



# Bums Tumms and Gums

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*Your total guide to  
surgery in Thailand*

*Jackie Brown  
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## ABOUT ME

I have been a senior lecturer in adult education for 22 years, I teach travel agents and airline staff, hotel management and entrepreneurship and as a professional speaker I also promote the tourism industry by conducting workshops, speak at conferences and escort JBTG/Travel Smart groups to Thailand for restorative surgery and Mexico for bariatric surgery (gastric sleeves and by pass)

As a qualified travel consultant, a European tour guide and event manager I have worked globally and feel comfortable talking to groups from all cultures and in any location.

I have a post grad in Education and have a qualification in "Coaching and Mentoring" from Waikato University, plus I have papers in counselling skills. These have been invaluable with deal with groups.

I discovered a new pathway in my own life's journey and fell in love with the idea of becoming a celebrant. I have now officiated marriages for over 500 couples.

I personally had restorative surgery in Thailand in 2013. It was always something I knew I would do, It was never a question of if, only when!

Seeing a very tired version of my eyes, my neck and face made me realise how much it was affecting me! OK I was in good nick, I was healthy and have always had a positive outlook on life.....but after surgery I felt like I had won lotto.

Everyone has an opinion about surgery, but what I have learnt is that you can't do things to please people, but you must be open to pleasing yourself.

I loved the results and so as an accredited TAANZ bonded travel agent I established JBTG NZ Ltd in 2014 and as a qualified tour guide I can share my stories, work with clients wanting restorative surgery and help meet others needs, at times of transition in their lives.

I have worked in the travel industry for 40 years and as an agent for "Bums, Tums and Gums" (JBTG NZ Ltd) my role is to book your flights and accommodation and then escort you to Thailand.

Your Group Surgery Tour is always methodically planned to ensure that each member's specific requirements are catered for both with Travel and Surgery.

Our frequent visits to the seaside resort of Pattaya in Thailand, and our established partnerships with our Hospital and Surgeons is your assurance that things will all run smoothly. You will have VIP treatment with our Surgeons and Hospitals something not all agencies will be able to offer. When you are in Pattaya you won't need to worry about where and how to barter, converting currency, where and what to eat or even how to call home! Our experience is available on hand during your stay for you to utilise.

## Advantages of using a NZ owned and operated medical tourism travel company by someone that has taken over 300 clients to this hospital

- **Specialist knowledge and expertise** – I use the best surgeons who are sought after by clients from all over the world
- **Experience** – I will understand your condition and know exactly what you need to make your trip a success.
- **Reduced rates** –I can get access to special deals and discounts not available to the public.
- **Better access** – because I take over so many clients, as a partner to BPH I get priority when booking popular clinics, hotels and flights.
- **Complete medical tourism packages** – I will deal with every aspect of your trip, from door to door, so you don't have to worry about forgetting something.
- **One price** – by using JBTG everything will be included, so it will be easier to budget for your trip and you'll have no unexpected expenses.
- **Someone to call** – just like a holiday rep, I will be there for you to turn to when you need help. Without the support of a hospital partner you are on your own in a foreign country with no experience of the local system.
- **Accredited hospital** - The hospital is accredited by the Joint Commission International (JCI) as being of a world standard of excellence in healthcare, plus has two TEMUS awards from Germany
- **Meet and greet** - 3 weeks prior to departure there will be a workshop run in Tauranga on what to pack, what to expect etc its a time to meet your other group members and buddy up with some past clients.



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01

CHAPTER 1  
INTRODUCTION

01

## Introduction



All photos by Steve Brown Photography (Black Diamond NZ)

[Click here for website](#)

**Cosmetic Surgery  
Tours|Thailand|Bangkok Hospital**  
Join me on an Escorted medical tour or travel

## Interview with Jackie Brown

How did you start this?

Well, I have worked in the travel industry since the age of 18, from running information centres in a ski resort, to supervising hotel receptions in the Greek islands and managing travel agencies from London to Perth, I was a European tour guide for 3 years and I continued to teach tourism and travel at degree level as well as being a wedding celebrant and operating Bums Tums and Gums. I had my face lift when I was 56 and I am now almost 67, it was never a question of “if” I would have cosmetic surgery, it was always ‘when’. I did huge amount of research, found the most amazing surgeon who now teaches surgery but who recommended the surgeons I use in Pattaya. I started out taking friends for surgery during the school holidays so I could show them the ropes, this gained momentum and now I take 12 clients 4 times a year plus additional clients who travel independently.



## **So, what is it you actually do?**

Its more about what I don't do! I often find myself taking photos of the client's areas of concern in my studio, or I ask them to email their own selfies which I send to our 6 amazing surgeons in Thailand who then evaluate the images and make recommendations on the procedures required and then give us a quote based on those photos.

I arrange the surgeries with the surgeon, organise quotes, flights, hotel and all the transport that is required to take you to/from the airport to/from the hotel and to each appointment.

I am part of your journey, from having your very first meeting with their surgeon, escorting you to all their pre-operative check-ups, waving you goodbye as you are taken to the operating theatre, and then at the end of your hospital beds the next day wiping the spittle off of your chin or holding a mango smoothie to ease the dry throat!

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MEET THE TEAM:



Nara our wonderful "go to" lady based at the hospital pictured her in cold and wet Mount Maunganui! Nara has a bachelors degree in Advertising and Marketing which she studied for in the Netherland. Nara speaks perfect English and is your first person you will encounter



Recently the team visited us in New Zealand and shared their stories with our clients in Auckland, Hamilton, Napier, and Tauranga.



## Tell me about the surgeons?

They are all on the Thai Board of Plastic Surgery and also The international Society of Aesthetic Plastic Surgery, some have studied in the States, they are doing procedures every single day to clients from USA, Europe and Australia.



Dr Thanna



Dr Poonsak



Dr Teerasut



Dr Ratthasak



Dr.Vajarakorn

View profiles: [Find a Doctor \(bangkokpattayahospital.com\)](http://bangkokpattayahospital.com)



Jackie Brown is joined by international manager and Customer service manager

02

C H A P T E R 3  
P R O C E D U R E S  
O F F E R E D

02



## So what procedures do the surgeons offer?

1. Breast augmentation
2. Face and Neck Lift
3. Blepharoplasty (Upper/Lower Blepharoplasty)
4. Rhinoplasty (correction)
5. Liposuction
6. Lipo Selection by Vaser
7. Abdominoplasty "tummy tuck"
8. Breast Reduction
9. Breast Lift (Mastopexy)
10. Botox
11. Brow lift
12. Lip Augmentation
13. Wrinkle Correction
14. Bat Ear Correction
15. Alarplasty
16. Chin Correction (Reduction/Augmentation)
17. Cheek Bone Augmentation
18. Scar Revision
19. Hair Removal
20. Skin Tightening & Contouring



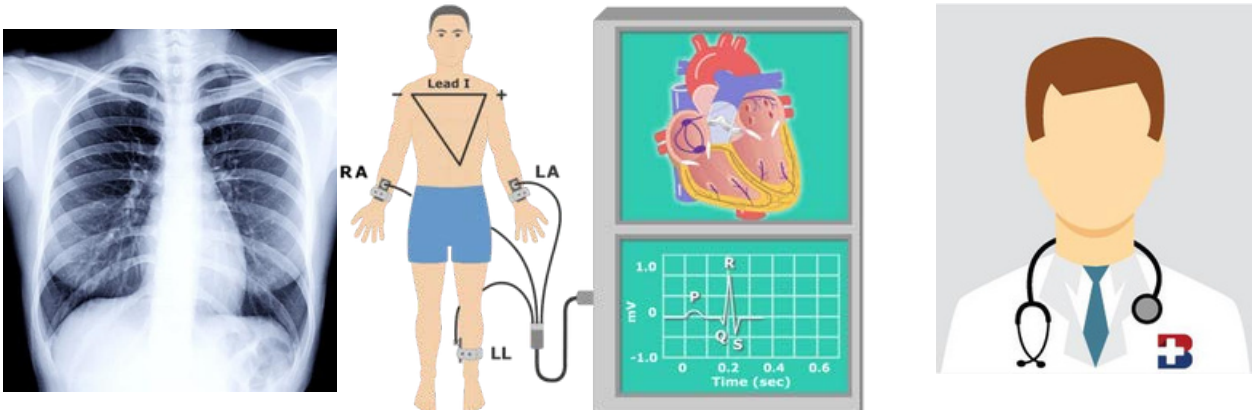


**Do clients have to go on a group tour?**

No, you can be travelling independently, and I can still organise all the flights, hotel, appointments and a car to pick you up from the airport, and I have an English-speaking international manager who looks after you when tyou get to the hospital and escorts you on your pre- op checks at the hospital.

**So, what is a pre-operative check-up?**

The surgeons will never do a procedure on a client without firstly having the person checked from head to toe, this includes blood tests, heart monitoring, HIV testing, and then a finally, a checkup by their medical practitioner. This takes about 2.5 hours as nothing is ever left to chance.



**So how big is this hospital?**

Its HUGE, there is 18 floors in just in one of the two buildings which incorporates one entire floor of dental surgeon, and the rest are heart specialists, optical, oncology, orthopedics and various others, the other 15 floors are all wards your get your own room complete with ensuite bathrooms, microwave, tea and coffee making facilities plus 3 meals per day delivered to your room. There are 7 restaurants/cafes including a juice bar and a Starbucks, a gift shop, and even a market on the weekends.





My surgery from arrival to going back to work 2 weeks later

### What is the most popular surgery?

Most of my clients are 50+ so it's a time when everything tends to start heading south! We have had our babies leaving us with droopy boobs (or is that just me!), we have gained and lost weight numerous times during our lives, our faces have been grilled in the hot summer sun and our neck are starting to look like turkey wattles.....so the most popular are face/neck/ upper and lower eyes \$12500,tummy tuck from \$14,000 and breast lifts at \$11500 (all a half of the price of NZ)

The price of having surgery abroad is often much cheaper than it would be to have the same procedure in New Zealand.

Since there are more regulations around cosmetic surgery and its effects here at home, most cosmetic surgery procedures are elective, meaning that they cannot be easily obtained on ACC. People who are looking to make aesthetic amendments will need to turn to private treatment, which can often be costly here in the NZ.

However, it's noted that going to Thailand can drop the costs of a procedure by 40-50%, and Mexico a gastric sleeve is only \$8K compared to \$25K here. These results have been generated by the International Society of Aesthetic Plastic Surgery (ISAPS).

### **Have you ever had anything go wrong?**

I had one lady discover at her pre op that she had a dangerously high blood pressure (which she had never had checked) and they sent her to cardiac doctor to rectify before they would even consider surgery, one lady had heart issues in NZ over many years, in Thailand she had a relapse, the hospital monitored her and did lots of tests and sent her home to NZ with evidence of dodgy heart, when she got back to NZ the hospital whipped her in, gave her a pacemaker and told her that “going to Thailand saved your life”.

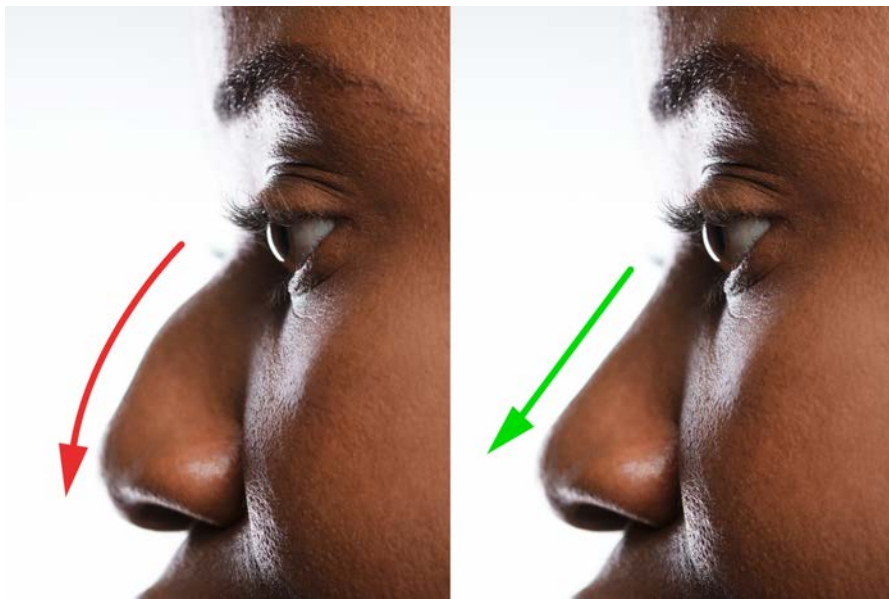
We had one lady who had a large amount of skin taken off the inside leg but was warned that the water retention may well come back, this happened and the surgeon out of the kindness of his heart redid the operation for free 8 months later but still the fluid retention returned.

### **What if there are complications?**

Things can go wrong, even at respected New Zealand hospitals.

Sorry ..... Surgery wise.....I have no horror stories, other than younger women having a breast augmentation and then wishing they had gone bigger! ..... the good thing to mention though is that each surgeon guarantees his work for one year, based on if they have made the error, if for example

you just were not happy with say the length of your nose, or the size of your new breasts this would not be covered for free.



