combination of professional, attentive care staff and advanced technologies, the Center offers holistic, complete medical care to every patient.

Our doctors' specialisms available cover many areas for physical and psychological needs, as well as the ability to perform comprehensive medical check-ups and give professional advice on any health-related subject.

Our doctors and specialists are ready to welcome you for consultations and examinations as part of your basic, semi-private or private insurance.

### Specialisms

- ↪ Anesthesiology
- ↪ Pain Therapy
- ↪ Cardiology
- ↪ Medical Check-up
- ↪ Cosmetic Surgery
- ↪ Dentistry
- ↪ Dermatology
- ↪ Endocrinology and Diabetology
- ↪ Gastroenterology
- ↪ Gynecology
- ↪ Medical Imaging
- ↪ Infectious Diseases
- ↪ Laboratory
- ↪ Aesthetic Medicine
- ↪ General Internal Medicine
- ↪ Micronutrition
- ↪ Neurology
- ↪ Nutrition, Obesity and Eating Disorders
- ↪ Ophthalmology
- ↪ Orthopedics
- ↪ ENT
- ↪ Psychiatry and Psychotherapy
- ↪ Rheumatology
- ↪ Physiotherapy



A member of the Vaud association of private clinics, Clinique La Prairie applies TarMed rates for outpatient consultations and is recognized by most private and semi-private additional insurance for hospitalizations.

#### Outpatient

Access to all our practices with basic insurance. Be aware of the specific conditions of your contract (family doctor, telemedicine, etc.).

#### Hospitalization

Take out private or semi-private additional insurance with Clinique La Prairie.

#### No insurance cover

Some of our services, such as cosmetic surgery, are accessible without insurance cover and on estimate. Amount payable in advance.

Reconstructive surgery that is medically justified and that meets certain conditions may be covered by insurance.

Welcome

## Specialized Surgery at Clinique La Prairie

Clinique La Prairie offers a range of general and specialized surgical expertise. We have three versatile operating rooms equipped with the latest technologies and equipment. Specialized surgeries are performed personally by our highly qualified surgeons, who are experts in their respective fields. Before operating, all our surgeons meet with patients to discuss, introduce and explain each intervention.

### Facilities

---

- ↪ 3 operating rooms
- ↪ 20 post-operation recovery rooms

### Contact

021 989 32 39  
admission@laprairie.ch



## Our Centers of Excellence

- Medical Imaging Center
- Dentistry Center
- Aesthetic Medical Center
- Center for Orthopedic Surgery and Traumatology

## Medical Imaging Center

Located in the basement of the main building, the Medical Imaging Center occupies the entire floor—nearly 1,000 m<sup>2</sup>—to offer a complete examination service using state-of-the-art equipment. It has its own reception desk and waiting rooms.

### 3T and 1.5T MRI

- ↪ Cardiac MRI
- ↪ MR angiography neck, thorax, abdomen and lower limbs
- ↪ Whole body MRI, brain, orbits, neck, abdomen (MR cholangiogram), pelvis and prostate
- ↪ Osteoarticular MRI

### CT-scanner\*

- ↪ Brain, neck, thorax, abdomen and pelvis
- ↪ Virtual colonoscopy
- ↪ CT angiography (coronary, aorta, lower limbs, supra aortic and cerebral trunk)
- ↪ Osteoarticular, spine
- ↪ DentaScan, sinus, dacryo-CT
- ↪ Interventional on the spine

*\*128 dual energy strips and significant dose reduction*

### Ultrasound / Echo-Doppler

- ↪ Arterial and venous Doppler
- ↪ Whole body ultrasound, women's imaging
- ↪ Osteo-articular intervention
- ↪ Thyroid fine needle biopsy
- ↪ Breast punch biopsy and identification

### Contact

021 989 33 55  
radiologie@laprairie.ch



### Digital radiology

- ↪ Thorax
- ↪ Arthrography
- ↪ Transit (oesophageal, gastric and duodenal pathology)
- ↪ Bone and joint interventional radiology
- ↪ Weight-bearing x-rays of the spine and lower limbs



### Mammography with low dose tomosynthesis tumor diagnosis

- Cancer screening (50-70 years)
- Biopsy planning
- Localization of lesions (wire guided excision biopsy)
- Post-operative monitoring

### Two-photon mineralometry

- Osteoporosis assessment
- Lumbar spine, hips and wrists
- Sahara (ultrasound mineralometry)
- Body composition (DXA)

### Digitized orthopantomogram

- Dental check-up with panoramic digital X-ray
- Digital X-ray of the temporomandibular joints

### Digital archiving

- Fully computerized management of the patient's file (RIS system)
- Digital archiving for all images (PACS system)
- CD and DVD copies



## Dentistry Center

We take a holistic approach to providing superior, personalized dental care. We offer state-of-the-art services, including smile analysis and aesthetics, smile anti-aging, and cosmetology treatments such as teeth whitening and ceramic veneers. We also specialize in dental anti-aging treatments to improve your overall oral health.

