

TUMMY TUCK

Mahkota Hospital Malaysia 2009

Abdominoplasty, commonly known as a 'Tummy Tuck', is cosmetic surgery to remove excess skin and fat from the middle and lower abdomen and tighten the muscles of the abdomen, leading to a less protruding and shapelier figure.

Feel better. Look better turn back that clock!



What is involved in Abdominoplasty?

Plastic surgeons who are skilled at abdominoplasty generally remove an area of skin between the pubic bone and the navel and then stretch and stitch together the skin above the navel and below the pubic bone. Any excess fat may also be removed and the muscles of the abdominal wall tightened. Tubes will also be put in place to drain fluid.

Who is suitable for Abdominoplasty?

Patients with weakened abdominal muscles or excess skin caused by pregnancy or weight loss.

Risks factors and considerations

It is important that you consult with your surgeon before any procedure is undertaken. Know in advance any risks

associated with your procedure and take the time with your doctor to assess your condition and treatment needs before you consent to any surgery.

Be sure to have your medical and personal health records with you during your consultation and be prepared to ask questions.

While every patient is different and every procedure unique, there are some risks associated with having an abdominoplasty surgery that you should be aware of and discuss with your surgeon:

- Noticeable scarring
- Fluid and blood collection under the skin
- Possible blood clots
- Infection or other risks associated with any surgery

Length of the surgery:

Typically from two to five hours under general anesthesia.

Length of the hospital stay:

Four nights

Length of the recovery period and post-operative care:

- A drain will be in place to collect fluid for up to two weeks.
- Post-operative visit after 7-10 days
- Removal of stitches about 7-10 days

Most people can return to work about 10-14 days after surgery although exercise should be avoided for up to two months to ensure proper healing.

Remember to consult with your surgeon both before and after your procedure and follow the care as advised by your surgeon and your regular physician.

PLEASE VISIT OUR 3D LIBRARY TO SEE AN ANIMATED EXPLANATION OF THIS PROCEDURE WWW.WELLNESSTRAVEL.COM/E-LIBRARY-COSMETIC

Complete Surgery Packages, including 2 nights in a hotel, starting at 6236 USD!

Enquire here for a quotation for a package of your choice, please indicate your preferred time for travel and treatment and the length of your stay.

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MAHKOTA HOSPITAL



Tummy Tuck Treatment Mahkota Hospital

Mahkota Hospital is a private medical centre strategically located within the major business district and tourist area of Malacca. It overlooks the Straits of Malacca and is also within easy reach of many towns in the surrounding states.

Mahkota Medical Centre Malacca was launched in September 1994 with the principal objective being to provide an accessible, affordable and acceptable tertiary health care for the people.

Mahkota Medical Centre provides a one stop comprehensive patient care service supported by diagnostic radiology and clinical laboratory facilities. The Centre has two 11-storey buildings with 235 beds.

Round trip transportation from Singapore, or from Kuala Lumpur to Mahkota and then Singapore, is included. From KL this will take approximately between 1 to 2 hours, from Singapore approximately 2 hours and 30 minutes. These packages will allow you to have your treatment here

and relax and do your recovery in beautiful Singapore!



Dr Leung Chin Meng
Cosmetic Surgeon.

MBBS (S'pore), FRCS (Glasgow), FAMS (Plastic Surgery)

Dr Leung Chin Meng, M.B.B.S (Singapore) Year 1985, F.R.C.S. (Glasgow) Year 1989, Exit Certified by the Board of Assessors of the Advanced Specialty Training Programme in Plastic Surgery Academy of Medicine, Singapore. Year 1999

Inducted as Fellow of the Academy of Medicine, Singapore FAMS (Plastic Surgery) Year 1996

Dr. Lung has been working from 1985 in the following hospitals;

Toa Payoh Hospital, Orthopaedic 'O' Unit, Singapore GH, Changi Hospital, St. Andrew's Hospital, North East Thame Regional Plastic Surgery & burns Centre, Billericay, United Kingdom, University Hospital Kuala Lumpur and since 1999 – recent, Consultant Plastic Surgeon Mahkota Medical Centre, Malacca.



“The package price we will quote are for a standard, non-complicated procedure. Complications and surgeon discretion may result in extra tests and surcharges levied by the hospital, the payment of which is the responsibility of the client and paid directly to the hospital. Thank you.”



ORCHARD HOTEL

PAN PACIFIC HOTEL

THE FULLERTON HOTEL

SOMERSET SERVICED APARTMENTS



CHOOSE FROM 4 FANTASTIC HOTELS IN SINGAPORE, WITH SPECIAL OFFERINGS FOR WELLNESS TRAVEL CLIENTS



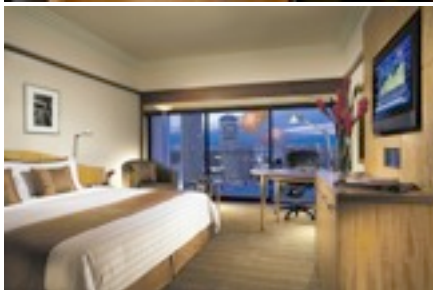
ORCHARD HOTEL

Superior Room

The Hotel is a 653-room hotel ideally situated on Singapore's renowned Orchard Road.