## What is the difference between a cosmetic surgeon and a plastic surgeon?



All our surgeons are plastic surgeons. The difference lies in minimum qualifications and minimum standards. Only a plastic surgeon will call themselves a plastic surgeon.

All Plastic Surgeons are Cosmetic Surgeons BUT not all Cosmetic Surgeons are Plastic Surgeons.

Cosmetic surgery is a subspecialty of Plastic Surgery, it is part of Plastic Surgery and evolved from Plastic Surgery after the wars.

Plastic Surgery is about principles and techniques and when a Plastic Surgeon can reconstruct a face or breast and undertake advanced skills like microsurgery, performing cosmetic surgery is part of this skill set. Also, if something was to go wrong with cosmetic surgery a plastic surgeon is more than capable of rectifying the problem with cosmetic reconstructive principles. Only a plastic surgeon is trained this way and the proof lies in the many salvage and recovery operations plastic surgeons perform.

- Our surgeons are on the Thai board of Plastic Surgeons and Society of Plastic Reconstructive Surgery of Thailand
- Society of Aesthetic Plastic Surgeons of Thailand
- Medical Association of Thailand



03

C H A P T E R 3  
T H E  
H O S P I T A L

03

# The hospital

 Jackie Brown

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Bangkok Hospital Pattaya

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# Bangkok Pattaya Hospital

Bangkok Hospital Pattaya was founded on 23rd June 1990 in Pattaya, a seaside holiday destination, which has grown to become one of the most popular Thailand holiday destinations and is located on the Eastern Seaboard of Thailand, Chonburi province. It is one of the 30 locations run by Bangkok Dusit Medical Services, the Bangkok Hospital Group and is the main referral hospital for the Eastern Seaboard of Thailand.



## MISSION STATEMENT



"We are committed to being the leader in providing an international standard, efficient and ethical high quality care through a dedicated healthcare team, effective leadership and state- of-the-art technology. We are also committed to maintaining our standards through continuous quality monitoring to provide the highest possible satisfaction for our patients and customers."



A large number of international tourists visit Pattaya each year (40 percent of the total number of all their patients). The hospital provides interpreters covering more than 20 different languages to assist patients in all matters covering communication with the medical personnel, health insurance problems, embassy liaison and also referral services.

The hospital also has cultural and language training courses for the staff make sure they understand cultural differences and develop their language skills to provide the best service for the international patients.

Often in the waiting room you will meet clients from UK, USA, Russia, Europe, Australia they come from all over the world drawn by the reputations of the surgeons, that is definitely why I use this hospital. I have so many other hospitals contacting me to use their facilities but I feel that we have the best in Thailand.

# BANGKOK PATTAYA HOSPITAL

a double winner!



Medical Tourism to Bangkok Hospital Pattaya has just been given another accolade, this time from the TEMOS organization.

TEMOS is a world-wide institute which grades hospitals involved in Medical Tourism.

TEMOS stands for Trust Effective Medicine Optimized Services and uses a hands-on evaluation approach which was carried out in Bangkok Hospital Pattaya in April of this year.

The end result was TEMOS awarded a double accreditation to Bangkok Hospital Pattaya for both Excellence in Medical Tourism and additionally for Quality in International Patient Care.


In conjunction with the accreditation given to the hospital by the American Joint Commission International (JCI), Bangkok Hospital Pattaya is proud to be judged as one of the top hospitals in the world in the field of Medical Tourism



## Bangkok Hospital Pattaya has received the following awards and accreditation's

- Temos Certification of the Quality in International Patient Care and Excellence in Medical Tourism : 2018
- IMTJ Medical Travel Awards 2015 - Highly Commended International Cosmetic Surgery Clinic of the Year by International Medical Tourism Journal
- Joint Commission International (JCI) : 2015
- Top 10 Best Medical Service by Tourism Authority of Thailand 2015
- EIA monitoring Award 2014
- AIA Hospital Quality Award 2014
- The 9th Thailand Tourism Awards : 2013
- An Outstanding Establishment in Skill Development Promotion 2013
- Thailand Nursing Council in 2012
- Medical Tourism Website Transparency Award : 2009
- The Asian Hospital Management Award : 2006
- The Asian Hospital Management Award : 2005
- The Asian Hospital Management Award : 2004
- The Hospital Accreditation in 2004
- The Prime Minister's Export Award for excellent medical and health services provided to international patients in 2003
- Superbrands Thailand in 2003
- The ISO 9001 : 2000 accreditation in 2003



	<p>Bangkok Hospital Pattaya is accredited by the Joint Commission International (JCI) as being of a world standard of excellence in healthcare.</p>
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**All rooms at Bangkok Pattaya Hospital include the following amenities:**

- Meals - Breakfast, lunch and dinner are included in the cost of your room, and you may select from several cuisines, including Thai, Japanese, Muslim and Western food.
- Water is provided daily drinking water in your room.
- Special bathroom designed for patients with complimentary premium bathroom amenities
- Electronically adjustable bed
- TV LCD 32" with multi-lingual cable television and remote control (Thai, English and foreign language programming)
- Refrigerator, microwave, hotpot and dish set
- Personal in-room safe

- Air conditioning with a self adjustable thermostat for your comfort Personal
- telephone for local and international calls
- Guest couch
- Personal nurse call system
- Internet WI-FI



Security guards salute you as you enter the lifts



Tanya will organise all your dermatology, Botox and filler appointments



"Apple" will go through your account and paperwork with you





The ward staff

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The nurse helping our clients with shopping requests!



Nara, our international representative and I share an evening out with our group



The friendly customer service team at the hospital reception



Hospital reception area with the Smoothie bar and French bakery

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## **What is a Joint Commission International award?**

JCI accreditation is viewed as the gold standard in the global health care community. A health care organization that has met JCI's exacting standards can proudly display the Gold Seal of Approval® as a sign of this distinctive accomplishment.

As a patient, you will see the Gold Seal on the premises of our hospital. It's a visible sign of the hospital's commitment to deliver quality care in a safe environment. The Gold Seal of Approval enhances the status of this health care organisations among patients like you and clearly sets this hospital apart from the competition. It also receives the universal respect of other providers, businesses, government ministries, and insurance companies.

## How did this hospital gain such an award?

JCI accreditation takes about two years to prepare. During this time, the entire organisation works together to develop and implement the new high quality and patient-safe policies, practices, and procedures that are required to meet these standards.

During an on-site evaluation, a team of expert JCI physicians, nurses, and health care administrators visits the hospital and evaluates more than a thousand measurable elements. Through interviews with staff, patients, and leadership, along with physical inspections and reviews of records, the JCI survey touches every part of the organisation and provides a complete evaluation of the effectiveness of the hospital's patient safety and quality system.



04



C H A P T E R 4

P R O C E D U R E S

F A C E L I F T

04



Karen was tired of her old self and since reinventing herself she has blossomed (this was taken just one week after surgery)

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### **Everyone has their own opinion**

Although the role of beauty in the modern world can be debated, and there are some people against using plastic surgery, there are still reasons why manually changing the appearance granted by nature is acceptable.

Gaining self-confidence is probably one of the most important advantages a person can gain from plastic surgery.



There is cosmetic surgery for every person out there. There's an operation for a person with ears that stick out or a rhinoplasty for a person with nose like a ski slope.

There are cheek implants, chin implants, thigh lifts, arm lifts, and even a male breast reduction.

# Procedures- Face lift

JB Jackie Brown



My face lift recovery

Facelift surgery , is a procedure used to reduce the appearance of facial wrinkles and other telltale signs of aging, with the goal of improving the overall appearance of the face and jaw.

Facelift surgery can help to reverse the harmful effects of time, stress, and exposure to the elements.

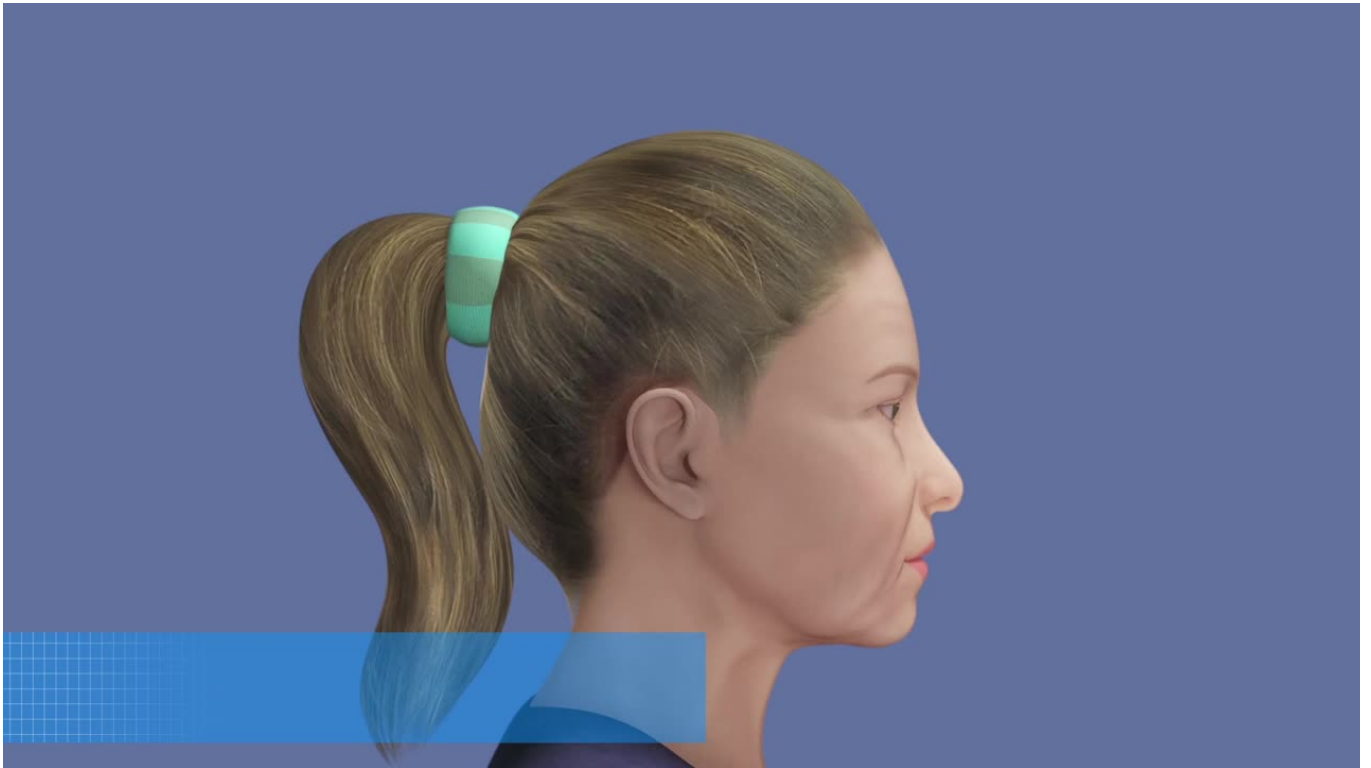
To perform this procedure, a facial plastic surgeon will lift and tighten the underlying muscles of the face to create more aesthetically pleasing contours appearance and rejuvenate the facial structure. Then he or she will remove excess pockets of fat and skin that can contribute to an aged, tired appearance.





## **Skin Elasticity**

A good facelift candidate will have skin that retains some of its natural suppleness and flexibility. This is important because, during the procedure, the surgeon tightens the facial skin to reduce the appearance of wrinkles. Successful healing with optimal results depends on having skin that is able to conform to its new, improved contours.



### **How do I know if I need a facelift?**

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When your daily regimen of creams and serums, or even nonsurgical treatment options, don't seem to make a difference anymore, it may be time to consider a facelift procedure. If you have sagging skin that easily pulls away from the face and neck or hangs loosely, a facelift is the only treatment option that can help. The facelift procedure removes this extra skin, creating a firm, youthful appearance.

## Recovery -restaurant ready in 14 days!

After a facelift you will often have a nasty headache for 6-12 hours, your bandages around your head will feel very tight (because your face is swollen beneath them), your will feel pressure under the chin and on your scalp where the bandages are tight. The bandage probably will be removed on the day after surgery. You will have stitches or staples in your cut (incision). Your doctor will take these out in the first week. Most ladies will be recommended to wear the face compression garment.

You may have a drain in place to remove excess blood and fluid from your face and neck, this will be removed usually on day two

Remember, your face likely will be bruised and swollen. The swelling may get worse before it gets better, but it will probably go away in 6-10 days. After a few days you may get some bruises on your neck and chest. This is caused by gravity, which pulls the excess blood and bruising downward. You will feel some pain for 2 to 4 days after surgery. You may have some trouble opening your mouth for several days. The skin around the incision probably will be numb. You may have some itching or shooting pain as the feeling returns, though it may take several months for the numbness to go away.

Eye lid surgery: eyes will feel dry, you may suffer some blurred vision (especially the first few days after the operation). You may also experience some irritation under the strips they put on your eyes for the first week



05

C H A P T E R 5  
R H I N O P L A S T Y

05

# Procedure - Rhinoplasty

JB Jackie Brown

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## What is a rhinoplasty?

Rhinoplasty, commonly known as a nose job, is surgery to reshape your nose.

Being a central feature of your face, your nose influences your overall facial appearance and nose re-shaping and re-sizing is commonly performed for cosmetic reasons. It is also carried out for medical reasons such as a nose injury or breathing problems.