### Treatments

- ↪ Dental check-up
- ↪ Panoramic x-ray
- ↪ DentaScan

### Dental treatments

- ↪ Tartar removal
- ↪ Cavity treatment with composite resin or ceramic inlay
- ↪ Endodontics – root treatment
- ↪ Ceramic crown and bridge
- ↪ Periodontics – treatment of periodontal pockets (loss of bone around the tooth) and gum recession
- ↪ Dental surgery – extraction of wisdom teeth, cyst removal, etc.
- ↪ All-on-4 – resin prosthesis screwed onto four implants within a few days
- ↪ Implantology
- ↪ Treatments possible under sedation

### Smile aesthetics

- ↪ Digital Smile Design
- ↪ Whitening
- ↪ Invisible orthodontics – Invisalign
- ↪ Ceramic veneers
- ↪ Dental anti-aging – treatment of oral cavity aging (teeth wear, of loss vertical dimension of occlusion)

*The Dental Center of Excellence combines conventional medicine with smile aesthetics.*



PRICE LIST



## Maxillofacial Surgery

Operations on the bones and joints of the jaws and face.

### Contact

021 989 34 09  
ced@laprairie.ch

## Aesthetic Medical Center

Clinique La Prairie's Aesthetic Medical Center offers unique expertise and innovative technologies. With many years of expertise in the field of preventive aesthetic medicine and anti-aging, treatment offers are personalized and perfectly planned for lasting results and an exclusive experience.



### Treatments

#### ↳ Laser

- Genesis Laser
- Photorejuvenation
- Vascular Laser
- Ablative Lasers
- Hollywood Laser
- Laser Hair Removal

#### ↳ Injections

- Mesotherapy
- Platelet Rich Plasma (PRP)
- Hyaluronic Acid
- Neurorelaxants / Botulinum protein
- Prophilo
- Skin Booster
- Lipolysis

#### ↳ Peels

- Superficial
- Medium

#### ↳ Ultraformer 3

#### ↳ Tensor threads

#### ↳ Morpheus 8

#### ↳ Coolsculpting



PRICE LIST



### Contact

021 989 31 91  
cme.medical@laprairie.ch

## Orthopedic Surgery and Traumatology Consultation Center – Montreux

State-of-the-art expertise in orthopedic surgery and traumatology. The Center's surgeons diagnose and treat a wide range of conditions in the musculoskeletal system, which controls the body's movement. The Center therefore integrates highly specialized medical and surgery departments: hip, knee, sports medicine, regenerative medicine, foot and ankle, spine, hand, imaging treatments, musculo-skeletal oncology, and bone disease.

### Specialized consultations and diagnoses

- ↪ Ligament reconstruction
- ↪ Cartilage grafts
- ↪ Osteotomy
- ↪ Joint prosthesis (shoulder, hip, knee, hand)
- ↪ Percutaneous surgery
- ↪ Conservative hip surgery
- ↪ Complex reconstructive surgery
- ↪ Revision surgery
- ↪ Heavy traumatology
- ↪ Hand surgery
- ↪ Spine surgery

### Hand surgery

- ↪ Endoscopic carpal tunnel release
- ↪ Thumb and other hand joint prosthesis fitting
- ↪ Wrist osteoarthritis treatment
- ↪ Ligament reconstruction by arthroscopy
- ↪ Solutions for tendonitis

*With our expertise and optimal range of medical technologies, we also perform interventions on health issues affecting the nerves (carpal tunnel), tendons, and tumor tissues. Interventions can be performed invasively or non-invasively.*

### Contact

021 989 32 82  
orthopedie@laprairie.ch



### Rehabilitation

Our specialized surgeons also monitor your rehabilitation, which begins immediately after your operation. The type of operation defines the rehabilitation protocol and schedule, which is set in consultation with your surgeon and physiotherapist. It usually lasts four weeks. A pedaling device can be made available at your home. Splints are also planned so that you can regain your quality of life as quickly as possible. Regular follow-ups are planned with your surgeon, who assesses the way your mobility is progressing.

## Orthopedic Surgery and Traumatology Consultation Center – Lausanne

Set up as a partnership between Clinique La Prairie and the Institute of Orthopedics and Traumatology of Lake Geneva ITOLS, our Lausanne Consultation Center provides a bridge with the surgical center in Clarens-Montreux. Although procedures are still carried out in Montreux, some doctors from the clinic travel between the two centers.

Covering a total area of 450 m<sup>2</sup>, the center is equipped with consultation rooms for doctors specializing in orthopedics and traumatology, a radiology center, and a physiotherapy department.

