



## Plastic Surgery Clinics in Thailand – Pre-Departure Information

### Pre-Departure Information – PIAC – Phuket

#### Care in Phuket

PIAC have a wonderful International Department and once in Phuket will assist you with all your Medical needs. If your Surgery is over 100,000 THB then your holiday includes all airport and medical transfers, including follow up appointments. If you would like Dental or LASIK, we can assist you in making the appointment. Please advise your booking consultant if you would like her to make these bookings for you.

Please note that we ask you to give as much notice as possible for all appointments and transfers, as surgeons, dentists and other services are usually extremely busy.

The hospital is contactable 24 hours for emergencies on + 66 76249 400

#### Arrival at Phuket Airport

You will be arriving at **Phuket International Airport**. The airport is well signposted; just follow the signs to find your baggage and customs. After you collect your baggage and go through customs, make your way to the Holiday Inn Hotel Lounge. The staff will be waiting in this area.

If you are unable to locate our concierge staff or driver, please call our concierge staff on 087 812 8600 (+66 87 812 8600 if calling from your mobile) or our public relations department on 076 249400 (extension 1336). **Please refer to last pages of your treatment plan.**

Depending on the time that you arrive, your consultation could be on the same day as your arrival or at a pre-arranged time. Please check your itinerary although sometimes changes are made at short notice.

#### Welcome Meeting

On the day that you arrive, or the following day, the hospital representative will take you through your holiday – surgery and other treatments that you would like.

Please use this time to confirm all details, times etc. as well as letting her know of other treatments or activities you would like to do so we can plan all appointments.

#### Important information on Surgeons

There is a possibility that surgeon time and even date may change occasionally due to

emergencies or sickness. Post-surgery appointment times can change as well. If you come during the major holidays then please expect delays or lesser consultations than normal. You may check with your manager regarding the exact days for each year as it varies year to year. [Please see this list of statutory holidays in Thailand.](#)

### **Medical Compression Garments**

For your comfort and better support and results, we recommend you purchase a medical compression garment. These garments are recommended by the surgeon to give you the best results, as liposuction and Abdominoplasty needs compression to reduce swelling and lumps and bumps.

These are not included in your package, as there are different choices for different procedures, and also because some people choose to bring their own brand or garment from home.

You can also find some garments at Junceylon Shopping Centre in Patong.

### **Weather**

Thailand doesn't differ that much in temperature year round. It hovers between 30-32 degrees and is usually very humid. However, everywhere is air conditioned, including taxis and the train, so the heat is not uncomfortable.

### **Packing**

Tips for packing:

- If you intend to do some shopping in Bangkok, don't pack much, you will have to pay excess baggage
- Thailand is a modern society, so you can wear anything up to your liking. Natural fibres and casual clothing is best, such as cotton shirts and skirts are best to keep you cool.
- The hotel, and most indoors (including trains), are all air-conditioned, so you can dress up when you go out.
- Cover-up is necessary to keep scars out of the sun: hats, sunscreen, scarves.
- If you are having any face treatments, bring a scarf for your head and face and big dark sunglasses for the first few days.

### **Visas**

No Visa is required for stays under 3 months for the following passports:

- Australia
- New Zealand
- UK
- USA
- Canada

### **Passport Validity**

Please ensure that your passport is valid for 6 months and over for entry into Thailand.

## **Vaccinations**

There is no requirement or need to have any vaccinations before you depart, and it is recommended not to have any unnecessary medications that may delay your recovery.

## **Thailand Culture (please read – important)**

Thais are extremely friendly people, and you will find they go out of their way to help you. However, you must be aware that their culture is different in some respects, especially in regards to the western understanding of time. You may find that they are not focused on specific appointment times, as they are people orientated rather than time orientated. Please be patient and understand that this is not a reflection on the quality, it is simply a cultural difference.

Along with this, your appointments may be changed at short notice, especially surgery consultations, due to emergency surgeries that the surgeon may have to do. Do not worry about this, your appointment may just be delayed, not cancelled, and you will always get your consultation as soon as the surgeon becomes available. All our surgeons are extremely flexible, working at nights and on weekends, so you will always be seen, although not always given a specific time. This flexibility is also beneficial to you, so you can make or change your appointment should you wish at short notice.