Often patients feel the size of their nose is disproportioned with their facial features.

Nose surgery can modify the size, shape and overall appearance of your nose.

Your surgeon can make your nose smaller known as a reduction rhinoplasty, or larger by augmentation rhinoplasty. The size of your nose can be changed from your tip to your bridge including your nostrils. The angle between your nose and top lip can also be altered.



## What does a rhinoplasty involve?

Rhinoplasty is usually carried out under general anesthetic and takes between an hour and a



### Patients show happy results

Research ties plastic surgery to higher self-esteem, better mood

Research published in Clinical Psychological Science reports that plastic surgery patients could experience more joy in life, a higher sense of satisfaction and greater self-esteem.

When comparing the results of the psychological tests of the surgical patients to those who had not had plastic surgery, people who went under the knife had higher self-esteem, experienced less anxiety and felt healthier overall. Additionally, those who opted for the procedure reported that they were happier with their bodies as a whole, not just the area on which they had work done.

A rhinoplasty involves either making one cut across the skin between your nostrils (open rhinoplasty), or tiny cuts inside your nostrils (closed rhinoplasty). A closed rhinoplasty will leave no visible scars and causes less swelling.

During reduction rhinoplasty surgery your surgeon may treat these areas of your nose to create your desired look:

- Bridge (or dorsum) – your surgeon will remove the bone and cartilage causing your hump. They may break your nose to move the remaining pieces of bone closer together and to create a narrower nose.
- Tip – your surgeon will remove or reshape the cartilage that makes up your tip-support through your nostril, or by making a small cut in the area between your nostrils (known as the columella) in an open rhinoplasty.
- Length – your surgeon will reduce your central nose structure called the septum to reduce the tip and overall length of your nose. Your tip cartilages may also be adjusted.
- Width – your surgeon will break and reposition your side nasal bone to achieve a narrower appearance.

During augmentation rhinoplasty your surgeon may:

- Increase the bridge or tip of your nose – the contour of a flat bridge or tip can be changed using bone, cartilage or an implant. Bone or cartilage can be taken from your nasal bone or septum, or from other places such as your rib, hip or ear.
- Change your septum (septorhinoplasty) – to straighten or improve the appearance of your nose after a nose injury or if you have breathing difficulties. Your septum can be altered as part of your rhinoplasty or as a separate operation.

The skin over your nose will shrink or expand to its new shape.



## Rhinoplasty recovery and aftercare

You can expect to stay in hospital for one to two nights afterwards.

Your nostrils will be dressed and a protective splint held over your nose with tape to help it reset in the correct position. The splint will be removed after seven to ten days.

Initially you may have some pain and painkillers should control this.

You may also have some difficulty breathing completely from your nose. A nasal spray or drops may help. After three weeks you should be able to blow your nose and your breathing will clear.

Your sense of smell may be affected but will normally settle down after a few weeks.

You may have bruising where your nasal bone has been restructured but this should settle in a week to ten days.

Nasal bones take three months to heal and during this time you need to take extra care not to injure it.

When the splint is removed you will be able to see the major changes but your nose may still be swollen. Swelling will improve over time and the changes to your nose will become more apparent.



06

C H A P T E R 6  
B R E A S T  
S U R G E R Y

06



# Procedure - Breast surgery

JB Jackie Brown

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Breast Augmentation

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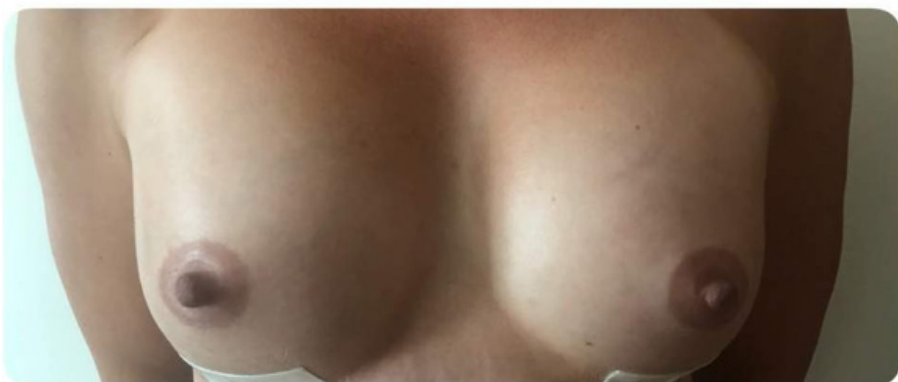
## Breast Augmentation

Breast augmentation increases the size of the natural breast and is frequently sought by women who are unhappy with the size of their breasts. The breasts may be of unequal size, may have minimal development, or may have decreased in size after breast-feeding or weight loss. Breast augmentation is quite successful at making the breasts larger and fuller, and often helps women to feel less self-conscious about their breast size.



## Procedure

Breast augmentation consists of making a small incision, creating a pocket in the chest/breast area, and placing an implant into this pocket. The incisions are closed, and dressings are applied to the incisions, and antibiotics are typically given before and after the operation to minimise the risk of infection. The incision can be made below the breast, around the areola (the dark area surrounding the nipple) or at the armpit. Each method has advantages and disadvantages and your surgeon will discuss these prior to surgery.





**Before**



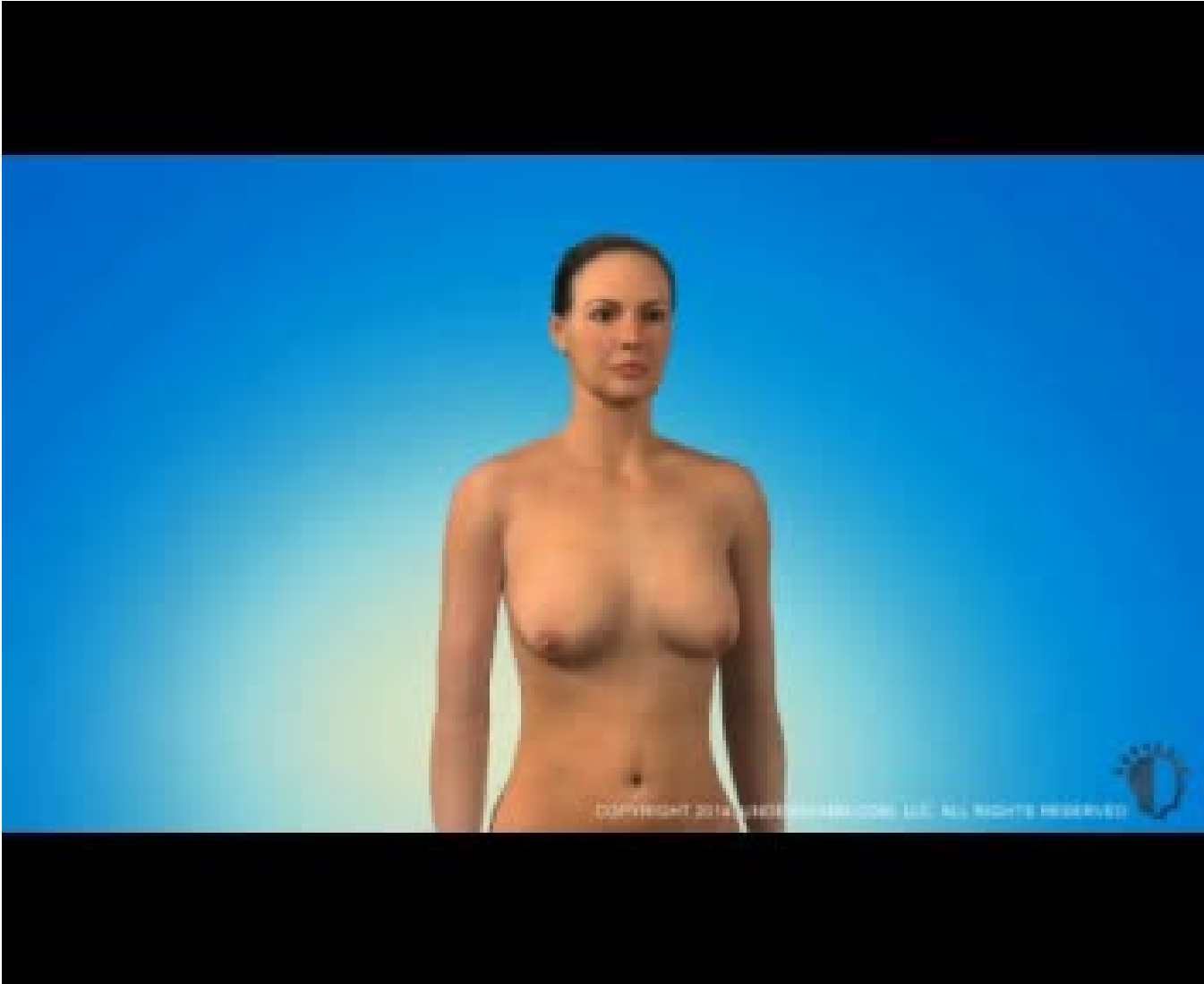
**After**



## **Recovery**

Following your surgery, you should avoid getting the dressing wet and try to keep arm extension minimal for 3-5 days. You will be able to resume light activities within 7-10 days, however, more strenuous activity should be avoided for 3-4 weeks. A supportive bra should be worn for two to three weeks, and your surgeon will change the dressings after three days and then remove the sutures after a week.

# BREAST LIFT WITH IMPLANTS

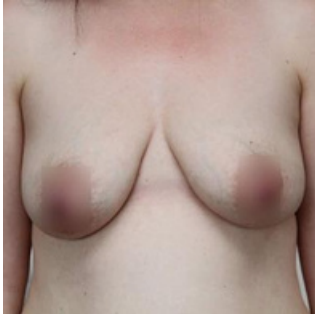


Click on video for Breast lift with implants

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## To have or not have implants after lift?

Breast lifts are a basic procedure that moves the nipple and areola, lifts the breast and eliminates excess skin. The end result is a perkier look and is particularly appreciated among those with sagging breasts. Combining a breast lift with implants is a good way to get the most from your surgery



Before



2 days post surgery



6 days post surgery



15 days post surgery

## A Breast Lift Without Implants

A breast lift is one of the most popular cosmetic surgery procedures. During a breast lift, your surgeon removes excess skin and lifts the nipple and areola to a higher position on the breast.

**The result? Beautiful breasts that are shapely and perky.**

Undergoing breast lift surgery without the placement of implants will typically leave patients with a little less upper pole fullness in the breasts, but the results often look a bit more natural. If you have significant hollowing of the breasts, or if you desire larger breasts with more cleavage, implants will give you better results than a lift alone.

## 3 Benefits of a Breast Lift Without Implants

- Improved breast shape, projection, and symmetry.
- Perkier breasts.
- Improved self-confidence, both in and out of your clothes.



Breast lift without implants

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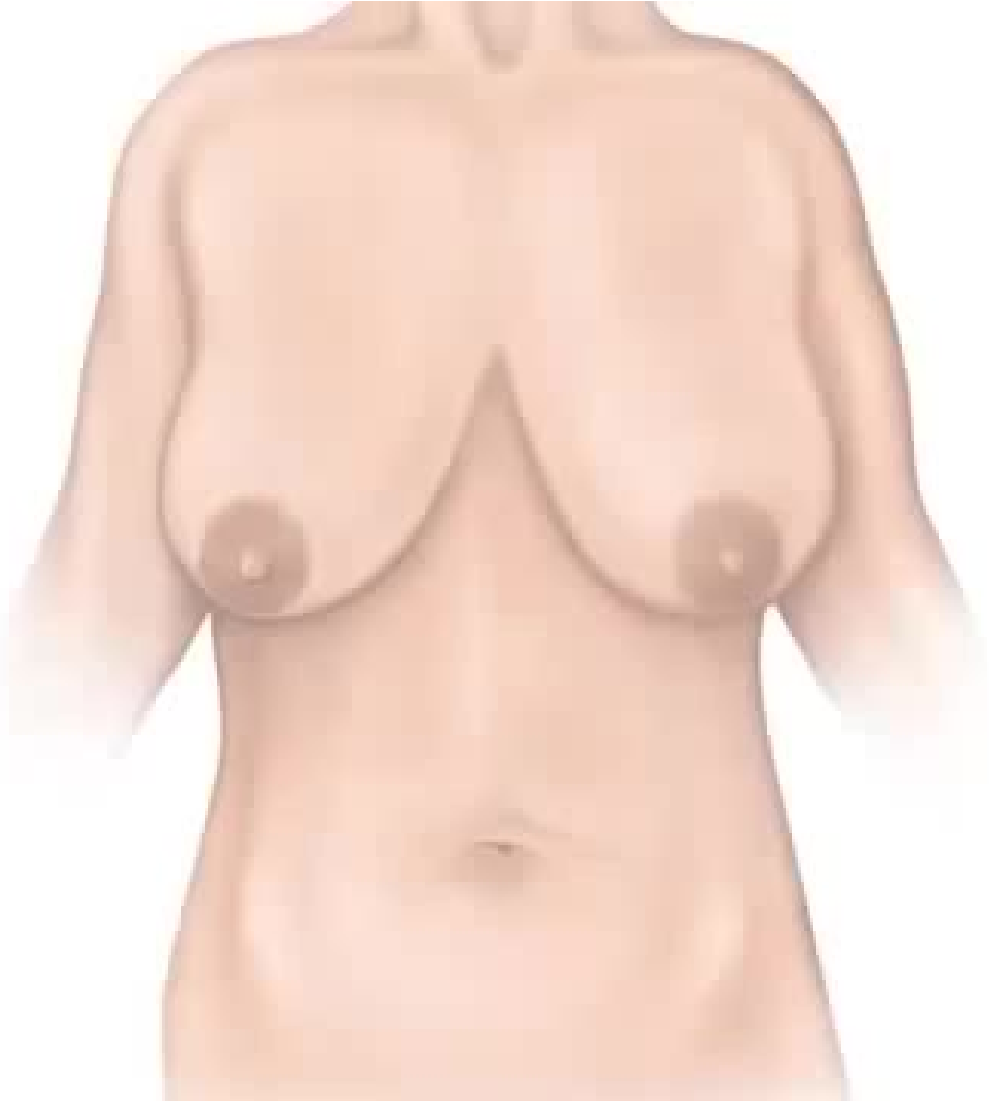
## Breast Reduction

If you have disproportionately large breasts that are causing neck pain, back pain, or other physical symptoms, you may be considering breast reduction surgery.