### Contact

Clinique La Prairie Medical Services  
Avenue du Théâtre 1, 1005 Lausanne  
021 989 31 00  
msl@laprairie.ch

### Orthopedics and traumatology

- Medical and surgical center for hips
- Medical and surgical center for knees
- Medical and surgical center for feet and ankles
- Medical and surgical center for hands and wrists
- Medical and surgical center for shoulders and elbows

### Specialisms and diagnostics

- Medical and surgical center for the spine
- Medical, surgical and radiology center for vascular interventions
- Center for Bone Disease  
Rheumatology, Osteoporosis and Rare Diseases
- Alternative medicine center  
Acupuncture, Chinese medicine, rehabilitation, physiotherapy, chiropractic, osteopathy
- Nutrition



## Specialist Consultations and Medical Diagnoses

- Anesthesiology
- Pain Therapy
- Cardiology
- Medical Check-up
- Dermatology
- Endocrinology and Diabetology
- Gastroenterology
- Gynecology – Gynecological Surgeries
- Infectious Diseases
- General Internal Medicine – General Surgery
- Neurology – Neurosurgery
- Nutrition, Obesity and Eating Disorders
- Micronutrition
- Ophthalmology
- Ophthalmic and Oculoplastic Surgery
- ENT – ENT Surgery
- Psychiatry and Psychotherapy
- Rheumatology
- Physiotherapy

## Medical Diagnostics

A team of leading medical specialists, advanced technical facilities and innovative laboratory tools are used to detect and manage diseases and pathological conditions.

From sample testing to screening, through assessments and diagnoses, Clinique La Prairie provides an integrated medical center covering all your needs.

### State-of-the-art diagnostics and technologies

- Advanced blood tests and analyses
- DNA tests: genetics and epigenetics
- Screening to check for overexposure to heavy metals
- Body composition test
- Screening for skin lesions
- Sleep quality tests including a consultation with a pulmonologist (respiratory specialist)



## Anesthesiology

At Clinique La Prairie, our three operating rooms are equipped with high-quality anesthetic equipment, allowing us to administer all types of anesthesia. Whether general, local or regional, our team of anesthesiologists perform different types of general and outpatient surgery, including orthopedic, gynecological, aesthetic and reconstructive, as well as otolaryngology.

### Contact

021 989 32 39  
anesthesie@laprairie.ch

## Pain Therapy – Pain Consultation

Following an initial assessment, various physical and psychological therapeutic medications will be discussed, either alone or in combination. A multidisciplinary approach is encouraged, and we strive to diminish pain as much as possible so that patients can maintain a satisfactory quality of life.

### Contact

021 989 38 38  
antalgie@laprairie.ch

### Pathologies treated

- ↪ Lumbago and cervicogenic dorsalgia
- ↪ Lumbar radiculopathy (pain related to a herniated disc or disc disease)
- ↪ Algoneurodystrophy
- ↪ Post-traumatic and post-operative pain
- ↪ Neuropathic pain.

## Cardiology

Under monitoring by our specialized cardiologists, consultations involve a comprehensive evaluation of the heart.



### Contact

021 989 33 72  
cardiologie@laprairie.ch

### Areas of investigation

- ↪ The presence of signs of cardiac distress that may indicate coronary disease.
- ↪ Adjustment of heart rate and blood pressure.
- ↪ Level of physical capacity, which is an important factor in determining cardiovascular risk.
- ↪ Transthoracic echocardiograms make it possible to visualize the four heart valves, to estimate the function of the different cavities, and to measure the left ventricle's ejection fraction to produce a basic prognosis.
- ↪ Pacemaker and defibrillator monitoring and programming
- ↪ Cardiac MRIs can confirm or discount indications of coronary impairment, as well as giving a better visualization of the heart if the echocardiogram is insufficient.
- ↪ CT scans focus directly on the coronary arteries to detect any constriction.
- ↪ 24-hour ECG recordings document any tendency toward arrhythmia.
- ↪ 24-hour blood pressure records assess any indication of hypertension or overtreatment.



## Medical Check-Up

A comprehensive assessment of your physical health, allowing many disorders and diseases to be detected and effectively treated at an early stage—sometimes even before the appearance of the first symptoms. Your general practitioner can recommend the right diagnoses and analyses to personalize your check-up according to your needs.

### Diagnostics and analyses

- Laboratory analyses
- Calcium score, chest and heart CT scan
- Carotid Doppler ultrasound
- Abdominal ultrasound
- Electrocardiogram (ECG)
- Stress test and cardiologist consultation
- ENT examination
- Dental check-up with panoramic X-ray
- Consultation with a gastroenterologist and colonoscopy or gastroscopy
- Rheumatology consultation
- Ophthalmological assessment
- Neurological assessment
- Fitness test score
- Diet consultation
- Osteoporosis diagnosis



## Dermatology

Our Dermatology Center offers specialized skin consultations.

