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Click on my website “price” tab for 2015 surgery tariff

Clients can travel independently on any day, any month (not on a tour) and will be chaperoned by the hospital from the minute they hit arrivals at the airport to departure. Travel alone or with family, friends or join me on an escorted tour.

Next Tour leaves 26 September for 13 nights/14 days

(2 procedures often require you to say 2-3 weeks post op)

Price: $2199 airfares, taxes and hotel share twin but indulge yourself and for an additional $500 have your own room

Booking fee:
- $250 for independent clients
- $500 for group tour

Contact Us

www.bumstumsandgums.co.nz

EASTER TRIP TO THAILAND 2015

We were a hardy bunch of like minded women all with one thing on our minds….not shopping…..the art of actioning physical changes. Plastic surgery is thought by many to be all about the Hollywood look and the glamour seen on the centre pages of Hello magazine, but in reality it is a far more functional and necessary form of therapy than most realise.

Each and every one of us has some feature in us that we would like to change, it’s either a bump on your nose, or those fatty bags under your eyes, a weak chin on under endowed in the bosom department.

My Easter escorted group consisted of 4 tummy tucks, 1 breast reduction, 2 breast augmentations and three face lifts and eye Blepharoplasty (eyelid surgery). Over 2-3 weeks I watched my group transform both physically and psychologically. Although plastic surgery should not be seen as a cure all I saw was a huge increase in the person’s level of self esteem.

One lady had lived for years with an apron of skin that hung to almost her knee, although now fit and healthy having spent 2 years dieting and working out at the gym, she just could not get rid of this spare truck tyre. Eleven kilo’s of skin was removed from her tummy. The amount of tummy skin and fat removed depends completely on each client’s abdominal wall looseness; the average amount that my other ladies had removed was 2.5kg.

I am not going to pretend it was all Pina Colada’s and sightseeing, in fact many of my ladies wisely elected for their first week post surgery to chillax in their rooms with twice daily trips to the hotel restaurant for our morning get together over our huge buffet breakfast, returning in the evening when we would all come together again for dinner and analyze our recoveries. The average cost of the evening meal in the hotel restaurant was $5 - $8
As the second week approached and stitches were removed or absorbed so the motivation to explore the environs increased. Shopping called, and in groups we would venture forth to feed the need for retail therapy. Most evenings though our little band of surgical champions relaxed in the lazy boys at the massage rooms opposite the hotel, where we would have an hour of full foot, leg and shoulder massage for $5 to alleviate the “stress” of a hard day taking it easy.

A highlight was organizing a mini bus for half a day sightseeing tour just so my ladies could orientate themselves. This tour took us to the very top of Pratumnak hill where you cannot fail to notice an 18 metre tall Buddha. Although we looked very much like a group of frail patients from some old people home, some doubled over conscious that you must walk like a banana after a tummy tuck, others with heads swathed in scarves and large film style sunglasses to cover their facial surgery we were quite the motley crew.

One evening I took my tour escorting position at the head of the group and led my warriors through the red light district, which in the earlier hours of the evening is more of a tourist attraction that draws foreigners primarily for the night life. Lady boys compete with very attractive Russian and Thai women for the attention of the many males who frequent this Thai city in search of companionship. We finished with dinner at a waterside restaurant, not giving a dam about how we looked to others!

As far as the hospital staff, as per is usual the surgeons were there to discuss each and every surgery with the clients, and although they may not be the chattiest of people, wow do they do a good job.....I met so many Australian women in the reception area who were returning after 10 years to these same surgeons as they are seen as Asia’s best. The international representatives, Suree, Abigail and Meggy always so attentive to my clients needs, always at the ready 24/7 with words of comfort or arranging additional appointments, organizing “threading”, Botox, dental and not to forget coordinating the wonderful VIP car and our driver Nipoh which they take charge of for the group.

Feeling quite left out of not having surgery, I opted for dermal fillers, not much of a saving compared to NZ about $700 for one injection, and most of us would require 3, but wonderful nonetheless as I watch my cheekbones and cheeks blossom over the last few weeks, and can easily last up to one year.

I am now looking forward to my September departure as I love watching the personal growth of those having surgery....but remember I only take up to 8 clients; there is only so many coffee’s I can carry at one time!
Tummy Tucks vs. Liposuction

Which is right for you?

The desire for a youthful flat and smooth stomach is common, but so is confusion about the best way to achieve it. At Bums Tums and Gums, we receive many great questions from patients about liposuction and tummy tucks (abdominoplasty).

Which procedure is best for getting a really flat and smooth stomach?