Most women who get breast reduction are very satisfied with the results







Understand.com | New Breast Reduction Animation. (2018).

Retrieved from <https://www.youtube.com/watch?v=fl-jbL2pZd8>

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## **Breast reduction, on the following pages:**

- Your Consultation About Breast Reduction Surgery
- How to Prepare for Breast Reduction Surgery
- How Breast Reduction Surgery Is Done
- Recovery From Breast Reduction Surgery
- Breast Reduction Surgery Complications and Side Effects

## DURING YOUR CONSULTATION

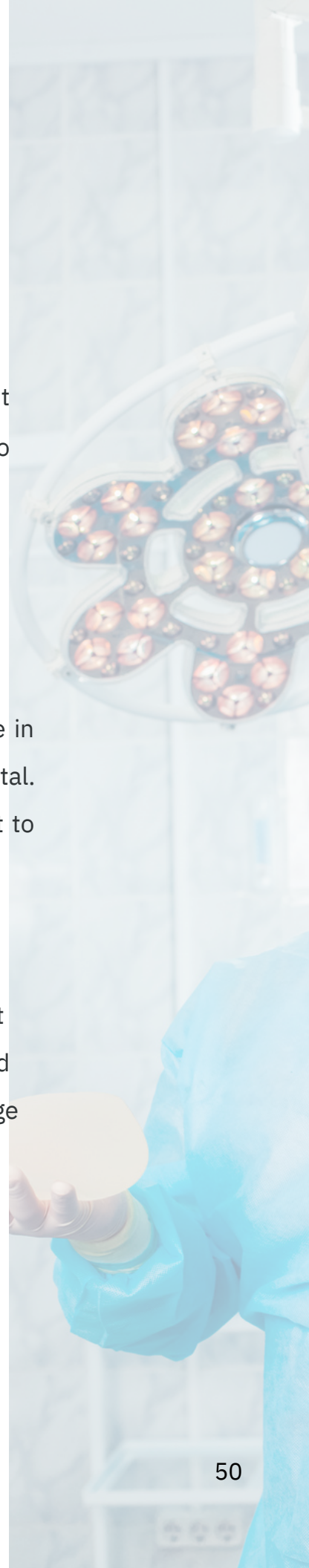
The surgeon will take photos of your breasts, measure them, and talk with you about how much breast tissue will need to be removed to achieve your goal.

During your consultation, your surgeon will ask about your habits, including whether or not you smoke and what medications you take. You may have to quit smoking for a period before and after surgery to ensure proper healing. You also will have to stop taking certain medications, such as aspirin or other anti-inflammatory drugs such as Nurofen or vitamin E, or fish oil. .

## How Breast Reduction Surgery Is Done

Depending on your personal situation, breast reduction surgery can be done in an outpatient facility, or you may have to stay at least one night in the hospital. In either case, you will get general anesthesia, which means you will be put to "sleep" during the procedure.

Breast reduction surgery will take about two to five hours, sometimes longer. Your surgeon will make a cut around your nipple then downward on the breast in the form of a keyhole. The operating team will remove extra skin, tissue, and fat from your breasts and reposition your nipple. Your surgeon will use drainage tubes and then stitch up your breasts and wrap them in a special gauze. You may also need to wear a surgical bra.

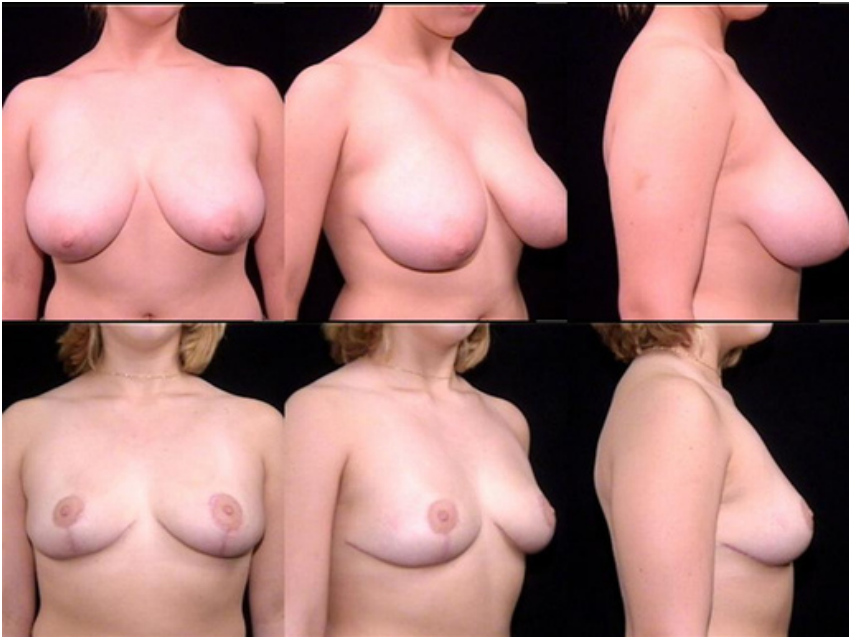




After breast reduction surgery, you should expect to feel tired and to have breast pain. This is normal. Your surgeon will give you an oral painkiller to ease you through the first few days after surgery. You should also avoid heavy lifting. So easy on the shopping. Some people have an emotional reaction, such as feeling depressed, after the surgery. That can be normal, and your stitches will be removed after 7-9 days.

## **Breast Reduction Surgery Complications and Side Effects**

Scars are a normal side effect of breast reduction surgery. These scars will fade over time but will never completely disappear. Scars can be made worse if you lift heavy objects too soon after surgery.



07

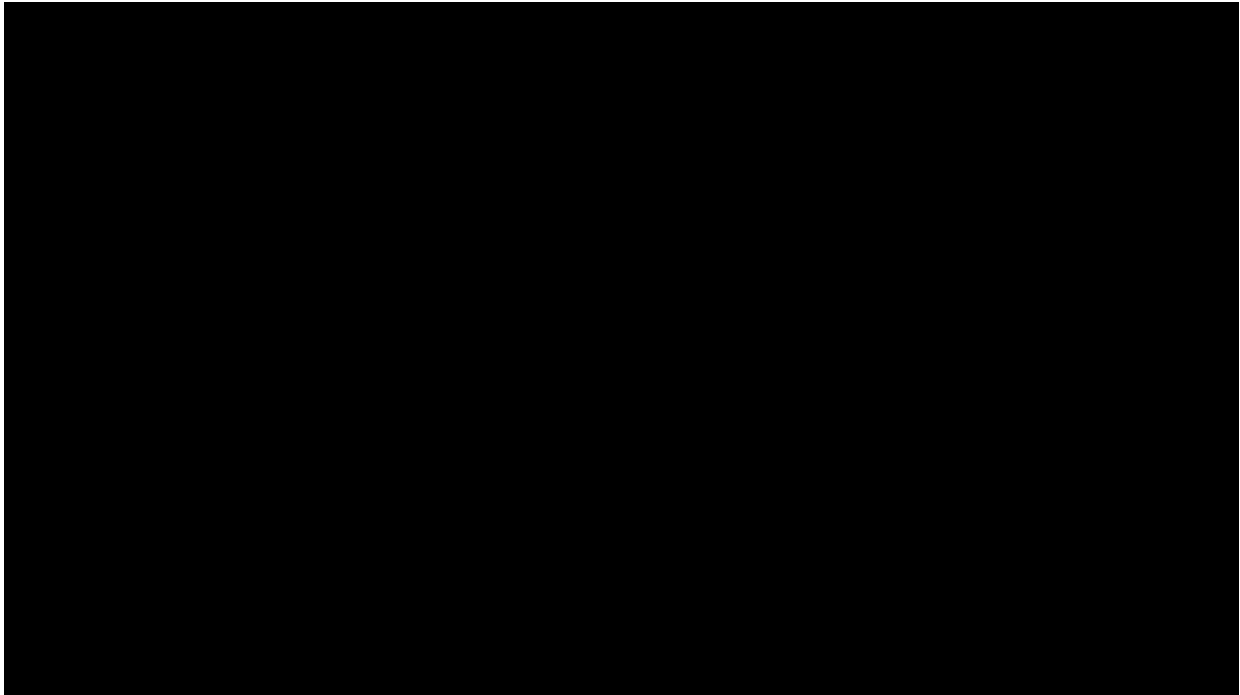
C H A P T E R 7  
T U M M Y  
T U C K

07

# Procedure-Tummy Tuck

 Jackie Brown

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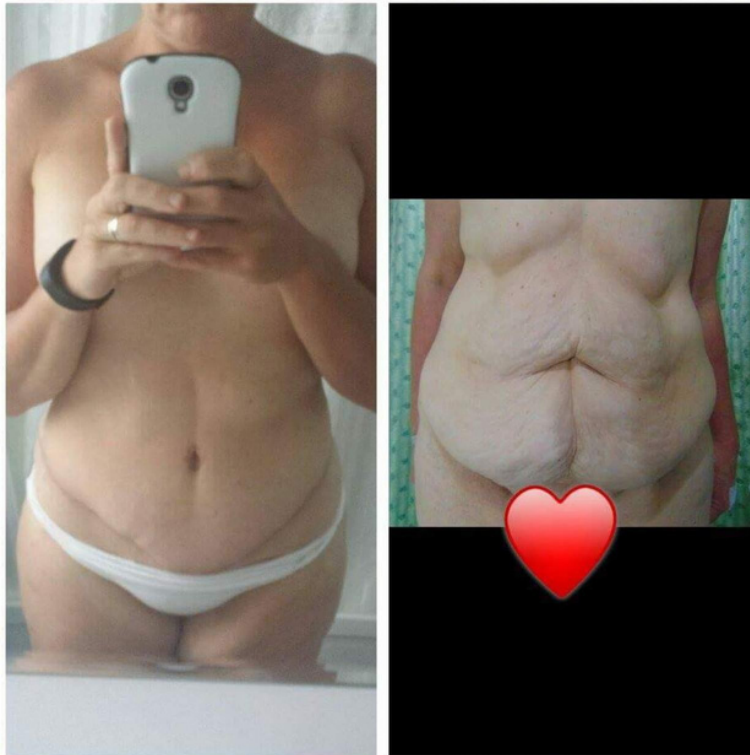


## Who is a candidate for a Tummy Tuck?

Have you lost weight and now struggle with excess skin? Are unhappy with the results you've achieved with diet and exercise following your pregnancy? If you answered yes to either of these questions, you could be a strong candidate for a tummy tuck. Technically known as abdominoplasty, a tummy tuck is a common cosmetic operation that helps to flatten and tighten the abdomen by removing excess fat and skin. Tightening the abdominal muscles may also help give the stomach a flatter, leaner appearance.

## Can tummy tuck be combined with liposuction of the tummy?

Yes. A variation in tummy tuck technique allows tummy liposuction to be safely performed at the same time as a tummy tuck. Liposuction may be done with either a full or partial tummy tuck.

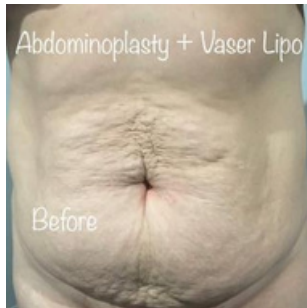


## Flying home after a tummy tuck

Patients often ask when it's safe for them to travel by plane following major plastic surgery such as breast augmentation or a tummy tuck.

Although each surgeon has his or her own set of post-surgery protocols, the general guideline as to when air travel is allowed is at least 7-10 days following the procedure. Your stitches will be removed after one week. The first post-operative week is extremely crucial because this is the time when complications are most likely to arise. In fact, we encourage patients who travelled for plastic surgery to stay at least 14 days post surgery.

You will also be provided with a "fit for travel certificate" for your flight home.



