

# Tummy Tuck

Bangkok Hospital Phuket 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 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:

Two 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.

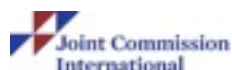
Remember to consult with your surgeon both before and after your procedure and follow the care as advised by your surgeon and your regular physician.

**PLEASE VISIT OUR 3D LIBRARY TO SEE AN ANIMATED EXPLANATION OF THIS PROCEDURE [WWW.WELLNESSTRAVEL.COM/E-LIBRARY-COSMETIC](http://WWW.WELLNESSTRAVEL.COM/E-LIBRARY-COSMETIC)**

**Complete Surgery Packages, including 2 nights in a hotel, starting at 4696 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.

**[ENQUIRY@WELLNESSTRAVEL.COM](mailto:ENQUIRY@WELLNESSTRAVEL.COM)**





**Bonus!**  
 All wellness travel patients will receive a complimentary stay in a private room before the procedure!

**For all Wellness Travel Patients: a Free Dental Check Up and or Free consultation with a Cosmetic Surgeon, in cooperation with Bangkok Phuket Hospital!**

*Bangkok Hospital Phuket* opened in May 1995 for locals and tourists, whether Thai or from any of the 127 nationalities who have gone to make Phuket one of the premier tourist locations in the world.

Bangkok Hospital Phuket a member of the fastest growing Bangkok Hospital Network in Thailand, a high quality International hospital in South East Asian region.

We are the forefront of hospital advances in comprehensive ranges of medical treatments and medical technology with a unique Thai-ness hospitality.

*Walking into this lobby* is the same as walking into a five star hotel lobby, the rooms are spacious, a serviced apartment complex next door, simply perfect for accompanying friends and or relatives, this hospital is one of Wellness Travel favorites!

**The Surgeon  
 Dr. Pongsatorn**

An active member of the Society of Plastic and Reconstructive Surgeons of Thailand, the Society of Aesthetic Plastic Surgeons of Thailand, and other medical societies.

Before becoming a plastic surgeon at Bangkok Phuket Hospital, Dr. Pongsatorn worked as a plastic and reconstructive surgeon and medical teacher at Songklanagarind Medical School from 2000 to 2009. He also worked as a consulting physician at Bangkok Hospital Hatyai and Rajjindee Hospital.

**He has performed more than 2000 successful cosmetic and reconstructive operations.**

*Dr. Pongsatorn's surgical techniques are state-of-the-art. He is particularly interested in facial rejuvenation, breast surgery, and*

*advanced body contouring surgery and the results of the micro surgeries that he has conducted are also widely admired.*

*The beautiful, natural results of the procedures he performs will increase his patients' self-confidence and self-esteem. Dr. Pongsatorn's goal of improving a person's quality of life through plastic and reconstructive surgery will certainly be met.*



*"The package price we will quote you are always for standard, non-complicated procedures. 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."*



**CHOOSE FROM 2 PREMIUM HOTELS IN PHUKET, WITH VERY SPECIAL OFFERINGS FOR WELLNESS TRAVEL CLIENTS**

**Inclusions\***

**THE HOLIDAY INN RESORT**

Room upgrade, subject to availability,  
Complimentary Breakfast for two  
20% discount on food and beverage  
20% discount on a la carte Spa menu  
Airport and Hospital transfers included

**THE HOLIDAY INN RESORT PHUKET**

**Superior Room**

Splendidly set amid this island paradise is the Holiday Inn Resort Phuket, conveniently located just 15 minutes from Phuket town and standing in its own secluded grounds just a step away from the island's most popular beach, Patong!

**Inclusions\***

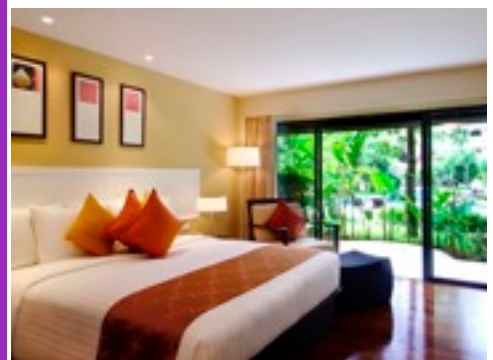
**MARRIOTT COURTYARD**

Room upgrade, subject to availability,  
Complimentary Breakfast for two  
20% discount on food and beverage  
Airport and Hospital transfers included

**MARRIOTT COURTYARD PHUKET**

**Deluxe Room**

*Choose from Patong, Surin and Kamala beach, 3 hotels at your disposal, feel free to book two properties at no extra charge! (the rooms in Surin and Kamala come with bed AND living room!) Minimum of 5 nights at each hotel*



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

**BOOK YOUR TREATMENT TODAY, LET OUR MEDICAL AND HOSPITALITY PARTNERS TAKE CARE OF YOU, GO HOME FEELING AND LOOKING LIKE A NEW PERSON!**

*The Wellness Travel Company, providing Medical and Life Style Solutions at the best possible price, guaranteed!*

**PLEASE SEND US YOUR ENQUIRY BY SIMPLY GOING TO THE LINK BELOW**

**[ENQUIRY@WELLNESSTRAVEL.COM](mailto:ENQUIRY@WELLNESSTRAVEL.COM)**



**TREATMENT INCLUSIONS**

**INCLUDED**

- Pre-Operative consultation with Surgeon
- Laboratory Testing necessary for the procedure; CBC, ECG and Chest X-Ray
- 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
- Private single room for 5 nights with meals (Nurse Service Charges included)
- Private single (1) bed with meals
- Post operative consultations/follow up appointment



- Routine 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**

- Other charges not related to the procedures
- Charges for other procedure or other plastic surgery
- Charges for OPD incurred prior to the surgery
- Charges for inpatient stays in excess of 5 nights.
- Additional charges for these days including room and other charges will be added to the package price at a normal hospital rates
- Charges for intensive care; Approx. 15,000 / day, if necessary
- Items of a personal nature such as in-room drinks, telephone charges and guest meals will be charged at the normal rates in effect

**PLEASE SEND US YOUR ENQUIRY BY SIMPLY GOING TO THE LINK BELOW**  
[\*\*ENQUIRY@WELLNESSTRAVEL.COM\*\*](mailto:ENQUIRY@WELLNESSTRAVEL.COM)