## **Before Surgery (advice from the surgeon)**

Do not take Vitamin E, medication containing Aspirin (such as Motrin and Advil) which could result in excessive bleeding. Some dietary supplements – herbs, mixing herbal medications may cause similar problems.

It is important to stop smoking for at least 4 weeks before and 4 weeks after surgery. Smoking is known to delay healing since the blood supply to the skin is reduced. To minimize possible complications such as skin loss and big scarring, smokers must stop from using tobacco.

Nicorette gum and nicotine patches release the harmful vasoconstrictor and cannot be used.

Do not eat or have any fluids the night before the surgery (you will be told by the surgeon what time you need to fast from).

Please note our **Shared Responsibility** policy: We will work with you to reduce risks and recover as fast as possible, but we will need your full cooperation. [Read more about this policy here.](#)

## **Pre and Post Care for Surgery**

There are treatments, nutrition and supplements that you can take before and after your surgery to assist in healing, reduce swelling and bruising and obtain optimum results, and maintain it long term. In addition, if you want a thorough education, preparation pre and post surgery, we have put together a life-changing, informative and pampering Wellness Retreat. [Please read here for more information.](#)

## **What to take for your Hospital Stay**

Wear loose, comfortable clothing

Bring with you:

- Nightgown

- Toiletries: toothbrush and paste, towel
- No valuables, small amount of money needed only for snacks and drinks
- Reading material – magazines
- Any medications
- Contact lenses or glasses
- Healthy snacks
- Bottled water

### **Currency and Payment**

Thailand's currency is Baht.

**Prices:** All surgery and treatment prices quoted are for planning purposes only to assist you in budgeting. These prices are for standard, non-complicated cases, based on the information that you have given. Prices can change if you have not given an accurate picture of yourself, if you have not provided accurate medical information which will affect your surgery, or if you change your surgery treatments. Please take into consideration that any different or additional surgery, nights in hospital, medications, personal nursing must be paid to the hospital at the time of care.

**Payment:** Full payment is required direct to the hospital after your consultation. Payment can be made with your local currency, Thai Baht or Credit Card. Your bank may impose its own credit card fees and/or currency conversion rates. Please contact your credit card issuer to find out more information about these charges.

**International money transfer:** The quick, easy and cheap way to pay for your surgery! We have partnered with Forex company to provide you the best way to send money internationally to avoid bank and credit card charges. [Please read more information and contact them today.](#)

**Credit Card:** If you are planning to pay by credit card, please check with your bank before traveling to Thailand that you have enough credit, and also inform them that you are traveling so they do accept the transaction. This helps the payment process for your own peace of mind, and also ensures that your surgery goes ahead as planned.

Please note: If payment in full is not made the hospital reserves the right not to go ahead with surgery. There are no fees placed on credit cards by the hospital, although your bank may impose its own credit card fees and/or currency conversion rates. Please contact your credit card issuer to find out more information about these charges.

The prices are all inclusive of the surgical procedure and hospital costs and follow up consultations. Take home medication at the time of discharge is included in the package, however if you require any diagnostic tests or additional medication, including additional cream for applying at the surgery site, sleeping medication or hypertension or diabetic medication or antibiotics, please pay for these direct to the hospital.

If you stay longer in the hospital than advised, you will also be required to pay for additional hospital nights.

### **IMPORTANT! Please read carefully:**

Payment for your surgery has to be made in Cash or Credit Card. If you are doing bank transfers,

the money has to be cleared 7 days before your surgery day. If your payment is not available on surgery day, your surgery will be canceled or postponed. Please note we do not accept personal cheques.

***Exchange rate:*** The final amount that you pay in your currency is subject to the exchange rate of the day. Please check the exchange rate regularly before departure to budget for your surgery. As we don't take deposits or payment for surgery, GG only offers an exchange rate at the time of booking, which may differ from the time that you make actual payment. The hospital and GG are not responsible for differences in exchange rates with what is originally quoted at booking to the time that payment is made.

[You can check this online currency converter before you depart to budget for your surgery.](#)

Change only a small amount of money before your surgery, just to cover small expenses, your garments, and meals you want in the first days. After your surgery you can change more money at the hotel or in the shopping centres. Nearly everywhere takes credit card – Visa or MasterCard – for shopping, however you will need cash shopping in the markets or taking taxis or the monorail.

Please note that American Express (AMEX) may not widely accepted in the shops, except major shopping malls.