### Skin diagnostics

- ↪ Skin cancer screening consultation
  - ↪ Management of infectious and tumorous inflammatory dermatoses (eczema, urticaria, psoriasis, etc.)
  - ↪ Treatment of facial dermatoses: acne, rosacea, seborrheic dermatitis
  - ↪ Treatment of benign lesions (warts, keratoses) and pre-cancerous lesions through curettage and/or cryotherapy
  - ↪ Excision of skin lesions (naevus, melanoma, basal cell and squamous cell carcinoma) and subcutaneous lesions (cyst, lipoma)
  - ↪ Surgical reconstruction through direct suture, skin graft and/or skin flap
- ↪ Ablation of benign skin lesions with CO<sup>2</sup> laser
  - ↪ Skin resurfacing and scar improvement with fractionated CO<sup>2</sup> laser
  - ↪ Laser treatment of vascular lesions (rosacea, angiomas, varicosities) and pigmentary lesions (lentigines, sunspots)

### Contact

021 989 38 38  
dermatologie@laprairie.ch

## Endocrinology and Diabetology

Study of hormones and their functioning. Hormonal imbalances can lead to various problems affecting the body's morphology, fertility, and even functionality. This pathology affects both men and women. A consultation enables any problems to be identified, along with the necessary examinations to reach a diagnosis.

Once a diagnosis has been reached, doctors will offer you treatment and long-term monitoring that respects your lifestyle.

### Endocrinology– Diagnosis through several examinations

- ↪ Targeted medical history and clinical status
- ↪ Blood test
- ↪ Cytopuncture
- ↪ Ultrasound or CT scan or MRI

### Andropause

- ↪ Discussion around male physiology and answers to your questions.
- ↪ Targeted medical history and clinical status of symptoms.
- ↪ Blood test and X-ray if necessary.
- ↪ Treatment and monitoring will depend on the results of the examinations and your needs.

### Diabetology

- ↪ General information about the disease and details on its day-to-day management.
- ↪ Discussions and recommendations around diet
- ↪ Evaluation, introduction or possible modification of diabetes treatment.
- ↪ Technical instruction in self-checks and injections
- ↪ Evaluation and assessment of potential complications and their treatment.
- ↪ Care and monitoring for patients with diabetes during pregnancy (gestational diabetes).

### Contact

021 989 32 96  
endocrinologie-diabetologie@laprairie.ch

## Gastroenterology

Our gastroenterology practice welcomes patients suffering from a variety of pathologies, such as functional intestinal disorders, liver or pancreatic disease, proctology and oncology, in tandem with the oncology department, to offer a preliminary consultation before carrying out any explorations of the digestive tract.

### Investigations carried out at our digestive endoscopy center

---

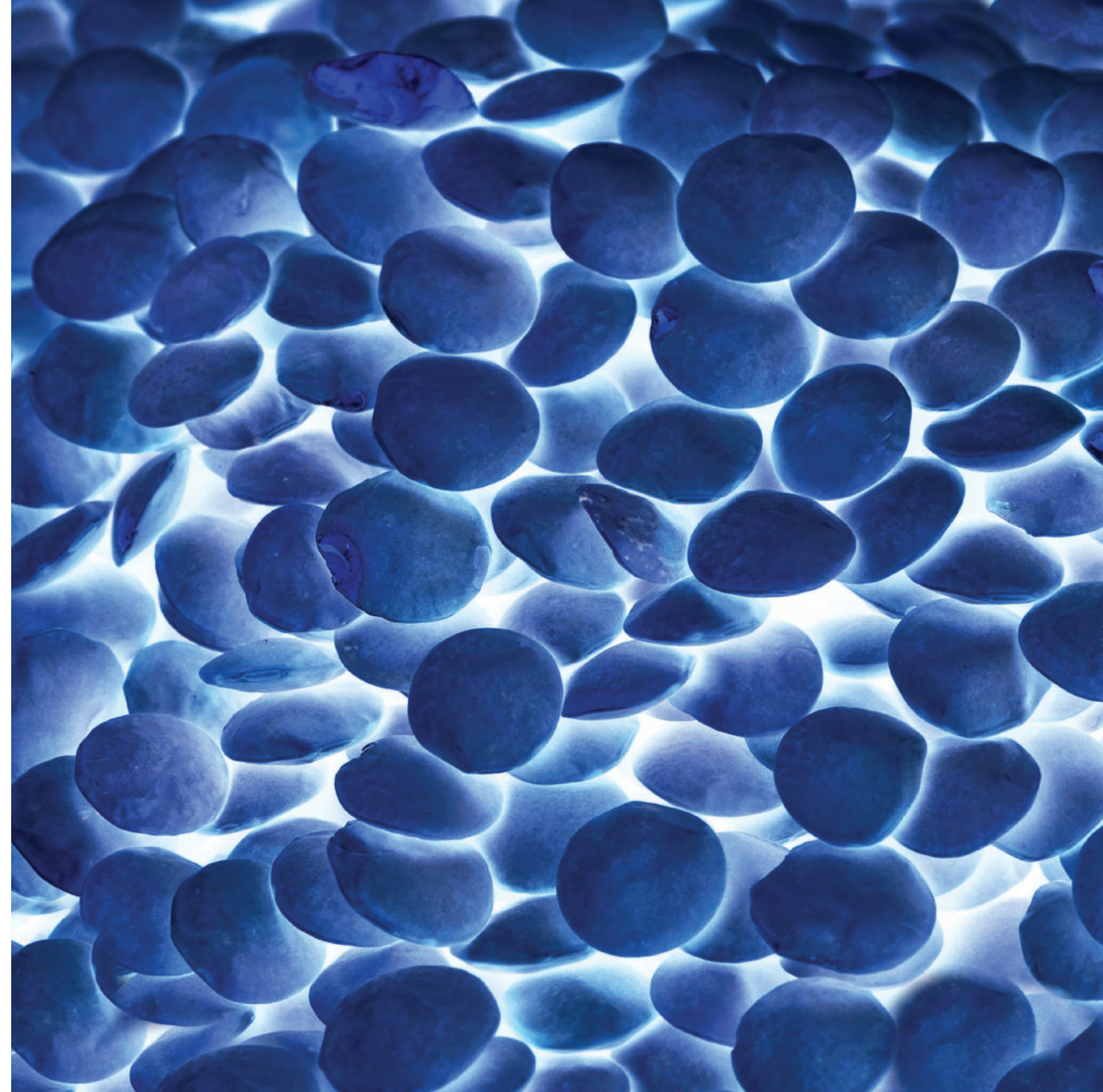
- Outpatient explorations of the digestive tract, mainly via colonoscopy and gastroscopy
- Appropriate endoscopic assessment according to the doctor's diagnosis (colonoscopy, gastroscopy or scanner)
- Colon cancer screening