Before side on



14 Days belly button healing after a hip to hip tummy tuck

## Full versus partial tummy tuck? what is the difference between a full tummy tuck and a mini tummy tuck?

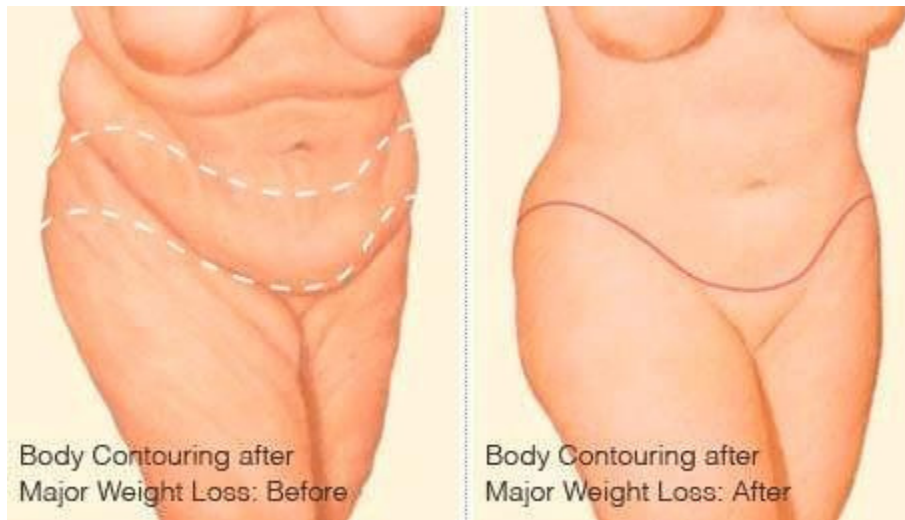
The two procedures address different types of abdominal looseness and bulging. A full tummy tuck corrects sagging skin and loose muscles over the entire abdomen, while a mini tummy tuck is for women whose loose skin, lax muscles, and fat deposits are concentrated below the belly button.

A mini tummy tuck may be a good option if your excess skin is located below the navel only, the navel does not require reshaping or repositioning, and there is little to no muscle separation requiring repair. 1

Mini tummy tuck patients are often hoping to address a very small tummy “pouch” or revise a previous caesarean scar. The ideal mini tummy tuck patient has good upper abdominal skin and muscle tone, is slender, fit and at their ideal body weight.

There are many variations to a tummy tuck but they can all be placed into one of two categories. Both operations are invasive, but the full tummy tuck will likely lead to more scarring and a longer recovery period.

A full tummy tuck is needed when there is a lot of stretched skin above the belly button. The incision is made low on the abdomen and runs from one hipbone to the other or longer. The skin, tissue and muscle will be moved and manipulated; the belly button will be detached; and a new, re positioned navel will be created.



### **Finding a way**

A belt like tummy tuck takes the skin removal much farther, extending it all the way around the back. It goes all the way around ( just like a belt does ). Often if you have a history of weight loss the surgeon may recommended the belt tummy tuck. It is, however, a bigger procedure, with a scar that goes all the way around your waist. You can also expect that the procedure will take about 2 hours longer and also cost more.



## Recovery

Following the tummy tuck procedure, you should be in a flexed position to minimise tension on the incision sites by to bending at the hips (waist) in order to reduce tension on the newly tightened skin. You will be chillaxing in your hotel bed once out of hospital, and this is perfect for this purpose but a pillow beneath your knees and several at the head of the bed will make

you comfortable. Immediately after surgery, within the first few hours, the nurses get you out of bed and you will walk in a slightly bent-over position. Start walking flexed at the waist (in a stooped position) for a few minutes every 1-2 hours the evening of surgery and continuing daily except when sleeping. This will minimize your risk for blood clots.

- In about one week you can gradually stand up straight and you will be out shopping
- Gradually increase activity as tolerated.
- No sexual activity for 6 weeks after surgery.
- Wiggle your toes and move your ankles in circles in bed every hour.
- No heavy exercise, bending, lifting, baths, swimming, sun exposure, smoking, alcohol or sports for 6 weeks following surgery



08

C H A P T E R 8  
A R M L I F T

08

# Procedure - Arm Lift



Jackie Brown

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## Thinking of an arm lift?

Maybe you're fit and healthy, but your skin is not as elastic as it once was. Or you've had good results from dieting or bariatric surgery. Either way, you're seeing one result that's not so good — flaps of loose skin hanging from your upper arms.

Some people consider getting an arm lift to minimize this irritating condition, sometimes called “bat wings.” Here's what you need to know.



## How does an arm lift help?

Weight watchers aren't the only ones who have this problem. As you age, your skin may get crepey and loose, creating excess bags under the arms. But most people who have a significant weight loss or weight fluctuations see this result.

Most people come to me with skin on the upper arms that has a "deflated appearance." For them, an arm lift, or what's called a brachioplasty, this can create a better contour. It gets rid of the excess, sagging skin and fat that spans from elbow to armpit.

## What can you expect from the procedure?

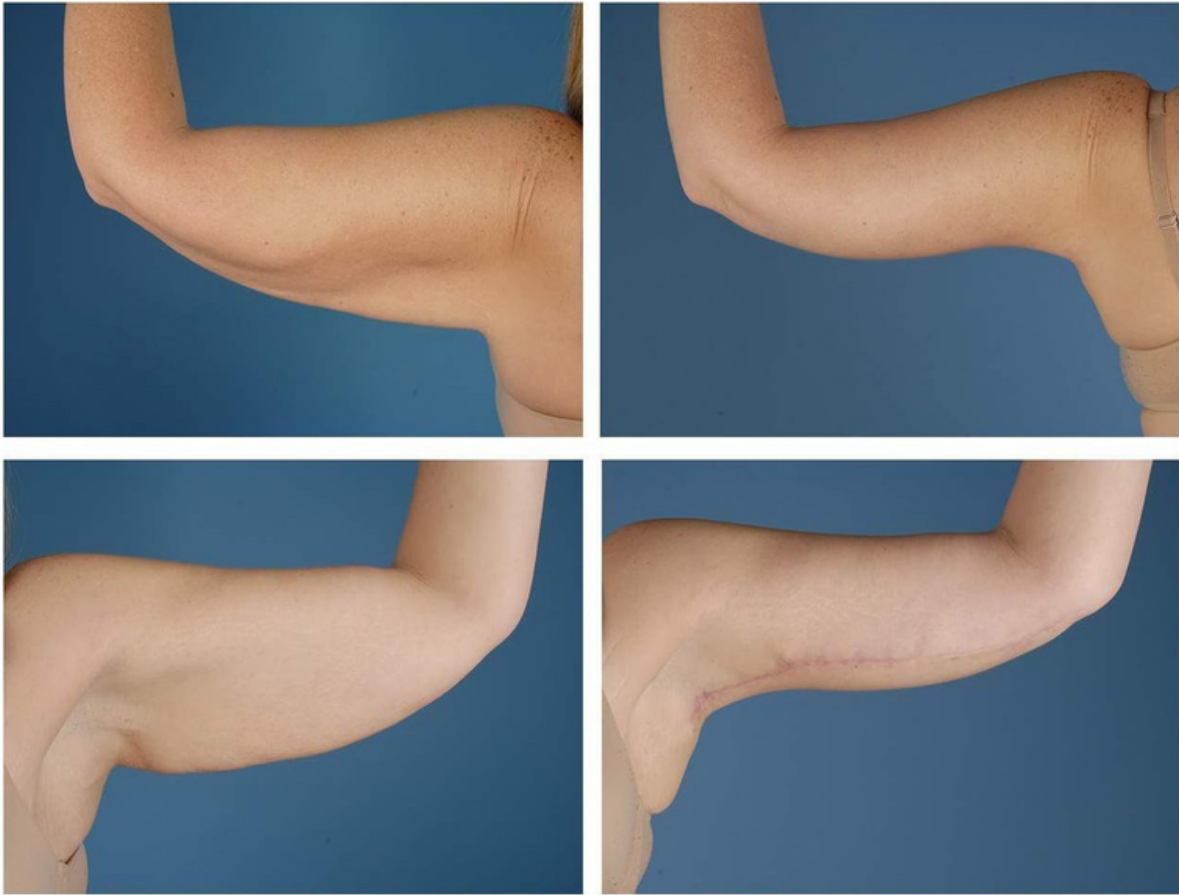
If you choose this procedure, you'll have an arm lift in an operating room under general anesthesia.

The surgeon will remove some fat and an elliptical segment of skin from the inner back side of your arm. If there is a lot of excess skin, he or she may take some from the very top of the arm, into the armpit area.

The procedure lasts two to three hours. Afterward, you will wear a compression garment to help control swelling.

You typically can expect to resume light activity within a few days. You likely can go back to strenuous activity after three or four weeks





### **Why doesn't liposuction fix the problem?**

If you have excess arm skin, but underlying fat keeps the skin tight, an arm lift and liposuction combination is sometimes an option. But for most patients, an arm lift, not

liposuction, is the best fix for saggy underarms.

With an arm lift, particularly if the surgeon removes a significant amount of fat and skin, there is some scarring afterward.

With an arm lift the scars are visible, surgeon try to hide it by bringing it closer to the inside of the arm, but they cannot predict how the scar will migrate.

### **Remember:**

Liposuction alone won't treat the problem of excess skin for most people. Even if the surgeon removes underlying fat, the excess skin remains after liposuction.

## What about if you have excess fat on the forearm?

To effectively remove excess skin and fat from the **forearm**, an incision extends from the **armpit to the wrist**. This is done on the ulnar (or the pinky side) of the forearm. This is the best solution for excess skin and fat of the forearms, however there will be a "z" scar around the inner elbow (see below). The forearm reduction can be done at the same time as the arm lift or brachioplasty.



This was one of my clients who had arm lift

# Some of the surgeries will require compression garments

A compression garment is required and beneficial after tummy tucks and/or liposuction because:

1. It restricts the amount of edema that forms and hastens its resolution by mechanical pressure.
2. It decreases the amount of bruising.
3. It assists the loose skin in retracting or shrinking.

It is common to have weight gain due to edema, serum that collects in the area, and the tumescent fluid that was injected. This will resolve over time. The more you wear the garment initially, the quicker this fluid resolves.

Edema: a condition considered as an excess of watery fluid collecting in the tissues of the body.

The length of time that the garment should be worn varies depending on the amount of fat removed, the elastic nature of your skin, how much loose skin remains, and other factors.

Your surgeon would give you the best advice, however this is the general routine for my clients

The first garment should be fitted for you prior to surgery and applied in the operating room.

Often it will become loose as the edema is mobilized, and then it will need to be replaced.

Most important advice is to listen to your surgeon, as he or she knows how much fat was removed, the elasticity that remains in your skin, and amount of skin redundancy.

I recommend that my patients wear their garments for a minimum of three weeks full time then for twelve hours at a time (day or night). If there is not a lot of redundant skin, this continues to a maximum of six weeks.

To be effective, the garment needs to fit snugly but not too tight as that can make it difficult to sleep or cause pressure problems

As the edema resolves it is common for patients to switch to a smaller garment that fits.

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## Sculpture Garments

<https://www.sculpturegarments.com>



**Click here to see the various garments for breast surgery, tummy tucks etc (cheaper than in Thailand) and they supply all the hospital. You give them your size now and they work out the size you will need.**

09

C H A P T E R  
P R I C E L I S T


09



## Price list

I have used today's rate of exchange to convert to NZ dollars, however please check with me since the rate of exchange (ROE) can fluctuate by 1%

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FACE LIFTING	NZD
FACE AND NECK LIFT	\$10,666
FACE NECK WITH SUBMENTAL INCISION	\$11,341
FACE/NICK AND  AND LOWER EYES	\$16k
SUBMENTAL NECK LIFT	\$7110
BROW LIFT (TEMPORAL LIFT)	\$7335
BROWN LIFT ENDOSCOPIC	\$9800
<b>BREAST SURGERY</b>	
AUGMENTATION	\$7920
BREAST LIFT (WITHOUT IMPLANT)	\$11431
BREAST LIFT WITH IMPLANT	\$14,446
BREAST REDUCTION	\$11791-\$15,796
<b>BODY CONTOUR</b>	
MINI TUMMY TUCK (JUST SKIN)	\$5256
HIP TO HIP TUMMY TUCK	\$14,311
BELT TUMMY TUCK	\$17,600
HIP TO HIP TUMMY TUCK WITH LIPO	\$15886
BELT TUMMY TUCK WITH LIPO	\$17,371
ARM LIFT BOTH SIDES	\$9855
ARM LIFT WITH LIPO AT BACK/TOP	\$11,026
<b>STANDARD LIPOSUCTION</b>	
NECK AND CHIN	\$9855
LIPO ABDOMEN, WAIST, BACK AND HIPS	\$12,061
ALL TRANSPORT TO/FROM Airport/hospital/hotel	\$405
PRE OP MEDICAL	\$225

10

C H A P T E R 1 0

R E C O V E R Y T I M E S  
F R E Q U E N T L Y A S K E D  
Q U E S T I O N S

10



## Recovery times

Over the past 12 years I have seen many surgeries and these are the timings that seem the most usual

As I said at our presentations, any surgery entails risk and plastic surgery is no different—except the results are often even more visible than other surgeries. Even when everything goes right, there's still some pain involved in recovery.

**After a facelift** you will often have a nasty headache for 6-12 hours, your bandages around your head will feel very tight (because your face is swollen beneath them), you will feel pressure under the chin and on your scalp where the bandages are tight. The bandage probably will be removed on the day after surgery. You will have stitches or staples in your cut (incision). Your doctor will take these out in the second week. Some surgeons may recommend to wear the face compression garment.