### **Hospital rooms and upgrades**

Your package price includes your hospital stay, in a single, private ward. You may choose to upgrade to a better room before you depart.

In this case, simply contact your manager and let them know what grade of room that you would like. This will then be added to your package price when you pay direct to the hospital.

### **Non-Surgical Treatments**

There are lots of other treatments that you can have throughout your holiday. Most prices for these are 50-75% of the prices that you pay at home.

### **Dentistry and Non-Surgical Treatments**

We strongly recommend that you seek professional advice before travelling for your dentistry treatments. Sometimes these procedures may not be straightforward, so it is always better if you come prepared with any X-rays and information you may have. If you have already had a consultation at home this will make your diagnosis and treatment plan much easier and quicker in Thailand – particularly in complicated cases.

### **Photos**

It is necessary to take before and after shots of the areas that are treated. These photos are a requirement for the surgeon's and GG records, so we can document your results. They will remain completely confidential. If you don't want them taken, or prefer them to be taken with swimsuit or bra, let us know, but we recommend you have them taken, as it is good reference for you as well.

### **Post-Operative “Depression”**

After surgery, it is completely natural to have a couple of ‘down’ days. A lot of our patients experience times of sadness or anxiety in the recovery period. They begin to second guess and wonder if it was the right decision to have the surgery. Also, you may have expected to feel and look better immediately but instead after surgery you will have some definite ‘ugly’ days! These feelings are completely normal, they don’t last for long, and you are not alone in your feelings.

You may experience a period of depression or marked sadness after your surgery due to the anesthesia or medications. Added to the fact is that you are bedridden, bruised and swollen. Also, the period of adrenaline prior to surgery is now gone, so some people are drained after the anticipation stress goes.

Every person differs with their pain and discomfort, but most people will have a hard couple of days immediately after surgery. There are some remedies that can help you get on your feet and feel better again. Drinking plenty of water helps greatly with recovery, as does the herbal supplement “Arnica”.

Finally, just being aware that you will go through these feelings will make you better able to cope in the difficult first days, so if you feel depressed, understanding that this is a “natural” phase of the healing process may help you to cope with this emotional state. It is important to keep things in perspective and prepare your mind and understand that this is just a low that you are going through temporarily. If you need extra support, speak with our support team, or your surgeon.

### **GG Warranty and Disclaimer**

Most clients feel quite nervous before they travel and they start to relax when they see the quality of the hospital, and also meet our team, surgeons and nurses.

In general, if you have realistic expectations about your surgery, if you understand that some side effects are usual eg. scarring, swelling and pain, and if you also have a healthy body opinion, then you will be pleased with your surgery results.

### **Preconditions and Risks**

Please be aware that all surgery carries a risk, you must be aware of these risks before embarking on any type of surgery. [Please read about surgery risks here.](#)

At anytime there is no obligation to go through with your surgery and there are no cancellation fees. We offer this peace of mind as this is a personal decision and each patient is responsible for the risks of surgery, so you are free to cancel at any time.

### **Terms and Conditions**

You must take the risks of the outcome of the surgery, as GG are an organiser of tours. While every effort is ensured that care is taken, we cannot be responsible for service providers or surgery outcomes. [Please do read our Terms and Conditions which you will be asked to sign prior to surgery.](#)

**Interested to tell your story?**

As you will be well aware of now, embarking on a surgery holiday is fraught with nerves and anxieties, and most people love to read past accounts of people who have traveled with us on a surgery holiday.

We would appreciate it if you could answer some questions about your experience so other people can read your story. You are able to change your name, but you would need to agree to the publishing of your before and after photos (which you can select, no nudity is required). Your story will be only published on the Gorgeous Getaways website, and sent out to people who are interested in booking a similar surgery holiday.

This offer is based on selection, if you would like to apply for this, please let your manager know when you arrive on your holiday.

Payment is \$100 after your story has been published with follow up photos when you have returned home. [You may submit your story here.](#)

**Contact numbers**

Please make a note of these contact numbers and give them to your family and friends:

**Coordinator Phuket International Aesthetic Center:**

Ms Kamille +66 76 361 899 or +66 76 249 400

**Airport transfers:** +66 87 812 8600 or public relations department +66 76 249 400 extension: 1336

**For hospital:** Phuket International Aesthetic Centre: +66 (0) 7624 9400