### Digestive system specialism

---

- Gastroenterology consultation
- Gastroscopy, colonoscopy
- Inflammatory bowel disease, Chronic liver disease, pancreatopathy

*Outpatient endoscopies are performed under sedation at the digestive endoscopy center, or in our operating room for more invasive or delicate procedures.*



#### Contact

021 989 38 70  
gastroenterologie@laprairie.ch

## Gynecology – Gynecological Surgeries

Our team of gynecologists and obstetricians offer a holistic approach to gynecological health, allowing them to approach each patient from the perspective of both her overall health and her most intimate area.

### Surgeries performed

- Problems or pathologies of the perineum and pelvis
- Uterus, ovary and bladder surgery
- Surgery for urinary incontinence
- Contraceptive device fitting
- Senology and breast surgery

### Specialist consultations

- Gynecological consultation
- Birth control
- Pregnancy monitoring



### Menopause

Our specialists also offer a multidisciplinary approach for early menopause (before age 45), as well as for women approaching peri-menopause (on average at the age of 47) and those going through the menopause (after 51 years on average). The care offered is personalized and favors prevention of symptoms. Treatments are determined according to the consultation, with various options available: hormone replacement therapy, acupuncture, herbal medicine, homeopathy, etc.

### Contact

021 989 33 50  
gynecologie@laprairie.ch

## Infectious Diseases

Our department takes care of patients suffering from infectious diseases, meaning infections due to micro-organisms such as bacteria, viruses, fungi, parasites and yeasts.

### Infectious Diseases: from 16 years

- ↪ Fever
- ↪ HIV, STDs, hepatitis B and C, COVID
- ↪ Immunodeficiency, assessment before immunosuppression, recurrent infections, treatment or prophylaxis
- ↪ Infections on returning from travel, parasitic infections
- ↪ Vaccination

### Travel consultations, no age limit

- ↪ Yellow Fever Vaccination
- ↪ Other travel vaccinations
- ↪ Prevention of malaria and other travel illnesses

#### Contact

021 989 38 38  
ccl@laprairie.ch

## General Internal Medicine – General Surgery

Consultation to assess the patient's state of health as a whole, working in close collaboration with specialists if necessary.

### Surgeries performed

- ↪ Hernias
- ↪ Hemorrhoids
- ↪ Varicose veins on the legs
- ↪ Gallbladder
- ↪ Thyroid
- ↪ Appendix



#### Contact

##### **Internal Medicine**

021 989 32 69  
medecine.interne@laprairie.ch

##### **General Medicine**

021 989 38 38  
medecine.generale@laprairie.ch

##### **General and visceral surgery**

021 989 33 50  
reception.medicale@laprairie.ch

## Neurology – Neurosurgery

A complex internal medicine specialism dealing with diseases of the brain, spinal cord, muscles and peripheral nerves, neurology encompasses many disorders, such as muscle pain, multiple sclerosis, Parkinson's, migraines, as well as chronic sleep and motor disorders.



### Specialized consultations and diagnoses

- Diagnosis and care through outpatient consultations for different types of pathologies relating to motor and sensory deficits of the extremities, balance disorders or neuropathic pain.
- Diagnosis and treatment of sleep disorders and headaches.
- Cerebral diseases and neurological assessment: with our advanced technical equipment, we can carry out complex examinations for patients at risk of stroke or for those who have already encountered cerebrovascular conditions. Brain MRIs are performed by our Radiology Department, which also performs MRI examinations of the cervical and lumbar spine and other muscle imaging examinations.