You may have a drain in place to remove excess blood and fluid from your face and neck, this will be removed usually on day two.

Remember, your face likely will be bruised and swollen. The swelling may get worse before it gets better, but it will probably go away in 6-10 days. After a few days you may get some bruises on your neck and chest. This is caused by gravity, which pulls the excess blood and bruising downward. You will feel some pain for 2 to 4 days after surgery. You may have some trouble opening your mouth for several days. The skin around the incision probably will be numb. You may have some itching or shooting pain as the feeling returns, though it may take several months for the numbness to go away.

**Eye lid surgery:** eyes will feel dry, you may suffer some blurred vision (especially the first few days after the operation). You may also experience some irritation under the strips they put on your eyes for the first week

**Brow lift.** A sense of tightness in the forehead and brow region is to be expected after surgery. There will also be some tightness and discomfort over the top and back of the scalp as this entire area has also been repositioned with the surgery.

After the surgery you will notice some bruising and swelling, especially over the upper eyelids (sometimes over the lower eyelids as well since bruising will descend downwards secondary to gravity) and bridge of the nose. Occasionally the swelling may be enough to close the eyes. This is most likely to occur about 36 to 48 hours after surgery, as the swelling usually peaks at this time.

**Tummy tucks**, you will be walking like a banana for the first 5-6 days, It is also important to note that swelling can last for days, weeks and even months. The duration of swelling will depend on the measures taken and the person.

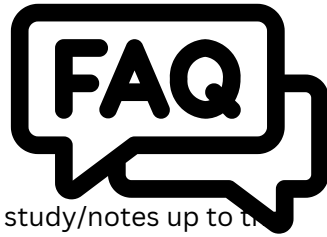
**Breast surgery.** You'll likely feel pain and soreness around the incisions, which will be red or pink for a few months. Numbness in your nipples, areolae and breast skin might last for about six weeks. In the first few days after a breast lift, take pain medication as given to you by the hospital. Avoid straining, bending and lifting. Pain after breast lift surgery is normally not severe. Most often patients describe a feeling of discomfort only.

**Breast augmentation:** No pain, no gain! But, really, it's not too bad. Feels like you did 100 push-ups the first day, 50 push-ups the second, and 25 the third day. Usually by 4-5 days you're feeling pretty good, however the larger your implants, the more pain you will have after your surgery.

The position of your implants. Implants placed underneath the pectoral, or chest, muscles tend to hurt more post-surgery. This is because the tissue is experiencing more trauma. The less the tissues are traumatized and the less bleeding there is, the better your post-op pain level will be.

**liposuction.** The pain experienced during the recovery phase has also been compared to a severe muscular ache and may vary from one day to the next. After 48 hours the swelling and bruising rapidly subside. To minimize the swelling, sleep with your head elevated for 4 weeks after surgery.





### **So what happens after I contact you?**

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.

### **What is the service fee I am paying to JBTG? (Jackie-Bums Tums and Gums)**

Most travel agencies charge a service fee for most bookings made. This has come into effect in the last 10 years as most airlines drastically cut or eliminated commissions paid to travel agents. The revenues had to be replaced by some means or most travel agencies would cease to exist. Most people recognise that a service fee is a small price to pay to ensure that your travel is booked safely by an experienced travel agent.

My prices reflect whether client is going independently or with a group tour my fee is inbuilt and this covers my negotiations with the surgeons, the bookings of flights and accommodation and the general “go between” involving yourself and the hospital staff.

### **Is my restorative surgery covered in my travel insurance?**

No, in New Zealand, elective surgery is not covered. However I am working with a USA insurance company who will cover medical tourism.

### **Do I have to share a room with someone else on a tour?**

Prices are per person based on 2 people sharing, and I endeavour to match you up with another person from the group. However accommodation is easy on the pocket in Thailand and you pay very little more (approx \$500) for your own room, which I highly recommend as you sometimes just want to be alone after surgery.

### **What do I need to tell you to pass on to the hospital?**

I need photos of the area where you want surgery, I need photos front on, side and at 45% angle, no jewelry and not need to show your head (unless of course its for surgery from neck up!) NO selfies, and no mirror images, as the surgeon need to be able to get an idea so as to quote you.

Compile a list of the medications you take, if any, and dosage information. This list should include vitamin and mineral supplements and herbal products, as well as drugs or supplements you take only occasionally. Please tell me so that I may pass on to your surgeon, and the anesthesiologist for the procedure, about every drug – over the counter, prescription or illegal – you take. This is for your own safety. The surgeon and his or her office staff must keep all information about you confidential.

You will also be asked about any allergies you have or if you have ever had a bad reaction to any medications or anesthesia or to latex.

Make up a list of any other surgeries you have had or major illnesses and when you had them, since you will be asked about these and it can be hard to remember dates sometimes.

### **What happens at the consultation with my surgeon in Thailand?**

At the consultation, you will meet with the surgeon who will perform your surgery.

At the consultation, you may be given an informed consent form. This is a form that outlines all the possible risks of an abdominoplasty that you will have to read and sign if you decide to have the surgery. This piece of paper states that you have been fully informed about all the risks and that you completely understand them.



### **What happens at the Physical Examination?**

The surgeon will examine you. You will be asked to remove your top and bra, and perhaps your panties, and get into an examination gown. A nurse is usually in the room during the examination. Your surgeon will examine your skin condition, type, thinness, and elasticity. He or she will also assess the amount of skin on your body/face to be removed and if muscle repair is necessary. He may pinch or tug on your skin gently to test your laxity. You may be asked to bend over slightly and relax your stomach muscles, he will also take photos. You may feel uncomfortable during this time, so prepare yourself for it.

After the consultation you will be taken by a representative for blood tests, heart tests and any other assessment that is required

### **How long after the consultation do I receive surgery?**

I try to make your appointment the day following your arrival into Thailand, it is usually scheduled in the morning and then surgery is performed within 1-2 days after your pre ops

### **Will there be someone there at the hospital other than the staff and do they speak English?**

Yes, we have a hospital representative for your comfort. Your surgeon will speak perfect English and most of the nursing staff speaks English as well. However you will find that some of the auxiliary staff do not speak very much English.

### **How do I get from/to hospital?**

As part of the fee to hospital they 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.

### **Will it be hot in Thailand?**

Yes, hot and humid!

The rainy season lasts from July to October and is dominated by the southwest monsoon, during which time rainfall in most of Thailand is at its heaviest. However, like the “cool” season, the name “rainy season” is slightly misleading. While it certainly does rain during this season it’s more likely to consist of flash-flood afternoon downpours than a continual drizzle for days. If you can bear the heat and humidity, the weather in Thailand is typically sunny throughout the rainy season, but when the rain comes, it’s fast and it’s furious.

### **I'm having a Tummy Tuck/ Breast lift and augmentation . What type of clothes can I wear after?**

Many people say that because of the swelling, my clothes won't fit. Most patients prefer clothing that is comfortable and easy to get in and out of. Tops and sports bras that zip in the front are great. It will be uncomfortable for you to try to put a shirt or sweater over your head. Remember since its hot in Thailand anything light work very well as you will have some swelling. Right after surgery you may need clothes that can accommodate swelling. The good news is that after the breast implants your bra size will be larger, and after tummy tuck, you will have a smaller tummy to fit in pants once the swelling resolves.

The use of a post-surgical bra following breast surgery (augmentation, lift, reduction) is for both support and compression. Providing good support is more important than excessive compression. The ‘support’ will decrease post-operative pain and discomfort, reduce early stress on the skin closures, and help reduce dependent swelling within the breast. The ‘compression’ will help reduce swelling and enhance its resolution.

In fact, any type of garment that provides breast support and compression can be utilized. Immediately after the operation, surgeon place patients in a Surgilast tube top. This is a tubular elastic dressing that has a fishnet appearance. It is easy to place and avoids the need to worry about a properly fitting bra. Some patients continue this post-op and others change to a sports or other comfortable bra, the front fastening bras in Kmart work well. I emphasize to my patients that whatever they chose to wear should provide support .

I recommend that patients wear post-op support and compression (every day, all day) for 6 weeks following surgery. During this time they prefer that they avoid an under wire bra. Patients can begin wearing an under wire bra after their swelling has subsided, the inframammary skin closures are healed and non-tender, and their implants have settled like they would expect.

### **What should I expect after Facelifts, Eyelifts and Rhinoplasty?**



Taking care of your skin after cosmetic surgeries is more complicated than after less invasive procedures because you need to treat your wounds, manage swelling, and keep up with everyday skin care for best results.

To minimize swelling, experts recommend regular use of ice or cold compresses, especially in the first three days after your surgery. Sleeping with your head elevated above your heart will also help avoid an increase in swelling overnight.

As for bruising, ask your surgeon whether you should take **Arnica montana**, an herbal supplement that may help minimize bruising or discolouration. I also am a big fan of **Bromelin** tablets (after surgery) which comes from the core of the pineapple. I also recommend eating pineapple leading up to and after surgery.

Even though your face will be sore after cosmetic surgery, it's important to continue to cleanse your skin regularly to help with healing and avoid build-up in your pores that might lead to breakouts. Try washing with mild astringent pads to cleanse sore areas without applying pressure. Then, be sure to apply a gentle, non-comedogenic moisturizer. Non-comedogenic moisturisers have a lighter feel than regular moisturisers, and many are oil-free, so they won't leave additional oil on your skin. Most labels will advertise if a are some of the best names in the field of hypoallergenic and non acnegenic products sold in NZ, **in fact Cetaphil can be bought online shopping from Countdown supermarket!**

For a face/neck lift immediately after you are in the recovery area after the surgery, your head and neck will be bandaged and probably in a compression type of garment to help reshape the new angle. The use of a compression garment (chin strap) for the first week or two following neck lift surgery helps reduce the bruising and swelling by applying pressure to the surgical area so that fluid and blood will not accumulate under the skin. Your surgeon will give you instructions on keeping your head and neck area completely still. If you need to turn to look at something, turn your entire body not just the neck. Not every surgeon will believe in using compression bandages, so make sure what your plastic surgeon's stance on this.

### **I have heard that I have to sleep sitting up after surgery, is this true?**

#### **Breast augmentation:**

Sleeping upright for the first few days after surgery will help decrease some of the swelling, but will not make the implants "drop" faster. You can sleep on your side after about a week or so but should avoid stomach sleeping for a few months. The implants will settle or "drop" naturally over time provided your surgeon created an adequate pocket or space for the implants. This whole process may take up to three months for the implants to soften and settle into their final natural position/shape. . Your plastic surgeon will give you very specific instructions on what bras to wear and exercises/activities to avoid. You should strictly follow these instructions.

**Tummy Tuck:** The best position to sit and even sleep in after a tummy tuck is the reclined position. One good position to sleep and sit after tummy tuck surgery is to recline in the "beach chair" position with one or two pillows behind your head and one or two pillows behind your knees. It will minimize the tension on your scar while your newly stretched skin relaxes over the days following surgery. Be sure to get up and walk several times a day and exercise your ankles and feet while reclining to prevent blood clots from developing in your legs.

Recovery from a tummy tuck surgery will take some time and, occasionally, it will not be pleasant. An abdominoplasty, especially a full abdominoplasty, is serious surgery. One thing you learn during the recovery is just how often you use your abdominal muscles on any given day!

The evening after your abdominoplasty surgery, you may be groggy from the anesthetic and/or oral medications. You actually probably won't remember much of the first day or two. You should take it easy.



### **Tips on Recovery from Tummy Tuck Surgery**

When you wake up after tummy tuck surgery, your abdomen may be very swollen and it may be throbbing. Don't wait for pain to be unbearable before you take your pain medication. Take your pain medication on time because that stops the pain before it gets too bad. You will actually use less pain medication if you take it on time than if you wait for the pain to become severe. And pain interferes with healing. There is absolutely no reason to be tough and suffer through the pain.

As the days go on the swelling and pain will dissipate. You may have bruising, but this will go away as well. Make a mental note of this or you may fall into a depression. Bruising and swelling are normal and only to be expected after most surgeries.

When you leave the hospital or surgical facility, you should receive a list of postoperative instructions and a general advice on the recovery from plastic surgery. This should tell you how often to change the dressings, whether you can shower or take a sponge bath, and what restrictions you have on your movement or activity. The list should also give you things to watch out for, such as an elevated temperature or bleeding from the incision and information on how to contact the surgeon.

The skin on your abdomen may be numb. This is normal. Abdominoplasty involves loosening the skin from its previous attachments and re-draping it. That action, along with the incisions, means that some nerves were cut. Sensation will usually come back gradually over the course of several months. Sometimes, the first thing you will feel in areas that were numb is itchiness or tingling. There is the possibility that sensation in the skin will not come back completely.

Sleep with your head and shoulders elevated for the first week to 14 days or however long your surgeon suggests. Use two or three good fluffy pillows to keep your head up or perhaps a wedge-shaped pillow.

You will be laying down a lot because you will be sore and will have problems standing upright for a week. Sitting may be more comfortable, but still might be a bit much for you. Sleeping may not be a problem, since some pain medications can make you sleepy. The energy that your body will use in healing can also make you feel sleepy, too. Sleeping is actually good for you while you heal.