For most patients, and I am talking ladies and men, a tummy tuck is the surest way to achieve this result. Liposuction is a wonderful tool for removing fat in areas of the body with tight skin, such as the hips, saddleback and flanks. However, stomach skin has often lost its elasticity (stretchiness) because of age, weight gain, pregnancy or some combination of those factors. If you then remove the fat with liposuction, the skin will not retract and will hang. In contrast, abdominoplasty removes not just the fat but also the extra skin and tightens up the muscles.

Which procedure is the most popular?

We get many enquiries for liposuction because when you compare the two operations, liposuction—where you are simply removing the fat—is a much shorter operation and has an easier recovery. You don’t have a long scar. However liposuction is not without pain and you will feel quite uncomfortable for some time afterwards.

With abdominoplasty, you do two things: You get rid of the extra skin and fat, and you tighten up muscles that have stretched out with either pregnancy or weight gain. Your surgeon at the hospital talks you through it will lots of graphics to show you how it’s done (not scary graphics more clip art type) Tightening both skin and muscle is very important, especially for women who have had multiple pregnancies. The trade off is that the operation leaves a long scar down low. They try to keep the scar as low as they can.

The other detriment is that the recovery from abdominoplasty is somewhat harder because when you tighten the muscles a cough or a deep breath will hurt more. Because it is a bigger operation, you also have to spend up to 2 nights in the hospital and the next
Your hospital room

“I cannot begin to find the words to describe how amazing I now feel. I actually feel comfortable in my skin for the first time in my life! From the very first contact with Jackie Brown from Bums, Tums and Gums I felt at ease and knew my decision to go through with a tummy tuck and breast augmentation in Thailand was the right decision”. K Tauranga

“Jackie was a delight to work with, a wealth of information and knowledge. I really appreciated how she had been through surgery in Thailand herself so she was actually speaking from ‘real life’ experience.” H Mount Maunganui

Jackie thanks once again for everything. I have realised it takes a huge commitment on your part and it is definitely not straight forward. You are definitely changing lives. The type of person that you are, you go above and beyond to ensure the wellbeing of all your ladies... K Auckland

10-12 days chilling out in your hotel room, walking in a bent position for the first 7 days and not showering for the first few days post surgery.

Can liposuction be right for some patients even if they have some loss of skin elasticity?

Sometimes It has to do with a clients expectation for a procedure. There are some people that are OK with abdominal liposuction even though they know they are not going to get a perfect result. These patients typically don’t want to show off at the beach in a revealing swimsuit. They just want a somewhat smaller pants size and less of a muffin roll when wearing tight clothes, like skinny jeans. In addition, they understand that liposuction is still an operation, although a smaller one than a tummy tuck, and are willing to go through the recovery from surgery for a more modest improvement.

Can either procedure help with weight loss?

Neither procedure is a weight loss tool. They are body-contouring tools.

Ideally patients should lose whatever weight they want to lose before the procedure, because weight loss or weight gain after the procedure could harm the results. Weight loss after a tummy tuck may create loose skin—the main problem a tummy tuck is supposed to solve. Meanwhile, weight gain after a tummy tuck could lead to fat accumulations in another part of the body besides the stomach, such as the back, hips or face.

Are patients ever disappointed with tummy tucks?

Most people, when they have a tummy tuck, are concentrating on the front, so they are going to be happy with a tummy tuck. But some people have a lot of extra fat on their hips, backs or flanks and you have to look at that and consider how much you want done. If client’s say that in addition to their stomachs, they are bothered by how their skin and fat bulges out in the back and on the sides when they wear jeans, the surgeon has to address that and of course will help them figure out what procedures will help them the most and how much surgery they are willing to have, and how much the client is willing to spend. One option is to do liposuction of the flanks at the same time as a tummy tuck is done. Another option, if there is a lot of extra tissue on the sides and back, is to do a circumferential tummy tuck (which is what my client had done) where the incision is carried almost all the way around the body.

However I send up your photo to the surgeon and he will return a quote prior to you even leaving your front door!
I cannot thank you enough Jackie for all your help with my recent surgery. I am not only pleased with the results, but the entire experience was made less frightening due to your extensive preparation work and your informative communication. Your tireless post-op assistance made the experience a pleasure, whether you were fetching me supplies, being a shopping buddy, accompanying me to the numerous doctor visits, making an ingenious make-shift body-wrap out of materials at hand (ha-ha shush), or washing my hair. I have already started recommending your services to anyone who murmurs about cosmetic surgery, and I wish you all the very best with your future cosmetic tours.