### Contact

021 989 33 50  
neurologie@laprairie.ch

## Nutrition, Obesity and Eating Disorders

Whether you are seeking support with weight loss, intolerances, or redefining your relationship with food according to specific needs or illnesses, nutrition is specific to everyone. This is why both our medical specialists and team of dietitians are at your disposal for individual care. Cases of obesity, eating disorders or deficiency are taken care of by our nutritionist doctor who, depending on the need, works with our endocrinology and diabetology department, psychiatry and psychology, and physical education.

### Analyses performed

- ↪ Heavy metal analysis
- ↪ ALCAT test
- ↪ Lactose intolerance breath test
- ↪ Calorimetry
- ↪ Measurement of body composition
- ↪ Dietary assessment
- ↪ Metabolic disorders (diabetes, high cholesterol)
- ↪ Food allergies

#### Contact

021 989 31 36  
nutrition.med@laprairie.ch



## Micronutrition

Micronutrition studies the impact of micronutrients (vitamins, minerals and trace elements) on the cell, organ and metabolic function, and thus on our overall health.

Micronutrition enables solutions centered on individual issues, and places food back at the heart of everyone's health and well-being. Optimizing the body's various functions, preventing diseases and improving everyone's quality of life: these are the goals of micronutrition.

#### Contact

021 989 38 38  
ccl@laprairie.ch

## Ophthalmology

Ophthalmologists prevent, diagnose and treat vision disorders and eye conditions through eye exercises, medication and surgery.

### Ophthalmological examinations and diagnostics

- Ophthalmological evaluation and diagnostics with state-of-the-art facilities including: detection of glaucoma, cataracts, vision abnormalities and macular degeneration
- IVT Intravitreal injection

## Ophthalmic and Oculoplastic Surgery

Oculoplasty is a branch of ophthalmic surgery, for the surgery of the eyelids, orbits and lacrimal duct system.

### Oculoplastic surgeries

- Blepharoplasty (droopy eyelids or bags due to excess skin)
- Ptosis (drooping upper eyelids linked to a functional problem)
- Ectropion (eyelid turned outward)
- Entropion (eyelid turned inward)
- Reconstruction by graft or skin flap in the case of a palpebral tumor
- Weeping of the eye (lacrimal duct problem)
- Periocular aesthetics

### Contact

021 989 30 55  
ophthalmologie@laprairie.ch





## ENT – ENT Surgery

Otorhinolaryngology is a specialism for diseases of the ears, nose, sinus cavities and vocal cords. Our specialists provide medical and surgical care for these various pathologies.

### Consultations and treatments

- ↪ Otolaryngology consultation
- ↪ Video-endoscopic rhino-pharyngolaryngeal examinations
- ↪ Vertigo: investigations (brainstem auditory evoked potentials and vestibulonystagmography) and treatment
- ↪ Deafness: investigations, equipment, operation, dizziness
- ↪ Snoring: investigations, operation
- ↪ Assessment of voice-related problems and their treatment
- ↪ Early detection of ENT cancers
- ↪ Septoplasty



*Our technical facilities include the latest technologies to surgically treat all basic ENT pathologies, as well as most diseases of the nose and sinuses.*

### Contact

021 989 32 70  
orl@laprairie.ch

## Psychiatry and Psychotherapy

If they persist, stress, anxiety, nervousness, sadness, sleep disorders, excessive consumption of alcohol or medication, and eating disorders are states often linked to psychological disturbances. With the knowledge that psychiatric conditions greatly reduce life expectancy and increase the likelihood of somatic illnesses, it is essential to seek help if you have any of these symptoms.

### Pathologies and treatments

- ↪ Depression
- ↪ Dependency
- ↪ Anxiety disorders
- ↪ Stress management
- ↪ Burnout prevention and management
- ↪ Personality disorders
- ↪ Psychological disorders in the elderly and their particular features
- ↪ Hypnosis
- ↪ Sleep disorders

### Contact

021 989 33 50  
psychiatrie@laprairie.ch

## Rheumatology

Rheumatism, polyarthritis, spondyloarthritis, bone and joint pain, sciatica, osteoarthritis and tendonitis are all ailments that can affect your musculoskeletal system, and that our Center for Rheumatology, Physical Medicine and Rehabilitation treats to improve your quality of life.