Getting up and down from a sitting position or in and out of bed will be difficult and will hurt. One trick I learned to get out of bed was to first roll on my side close to the edge of the bed. Then I would let my legs drop over the side of the bed at the same time I pushed my upper body upright with the arm that was underneath me. This way I spared my abdominal muscles a bit of strain. Remember, everything will continue to get easier as the days pass. Full recovery after tummy tuck could be several weeks.

You will have a follow-up visit with your surgeon about 3 or 4 days after your tummy tuck surgery. He or she will check your drains, examine your incision, and generally check to see how you are doing. Your sutures may be removed 5 to 10 days after surgery, but may be left in for 2 weeks or more. Parts of your incision may heal faster than other parts, so your surgeon may take some sutures out and leaves others in a little longer. While the incision is still open, do not smoke or use nicotine patches or gums. These interfere with healing. Better yet, quit smoking.





## **The Importance of Post Operative Appointments**

Once you have had the surgery it is like being at the half way mark in a long distance race. The recovery part of this procedure takes an enormous amount of patience and fortitude, as the healing process will be changing daily. All post operative appointments are included with your final price that you paid your surgeon. Your surgeon will lay out in the post operative instructions, what medication to take and when, the appointments and time you are required to come into the hospital so that he can check your overall status with healing.

### **Do I see the surgeon again for a check up?**

Your First Post Operative appointment - most plastic surgeons will want to see you after 24 hours in the ward.

This is your first post operative appointment, and it is to gauge how you are doing and to assess your progress since the procedure.

The Second Post Operative appointment is usually on discharge day, he will come to the ward

Week 2: You will still have sutures in your incisions, so your surgeon might take this appointment to remove them. Most of the time sutures are removed anywhere from 5 - 7 days post op. Your plastic surgeon will check the incision for any unnecessary drainage, and if you have drains you might have these removed at this time.

The Third Post Operative appointment is usually at the end of the second week.

### **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 of the binders (check out trade me) or surgical abdominal support garments on hand while you heal, so that you can wear one while you wash the other.

### **Tummy Tuck Recovery Tips from Abdominoplasty Patients**

1. Buy two pairs off cotton panties three sizes bigger than you usually get. Nice big old granny panties, not bikinis. A tight elastic band around your sore abdomen is not comfy! If the seams bother you, wear the panties inside out. Wash them first to get out the chemicals and soften them.
2. If the bulbs of the drain pokes you, put a sanitary napkin or a gauze square dressing between the bulb and the skin (whilst you are laying bed). The drain is removed on the day of your discharge from the hospital.
3. Ask your plastic surgeon if you can put Bacitracin, Neosporin or another antibiotic ointment on the incision. I did. I found it very soothing, and have healed beautifully. However, some surgeons do not want you to touch the incision any more than is absolutely necessary. Follow your surgeon's instructions.
4. If you have extra pillows, put some under your bottom sheet to make a nice soft nest to sleep on. You'll probably be sleeping on your back at first. It can help a lot if you put one or two pillows under your knees. That can help prevent some stretching on your new abdomen.
5. Take your pain medications! That is what they're for. And don't forget that it gets better every day!

### **Will I get Tummy Tuck Scars?**

Abdominoplasty is not scar-free surgery. Remember that your abdominoplasty scars will get worse before they get better. Your incision will heal, but scars go through a series of changes before they are completely healed and that can take months. Scars will look their worst at about 3 months after your abdominoplasty surgery. They tend to get very red and thick and raised. Sometimes, if you are cold, they turn a horrible gray-purple. It may take up to a year for your tummy tuck scars to flatten and fade. Most doctors take great care in placing the incisions well below the bikini lines so that they remain hidden, even when you're at the beach! Remember to protect your fresh tummy tuck scars from the sun exposure.

Ask your surgeon about silicone sheeting or other scar minimizing products. These sheets have been shown to help prevent the formation of keloids on your scars and to help flatten old scars, too. Keloids are overgrowths of scar tissue that can form in some wounds. Some people, especially people with medium to dark skin) are prone to developing keloids.

The I have found are CICA-CARE silicone gel sheets, not cheap but worth it!

Silicone sheeting is to be used only after your wounds have closed.



### **Will I suffer with depression after Surgery?**

Many patients, including me, experience periods of sadness or anxiety as they recover from cosmetic surgery. We begin to second guess ourselves and wonder if we ever should have had the surgery in the first place. We begin to think we are "ugly" and that the bruising and swelling will never go away. If you are feeling like that, you are not alone. In fact, you're quite normal!

### **How do I have to sleep after a Face/neck lift?**

Sleeping in a reclining chair is the best position with your chin up by using a U shaped airplane pillow works best in my practice. I usually suggest that my clients sleep that way for the 10 days however the amount of time to stay elevated after any head and neck surgery is dependent on the amount of bruising and swelling you may have. The main reason to stay elevated is to ensure rapid resolution of your swelling and bruising.



### **Handy Hint:**

I took with me 2 x inflatable children's swimming rings, (one for spare in case the first one popped!) I would put it in the hotel bed, cover it with a towel and sit on it; this alleviated any pressure on my tailbone and kept me from slipping down in the bed at night. I also had a made a "V" shaped cushion that extended from the top of my spine to my hips, I had it made from quite dense foam and even used it on the plane journey there and back!

### **When can I get in the shower?**

The nurse will shower you and wash your hair on your day that you are discharged. Ask your surgeon when you will be allowed to shower yourself. You will probably be instructed not to take a bath and personally I would use a hand held shower so as not to get stitches wet since sitting in standing water before your incision heals is pretty much asking for an infection! (You will not be able to go swimming until the incision heals, too.) Some surgeons allow you to shower 2 to 3 days after your cosmetic surgery, while others only allow sponge baths until a week afterwards. If you are allowed to shower, you may be asked to wear your support garments, or shower under just a light trickle of water, or with your back to the shower spray. Ask your surgeon for specific showering instructions. Remember, you may feel a bit dizzy or unsteady on your feet due to medications, so be careful in the shower.



### **When can I go back to work?**

You will probably be "out of commission" for at least 2 weeks after your surgery. Your doctor will tell you when you can return to work and to regular activities. However, the more extensive your surgery, the longer the time off from work and other activities will be. Recovery time from surgery varies from person to person. You may need up to 6 weeks off for proper healing if you had for example a very extensive abdominoplasty and other surgery. Another factor is what kind of work you do. If you sit at a desk all day you can probably return to your job sooner than if you are a gym teacher or a courier.

You should not resume exercising until your surgeon says you can. Usually this is at least 3 weeks or more after your abdominoplasty surgery, depending on the extent of your surgery. You may also be able to do some exercises or sports before you are allowed to do others. Listen to your body and don't push yourself. Actually, you probably will not think of exercising for at least a few weeks.

### **Can I walk around after surgery?**

You will be encouraged to do a bit of walking every day in the first week and more as the weeks pass. Do it. Walking around helps prevent blood clot formation and eases swelling.

Pain medications (among other drugs) can cause constipation and other digestive problems and can back everything up. You may feel bloated and sometimes even have some intestinal cramps.

**Drink plenty of water!** This is a big help in keeping you regular and in helping with bloating and other distress. I cannot stress this enough. Some surgeons suggest a mild stool softener or a high-fibre cereal after you are finished with your medications. This helps with getting your digestive tract in working order again and helps flush out residual medications and whatnot from the "pipes."

### **What about Make-up After Cosmetic Surgery?**

If your skin is intact and you have no open wounds, you can resume using makeup just a few days after your procedure. After deep chemical peels or ablative laser procedures, however, it's essential to wait until your epidermis (the top layer of your skin) has fully reformed.

When you do get the go-ahead to use makeup, remember the following tips:

- Go for mineral. Many makeup manufacturers now make mineral-based lines that are gentler on your skin and provide excellent coverage.
- 
- Combat red with green. If you have red skin or purple bruising after cosmetic surgery, a green base will help balance out those colours and give you a more natural-looking skin tone. Top this base with a powder about one shade darker than you usually wear for best results.

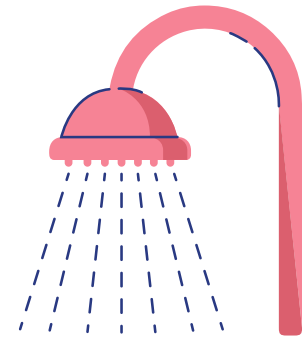
### **I have told you get a bit emotional after surgery, is this true?**

I actually got a bit "weepy" after a few days, apparently this is due to the anaesthetic in the system and is quite normal and only lasted a day or so, much like the "baby blues".

Feelings of sadness after plastic surgery are normal. If you are feeling sad or depressed after surgery, print out this list and read it to yourself. Read it aloud if necessary. What you are feeling is a normal part of healing and recovering from your surgery.

*I realise that feelings of sadness do not happen to all people, but that it may happen to me. I know I need to be patient and think positively. Positive thinking promotes better healing and better relaxation. I know I need to wait out my healing period before I pass judgment on how I look. I know I need to follow my surgeon's instructions to increase my chances of having a great result. I know that stress and anxiety can only make matters worse and I will try my best to not let it affect me.*





## Before Surgery

The night before you will need to:

- Take a shower
- Remove all metal piercings.
- Remove nail varnish (off of at least one finger nail)

## Morning Of Surgery

- DO NOT EAT OR DRINK anything (not even water) after midnight prior to surgery.

You may brush your teeth, but do not swallow any water. Do not chew gum, candy, mints, or drink coffee the morning of your surgery. Do not sneak anything as this may endanger you or result in cancellation or delay of your procedure.

- Leave all jewelry and valuables securely at the hotel in the room safe.
- Do not wear moisturisers, fragrance, and makeup the day of your surgery.
- Wear loose clothing that is easy to take off and on. Button up shirts/zip up sweatshirts work well.
- Remove nail varnish

If you smoke, refrain from cigarettes at least two weeks prior to and until completely healed or at least six weeks after surgery. The health of your skin and the ability of your wounds to heal are greatly impaired by the effects of smoking.

## Bruise easily?

Before treatment there are several items to stay away from to help minimize bruising. Avoid aspirin, nonsteroidal anti-inflammatory medications such as ibuprofen, St. John's Wort or high doses of vitamin E supplements. These agents may increase bruising and bleeding at the injection site.

## How to minimize bruising after procedures

You have decided to have a cosmetic facial procedure, and whether it is an eye lift or a nose job, one of the common side effects to any facial surgery is bruising. While this is inevitable, there are things to do before and after your surgical procedure that will help to minimize your bruising and how long it lasts. With the addition of a few herbal and vitamin supplements as well as proper aftercare, your bruising can be reduced and your healing process made easier.

Things You'll Need:

- Arnica Montana supplements
- Vitamin C supplements
- Bromelain supplements (this is awesome for healing)
- Cold compress/ THE HOSPITAL WILL GIVE YOU ONE, ASK THE HOTEL TO PUT IN THEIR FREEZER

## Try these suggestions:

- Do not take aspirin, ibuprofen or vitamin E supplements for at least two weeks prior to your facial procedure. These medications act as a blood thinner and can increase your risk of bruising.
- Take 1,000 milligrams of vitamin C starting three days prior to surgery and for seven days after your facial procedure. Vitamin C aids in immunity and healing.
- Take three or four Arnica Montana supplement pellets under your tongue beginning three days prior to your facial surgery, recommends SurgicalArt.net. Take these four times a day and continue taking them for five days after the procedure. This is a homeopathic herb designed to reduce bruising.
- Take 1,000 milligrams of Bromelain supplements for the five days following surgery, This is a homeopathic medication designed to minimize facial bruising.
- Apply a cold compress to the facial bruising area every 20 minutes for 2 to 3 days after your procedure.
- Sleep with your head elevated at a 45-degree angle. This helps reduce swelling and bruising of the facial area.