I know I keep banging on about the extraordinary people I have had the fortune to meet here, but given this time to reflect, I really have been blessed with the good bastards. You all have heard about Jax, aka Jackie Brown. I have not yet done her justice. she is the most fascinating person, one in a billion. kind, gorgeous, funny and elegant. she is the real deal. I do not hesitate in recommending her to anyone for anything. she is my nurse, my friend, my sanity and she does a damn fine job of keeping me in line, no small feat. she is a master organizer, master listener (and she even remembers what you’ve told her), genuine soul and a genius at herding persons, mostly me. She is elegantly focused and yet mother Teresa at the same time. Love ya Jax. (Leaha Mount Maunganui)

WWW.BUMSTUMSANDGUMS.CO.NZ
JACKIE@BUMSTUMSANDGUMS.CO.NZ

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Below are the prices of the most commonly asked for surgery:

<table>
<thead>
<tr>
<th></th>
<th>FROM</th>
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<tbody>
<tr>
<td>Upper and lower Blepharoplasty under GA</td>
<td>$2737.00 (with face lift)</td>
</tr>
<tr>
<td>Upper and lower Blepharoplasty under LA</td>
<td>$1980 local anesthetic</td>
</tr>
<tr>
<td>Standard Face Neck Lift</td>
<td>$5800</td>
</tr>
<tr>
<td>Face Lift under GA</td>
<td>$4900</td>
</tr>
<tr>
<td>Brow Lift ( Endoscopy ) under GA</td>
<td>$8197</td>
</tr>
<tr>
<td>Lip Augmentation with fat graft</td>
<td>$2740</td>
</tr>
<tr>
<td>Augmentation Mammoplasty (round profile)</td>
<td>$4554-$5630</td>
</tr>
<tr>
<td>Breast lift with implant</td>
<td>$6375-$7040</td>
</tr>
<tr>
<td>Breast reduction</td>
<td>$6000</td>
</tr>
<tr>
<td>Tummy tuck</td>
<td>$6000-$7500</td>
</tr>
<tr>
<td>Liposuction Abdomen &amp; Waist</td>
<td>3400-$3800</td>
</tr>
<tr>
<td>Liposuction Thighs and buttlock</td>
<td>$3400</td>
</tr>
<tr>
<td>Arm lift</td>
<td>$5000</td>
</tr>
<tr>
<td>Lasik both eyes</td>
<td>$2500</td>
</tr>
<tr>
<td>Teeth whitening</td>
<td>$745</td>
</tr>
<tr>
<td>Tooth veneers</td>
<td>$207 composite, $497 porcelain (per tooth)</td>
</tr>
<tr>
<td>Crowns</td>
<td>$414–$787</td>
</tr>
<tr>
<td>Root canal</td>
<td>$250–$500</td>
</tr>
<tr>
<td>Tooth implants (require 2 trips 3-6 months apart)</td>
<td>$3100-$3300 per tooth</td>
</tr>
</tbody>
</table>
MY NEXT TRIP DEPARTS 26TH SEPTEMBER BE IN QUICK TO REGISTER YOUR INTEREST; I HAVE ONLY 6-8 SPACES AVAILABLE

So what happens next? After you contact me, the first thing I do is to quote you on the basic surgery. Before booking your flights or accommodation, I first of all send your case study/notes up to the surgeon along with photographs that I get you to send me. Until I hear back from the surgeon as to whether you would be a likely candidate I do not book any transport or accommodation.

After I have received the quote and you confirm the date I will book your accommodation and airfares. Using Qantas or Thai airway, airfares need to be paid for within 14 days of booking and are non refundable. Your hotel accommodation and booking fee is required one month prior to departure. All surgery is paid direct to the hospital, either using a debit card, visa card or e-pay, but do check with your bank prior to departure on how much you can draw down at any given time, debit cards usually only allow a drawdown of $5000 per day, which is fine if surgery is under that but if it’s more the hospital will not operate without full payment.

Post operation consists of blood tests, x-rays, ECG’s, HIV testing and a consultation with a GP unconnected with surgery and the cost of this is $210 and a transport fee of $280 is paid to hospital to provide a driver to pick you up at the airport and take you back, and will transport you to and back from every consultation and surgery in an air conditioned vehicle.

You will be in hospital for 2-3 nights in most cases and then will recover for the rest of your stay at the hotel with post operative appointments with your surgeon to remove stitches and any post operative checkups.

Do I have to wear support garments?

Yes you must wear abdominal support garments especially for tummy tuck or breast augmentation or reduction! Your doctor may advise you to wear a support garment around your abdomen. This may be in the form of a wide binder that goes around your abdomen or a girdle-like garment that pulls on or zips up the side. Either will compress your abdomen a bit and help in healing and controlling the swelling. You may even wake up after the surgery with an abdominal binder already on. You might want to have two or three of the binders or surgical abdominal support garments on hand while you heal, so that you can wear one while you wash the other. Some need to be line-dried and are slow to dry, so having a second or third on hand is a good thing.