### Pathologies and treatments

- ↪ Osteoarticular disorders: osteoarthritis, osteoporosis
- ↪ Diseases of metabolic origin: joint chondrocalcinosis
- ↪ Inflammatory or autoimmune disease: rheumatoid arthritis, ankylosing spondylitis, systemic lupus erythematosus
- ↪ Diseases of infectious origin: septic arthritis, spondylodiscitis
- ↪ Diseases of neoplastic origin: benign and malignant tumors
- ↪ Diseases of dysplastic origin: genetic disorders of the bones, cartilage, collagen
- ↪ Complex regional pain syndrome: algoneurodystrophy
- ↪ Fibromyalgia syndromes, chronic fatigue and somatoform pain disorders



## Physiotherapy

### Services

- ↪ Manual therapies
- ↪ Functional, sports, post-operative and respiratory rehabilitation
- ↪ Therapy pool
- ↪ Electrotherapy
- ↪ Ultrasound
- ↪ Rehabilitation for diabetic patients

### Contact

021 989 32 37  
rhumatologie@laprairie.ch

### Contact

021 989 31 36  
physiotherapie@laprairie.ch

## Aesthetic surgery

- Plastic, reconstructive and aesthetic surgery
- Beauty Stem Cells and Skin Cell Boost program

## Plastic, reconstructive and aesthetic surgery

Our team is made up of highly qualified surgeons trained in the latest cosmetic and reconstructive techniques.

For a facelift, breast augmentation or the correction of small imperfections, after an in-depth assessment with you, our specialists will be able to answer your questions and offer you a treatment that meets your needs and desires. Our surgeons take into account the features of your face and lines of your body to obtain a natural, harmonious result.

### Interventions

- ↪ Cosmetic surgery consultation
- ↪ Eyelid treatments (upper and lower blepharoplasty)
- ↪ Breast augmentation, breast reduction, change of implants
- ↪ Lifting: cervico-facial, lower face, neck, eyebrows, abdomen, thighs, buttocks and arms
- ↪ Liposuction: abdominal, neck, thighs, buttocks, cellulite, back, arms, waist, face and body
- ↪ Lipostructure: dark circles, arches, nasolabial folds, breasts, face and body
- ↪ Rhinoplasty



### Contact

021 989 33 71  
aesthetic.surgery@laprairie.ch

## Stem cells are revolutionizing cosmetic surgery

For more than 90 years, Clinique La Prairie has played a pioneering role in regenerative medicine, slowing down the aging process. Starting with a brilliant idea from Dr. Niehans, this journey has led us to a cutting-edge area in aesthetic medicine: innovative beauty stem cell techniques for aesthetics.

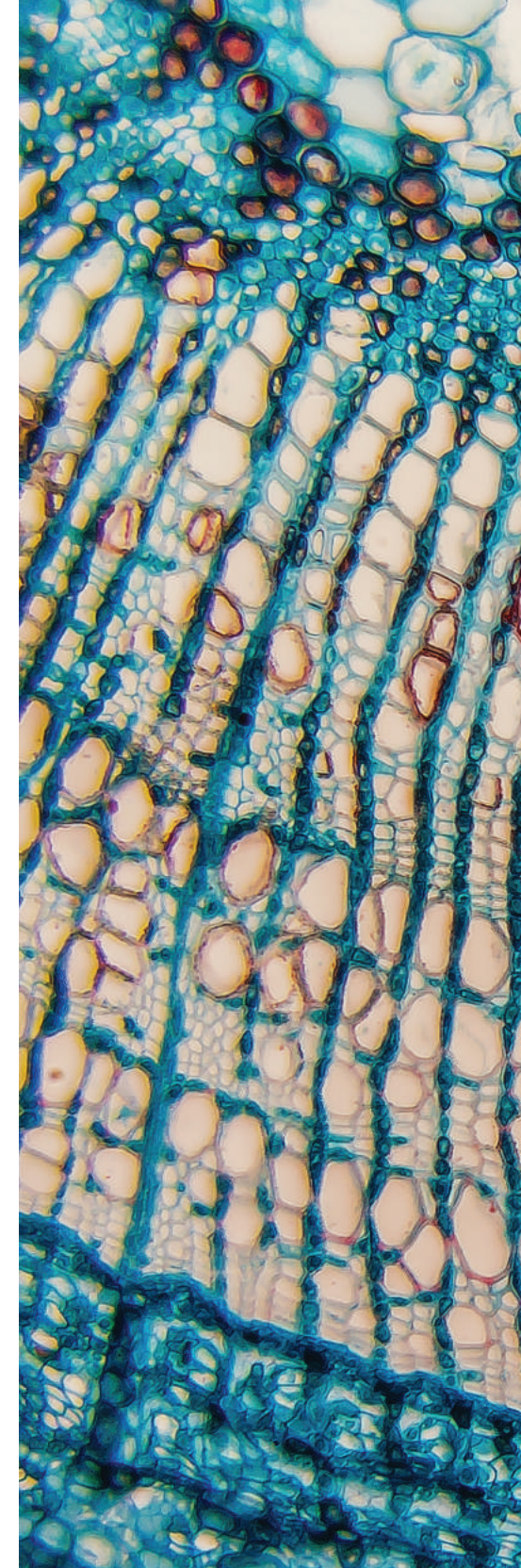
It is now possible to beautify, restore and protect skin using stem cells from your own fat. Research reveals that these stem cells have the power to repair and rejuvenate all tissues, renewing themselves at a cellular level. When injected into the skin of the face, your harvested stem cells replace degenerative cells, renewing your natural collagen and effectively reducing the visible signs of aging.