Inclusions* @ Orchard Hotel

- Room upgrade, subject to availability
- Breakfast for two
- A \$30 Spa-Voucher, free local calls
- Complimentary internet access
- 15% discount on Food and Beverage
- Hospital transfers included
- Airport transfers included



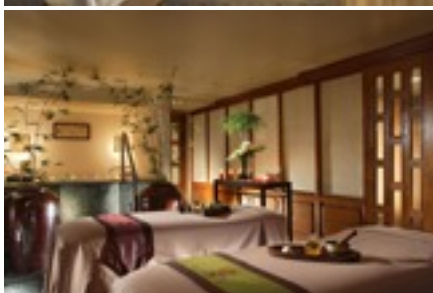
PAN PACIFIC HOTEL

Deluxe Room

The hotel is renowned for its award winning dining outlets, and the six bars and restaurants will surely tempt you.

Inclusions* @ Pan Pacific Hotel

- Room upgrade, subject to availability
- Breakfast for two
- Complimentary internet access
- 20% discount on Food and Beverage
- Hospital transfers included
- Airport transfers included



THE FULLERTON HOTEL

Courtyard Room

A masterpiece of modern comfort and elegance. Built in 1928, a unique hotel experience not to be missed, pure indulgence.

Inclusions* @ The Fullerton Hotel

- Room upgrade, subject to availability
- Breakfast for two
- Complimentary airport transfers
- 10% discount on Food and Beverage with selected restaurants
- Hospital transfers included
- Airport transfers included



SOMERSET SERVICED APARTMENTS

Serviced apartments, 1, 2, 3 and 4 bedrooms apartments available, perfect for families or longer stays in Singapore

Inclusions* @ Somerset

- Breakfast for two
- Laundry facilities
- Use of Residence lounge and facilities
- Complimentary internet access
- Hospital transfers included
- Airport transfers included

INCLUSIONS* - SOME INCLUSIONS ARE BASED ON A 7 NIGHT STAY AND MAY NOT BE AVAILABLE WHEN BOOKING LESS THAN 7 NIGHTS

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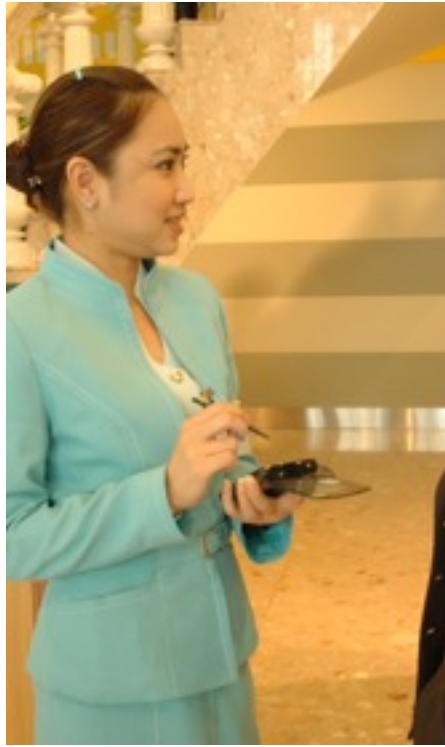
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INCLUDED

TREATMENT INCLUSIONS

- Pre-Operative consultation with Surgeon
- Laboratory Testing necessary for the procedure if required by surgeon as CBC, PT & PTT, Urinalysis, •Anti HIV
- Radiology Studies : Chest X-ray, if required
- Surgeon's Fees
- Anesthesiologists Fees
- Anesthesia : Pre-Anesthetic Drugs, Anesthesia, Medical Gas (Oxygen, Nitrous Oxide)
- Operating Room Charges ; OR Room Use, Recovery Room, Scrub & Circulate Nurse
- Accommodation for 4 nights in the surgical floor including: Room, Nursing Service Charges, Service Charges, Regular menu food charges
- Private single (1) bed with meals
- Post operative consultations/follow up appointment



- Take home medications and supplies
- GST/VAT & all taxes

DEAR WELLNESS TRAVELER, HERE WE PROVIDE YOU WITH THE INFORMATION YOU NEED FOR A BALANCED DECISION, PROVIDING YOU WITH ALL INCLUSIONS ON YOUR TREATMENT.

MEANING THERE ARE NO 'SURPRISES' WHEN LEAVING THE HOSPITAL.

WE AT THE WELLNESS TRAVEL COMPANY STAND BEHIND OUR PRODUCT, THAT MEANS NO MARK-UP'S OR HIDDEN FEES!

MOST IMPORTANTLY, WE ARE HERE, ON THE GROUND, NOT 1000 MILES AWAY AND AT YOUR SERVICE 24/7!

Friendly, but essential advice: Be very careful if attempting to plan your own international medical travel program.

There are many issues that are not apparent to the first time medical tourist. One small oversight can be the difference between a successful and unsuccessful surgery and experience abroad.

Let us assist you in making all the right choices. By working with a full service medical tourism company that offers a guarantee, you will greatly reduce the possibility of something going wrong. We take the process of Medical Travel very seriously.

After all, It is your health we are talking about!

The Wellness Travel company has your best interest at heart, we do not represent the hospitals, we represent you!

NOT INCLUDED

- Charges for inpatient stays in excess of 4 nights.
- Other charges not related to the procedures
- Charges for intensive care, if necessary
- Charges for other procedure or other plastic surgery
- Charges for OPD incurred prior to the surgery
- Additional charges for these days including room and other charges will be added to the package price at normal hospital rates
- Items of a personal nature such as in-room drinks, telephone charges and guest meals will be charged at the normal rates in effect

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