Protect and preserve your beauty today with the re-injection of your own stem cells.

With our cosmetic surgeon's expertise, we can offer you a treatment using these advanced rejuvenation protocols, and keep your collected stem cells for a period of up to 30 years.

### Advantages of the procedure

- Mitigation of the negative effects of aging
- Natural self-regeneration of the treated area, ensuring long-term natural effects
- Stimulation of collagen production
- Deep hydration
- Stimulation of cell vitality
- Skin radiance and rejuvenation
- Reduced loss of elasticity



### How are these regenerative methods carried out?

The treatment's extraordinary benefits allow you to preserve your youth naturally through the power of your own cells. The first step is a consultation with the plastic surgeon (who has more than 20 years of expertise), complete with a check-up and blood tests.

The second phase is the intervention in Clinique La Prairie's operating room, during which the plastic surgeon proceeds to remove your own fat cells, generally from the abdominal region.

### Beauty Stem Cell Intervention

The collection of your stem cells derived from adipose tissue is carried out by Swiss laboratories partnering with Clinique La Prairie, who extract the cells ready for the first re-injection and are able to store them for 30 years. The reinjection procedure is scheduled for the following day. Your stem cell extraction is injected into the subcutaneous tissue of the face.

## Beauty Stem Cells

Discover the secret of beauty and slow down the aging process with this revolutionary rejuvenation procedure. Medically approved, it restores youthful beauty and gives you the option to store your own stem cells for 30 years in line with Swiss high security standards, guaranteeing that the procedure can be repeated. Research reveals that throughout adult life, younger cells retain a higher capacity for regeneration compared to the same stem cells obtained at a later age.

### The program includes

- Two medical consultations with a cosmetic surgeon before and after the treatment
- Consultation with our anesthetist and an electrocardiogram
- Advanced blood test, including specific laboratory analysis
- Advanced technology skin analysis
- Surgical intervention: extraction of adipose tissue under anesthesia, purification and treatment of stem cells by a specialized external laboratory
- Medical intervention (the following day): re-injection of your own stem cells (face)
- Storage of your collected stem cells for up to 30 years
- High-end hospitality, refined, healthy menus from our restaurant, and unlimited access to the wellness and fitness center
- 3 nights in a private room

### Reservations

021 989 34 07  
reservation@laprairie.ch



## Skin Cell Boost

Skin Cell Boost is an innovative aesthetic and regenerative medicine technique. Developed into a top-of-the-range program, this process stimulates the production of collagen, reduces the loss of elasticity, and preserves your skin's youthfulness while giving it instant radiance, thanks to the extraordinary power of your own cells.

### The program includes

---

- Two medical consultations with a cosmetic surgeon before and after the treatment
- Consultation with our anesthetist
- Advanced blood test, including specific laboratory analysis
- Advanced technology skin analysis
- Surgical intervention: extraction and re-injection of your own cells (face)
- High-end hospitality, refined, healthy menus from our restaurant, and unlimited access to the wellness and fitness center
- 1 night in a private room at our medical center

With the exclusive Skin Cell Boost procedure, we improve the skin's trophicity (elasticity, hydration, firmness and vascularization) and protect it in a scientifically proven way. Patients feel that the skin on the face is instantly renewed.

### Reservations

021 989 34 07  
reservation@laprairie.ch



## Rooms



Rooms

## Rooms

Our spacious rooms offer you comfort, as well as an elegant blend of respect for hospital standards and high-quality hotel service, with breathtaking views over Lake Geneva and the Swiss Alps.

Our team of nurses and caregivers are completely dedicated to patients' well-being and care so that you feel at home, with the option of being joined by your loved ones.



## Information and contact

The clinic's outpatient services are priced according to the official TarMed rates drawn up by the Federal Office of Public Health for all public and private establishments.

TarMed consultations are covered by your basic insurance.

### Contact

---

#### Medical Center

Rue du Lac 142  
1815 Clarens-Montreux

+41 21 989 33 50  
reception.medicale@laprairie.ch

#### Centre de Consultations du Lac

Rue du Lac 142  
1815 Clarens-Montreux

+41 21 989 38 38  
ccl@laprairie.ch

#### Surgical Admissions

+41 21 989 32 39  
+41 21 989 32 19  
admissions@laprairie.ch

#### Opening hours

Monday to Friday,  
7am to 6pm

**Online appointment bookings:**  
[www.cliniquelaprairiemedical.com](http://www.cliniquelaprairiemedical.com)

[cliniquelaprairiemedical.com](http://cliniquelaprairiemedical.com)

Rue du Lac 142 | 1815 Clarens-Montreux | Switzerland

CLINIQUE  
LA PRAIRIE

---

MONTREUX

[cliniquelaprairiemedical.com](http://cliniquelaprairiemedical.com)

CENTRE MÉDICO-  
CHIRURGICAL

Rue du Lac 142 | 1815 Clarens-Montreux | Switzerland

CLINIQUE FONDÉE EN 1931