**11**



CHAPTER 11  
DENTAL

**11**



# Dental



Jackie Brown

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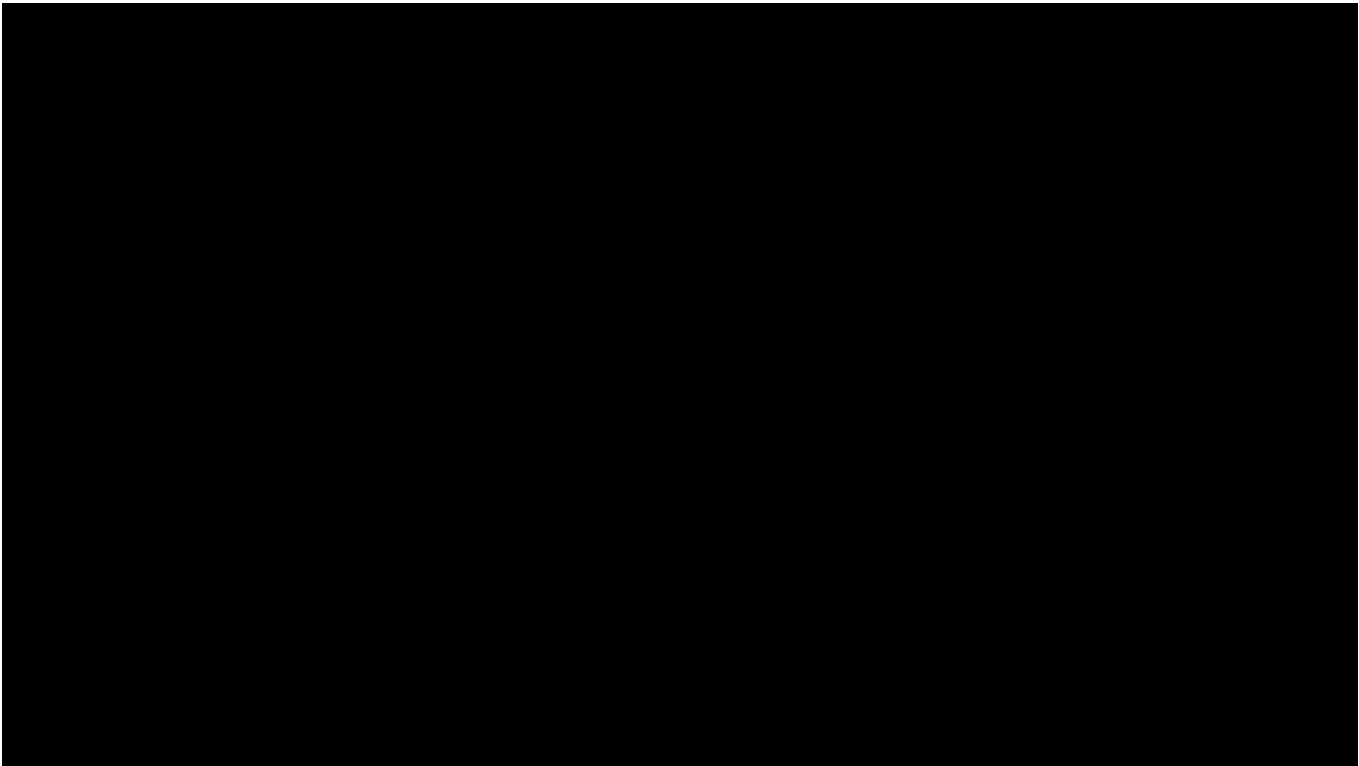
## Dental treatments

The package depends on the treatment and the time required in Thailand, for example, fillings, whitening, root canals need only 1-2 weeks, whereas crowns need 3 weeks, and implant require 2 visits within 3-6 months of each other.

### **To get an accurate quote here is the information that is required**

- Description of your dental needs
- Recent x-rays
- Photos of your smile
- Treatment plan provided by your local dentist

We can use any or all of the above information to provide your price estimate and let you know how long to plan your trip for.



Happy customer

### **X-Rays**

Just send us copies of your recent dental x-rays by email. We can then have our dental specialists provide a clinic evaluation of your x-rays and recommend a treatment plan. Your x-rays are crucial information that is needed to evaluate complex dental cases that require implant treatments, extensive reconstructions, root canals, or multiple procedures.

### **Photos**

Just take some photos of your smile and send them to us! Photos that are useful include:

- Face shot, smiling naturally

- If you are thinking about having serious dentistry such as dental implants or a dental makeover –our specialist dentist would prefer panoramic x-ray in advance of your trip.

I been in the business of advising patients for over 7 years and have seen cases where the Thai dentists advised against implants due to poor bone condition, lack of sinus capacity or other reasons thus saving patients from a fruitless trip abroad.

- Close up of your lips and teeth: naturally smiling, from straight on and from the right & left sides

- Close ups of your teeth only from straight on and from the right & left sides

- If possible, the biting surfaces on the top and bottom of your teeth

For cosmetic treatments, or to provide an evaluation of how to give you a full makeover, these photos are very important.



### **Your Current Treatment Plan**

Has your local dentist given you a shock with his treatment plan? Just send us a scanned copy of the treatment plan, or type out the list of procedures recommended. We can then give you a comparison price quote on how much you will save on the exact same procedures! The dentist must hand over any records and xrays on your request!.

Dr Sunthorn Techawiriyaset visits us here on a recent trip.

Experienced in Prosthodontic and Cosmetic Dentistry since 1996 More than 4,000 cases of crowns and bridges  
more than 200 cases of Implants Prosthesis







# Why is Thailand dental tourism so popular?

There are several factors that have contributed to **Thailand's 20+ years as a major hub for dental tourism**, including cost, the beautiful location, and the stringent education requirements.

**Thailand dental costs** The main reason anyone considers travelling abroad for medical care is to save money. Dental work in Thailand costs considerably less than in New Zealand with possible savings of around 50-70%.

Although Thailand might not be the cheapest country for dental work, tens of thousand of patients each year still find the savings large enough to cover the cost of their flights and accommodation, too.

Cosmetic dentistry is particularly popular in Thailand, but you can still save money on more routine work if you have enough done. Keep reading to learn more about Bangkok Pattaya Hospital's dental prices for procedures including:

- Dental implants
- All-on-4 (full mouth implants)
- Veneers
- Crowns
- Teeth whitening
- Root canals

### **An ideal location for a dental vacation**

Because of its location, Thailand attracts visitors from all over the world – including the US, the UK, Australia, and New Zealand – all hoping to save big money on their dental care while enjoying a tropical holiday. Citizens from 40 different countries, including those mentioned, can visit Thailand for a short stay without a pre-arranged visa.



### **Education and regulation of dentists in Thailand**

All dentists at Bangkok Pattaya hospital are registered with the Thai Dental Council

Dentists in Thailand must study for six years at one of the country's nine dental schools to obtain their DDS degree. Then they must work in the public dental system for three years before entering the private sector – otherwise, they must pay back some of their fees to the government.



Dentistry is a highly respected career in Thailand since so few high school graduates can afford higher education.

The primary governing body for **dentists in Thailand** is the Thai Dental Council (TDC). Dentists are automatically granted a licence from the TDC upon graduation. The TDC sets standards for dental professionals with regards to education, professional development, attitude, and general competency.

There is currently no requirement for continuing education in order to maintain the licence, but the TDC encourages dentists to attend courses to keep up-to-date with current practices.

### **Facilities and standards**

Wherever there is a booming dental tourism industry, dental clinics are in tough competition for patients. This encourages them to maintain equipment and facilities that match – if not exceed – those found in tourists' home countries. Dentists also understand the importance of word-of-mouth recommendations and reviews, so they will do their best to give patients an excellent experience.



However, this doesn't mean that all dentists in Thailand follow the same high standards. Some may just be chasing a profit with no real commitment to customer care. It's therefore important to research your choice carefully and find impartial reviews of your selected dentist and clinic.

Also bear in mind that one person's bad experience doesn't necessarily mean the dentist is bad. Procedures sometimes fail, even when carried out by the most experienced dental professionals. But you can often tell a lot from the way they handle the situation and whether the patient ends up satisfied.

Dental Cosmetic and Implant Centre provides examination and treatment for oral, gum and tooth diseases with state-of-the-art technology used by the team of dental specialists, covering all branches.

Effectively taking care of all dental issues for you and your family with our International Standard certified sterile system, in our private treatment rooms providing a comfortable relaxed atmosphere.

## To get an accurate quote for dental here is the information that is required

to get your quote

- Description of your dental needs
- Recent x-rays (panoramic)
- Photos of your smile
- Treatment plan provided by your local dentist

We can use any or all of the above information to provide your price estimate and let you know how long to plan your trip for.

Description of your dental needs

Simply describe in as much detail as possible what kind of treatments or procedures you anticipate needing. If you can explain which tooth or teeth needs treatment, this is very useful. Be as specific as possible! We do want to make sure we provide you with as accurate an estimate as we can.

### **X-Rays**

Just send us copies of your recent dental x-rays by email. We can then have our dental specialists provide a clinic evaluation of your x-rays and recommend a treatment plan. Your x-rays are crucial information that is needed to evaluate complex dental cases that require implant treatments, extensive reconstructions, root canals, or multiple procedures.

Photos

**Just take some photos** of your smile and send them to us! Photos that are useful include:

- Face shot, smiling naturally
- Close up of your lips and teeth: naturally smiling, from straight on and from the right & left sides
- Close ups of your teeth only from straight on and from the right & left sides
- If possible, the biting surfaces on the top and bottom of your teeth

**For cosmetic treatments**, or to provide an evaluation of how to give you a full makeover, these photos are very important.

### **Your Current Treatment Plan**

Has your local dentist given you a shock with his treatment plan? Just send us a scanned copy of the treatment plan, or type out the list of procedures recommended. We can then give you a comparison price quote on how much you will save on the exact same procedures! The dentist must hand over any records and x-rays on your request!

### **Where to send the information**

Any information about your case, including photos, x-rays, or treatment plans can be sent to Bums Tums and Gums coordinator at this email address: [info@jbtg.co.nz](mailto:info@jbtg.co.nz) and your information will be sent to the vast dental clinic at the hospital.

Cosmetic Dentistry is a dental science which particularly enhances the patient's dental Confidence with a bright smile while simultaneously solves the occlusion problem. Bangkok Hospital Pattaya Dental Cosmetic and Implant Centre is the biggest and most modern Dental Centre in the eastern part of Thailand.

At the hospital we have all branches of Dental Specialists who set up the team to effectively solve all the patient's dental problems. Currently, innovation in dentistry such as materials, procedures and technologies are dramatically progressive which can help dentists to provide greatly fantastic smile to the patients more easily.

There are 10 specialties covered in the Dental Cosmetic and Implant Centre at Bangkok Pattaya hospital which are:

- Pediatric dentistry: Provides dental treatment for children
- Orthodontics: Treatment for tooth alignment to give you a beautiful smile with effective chewing and function
- Oral & Maxillofacial Surgery: Surgical treatment in addition to tooth extraction including additional surgery if required to other structures in the oral cavity and facial area
- Prosthetic Dentistry: Treatment to replace structures in the oral cavity for function and beauty such as veneers which will resolve a beauty issue in the smile.
- Implant Dentistry: Treatment by implant into the jaw bone along with a dental crown to replace the lost tooth
- Maxillofacial Prosthetics: Treatment to replace the structures in the oral cavity
- Endodontics: Treatment for pain and inflammation from the occlusion and root tips
- Periodontics: Treatment of root canals including gums and bone, surgery to the root canal as appropriate retaining the root canal in good condition for effective functioning of the teeth
- Operative & Esthetic Dentistry

Dental procedures for beauty, restoration of teeth to replace any lost ones so the patient can have normal teeth function including restoration for beauty purposes:

- General dentistry
- Zoom!™ Tooth Whitening

Medical technologies used for diagnosis and treatment

### 1. Dental CT Scan with 360 degrees of oral and dental x-rays

- 3D images of teeth and jaw model
- Evaluation of the bone thickness before operation
- Accurate dental treatment plans
- Pre-Implantation can be more precise

### 2. Endomicroscope

Dental treatment using innovative technology with a surgical operating microscope camera giving better visualization of the areas that normally cannot be seen by the naked eye, with increasing magnification up to 25 times, resulting in high precision positioning and visibility of the treatment area.



Endomicroscope helps by making dental treatment easier and more effective.

### **Endomicroscope features include:**

- Locating the entrance to the root canal, otherwise too difficult to treat.
- Surgical implantation in some locations
- Reduces processing and treatment times
- Reducing the risk of unnecessary dentin scratches.
- Enhanced treatment opportunities in difficult and complicated cases

Medical equipment sterilized by international standard sterilization systems

## Implants

The Dental Cosmetic and Implant Centre takes into consideration cleanliness, safety and sterilization. All equipment used for dental treatment has to go through a stringent sterilization system from our unit that has quality accreditation according to international standards. We can ensure you that each treatment is carried out with the utmost sterility.



If you've lost one or more teeth, your dentist may suggest you get dental implants as a treatment option. Dental implants are artificial structures that replace your tooth roots. A dental surgeon puts the implant into your jawbone, and it provides a strong foundation for an artificial tooth called a crown. The crown is custom made to match the colour of the rest of your teeth and custom-made to fit your mouth. It will function, feel, and look like your natural teeth.

It's important to keep in mind that the process of getting dental implants is time-consuming. It usually requires more than one visit to the dentist. The whole process may take, a couple of weeks or several months, depending on your specific oral condition, requirement, and the type of implant you want. Therefore, you'll need to fly to Thailand at least twice during the process. Although the process is time-consuming, dental implants are considered the best teeth replacement treatment since they're stronger, last longer, and fit better than dentures and bridges.

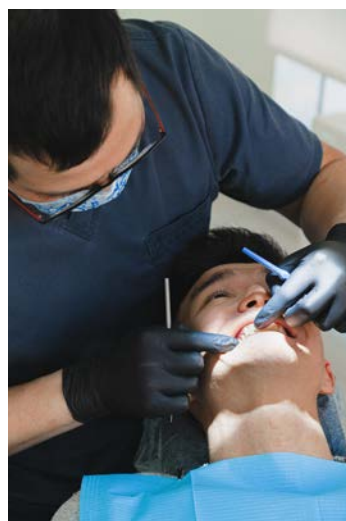


To give you an idea of prices see below (based on THB20=\$1NZD)

<b>BUMS TUMS AND GUMS DENTAL COSTS</b>	<b>THB price from</b>	<b>to</b>	<b>NZ\$ from</b>	<b>to</b>
<i>Please be aware some work can take up to 3 weeks in Thailand, implants you would require a minimum of 2 trips to Thailand</i>				
Dental examination and final treatment plan	300	1000	15	50
<b>FILLINGS</b>				
Amalgam Filling	900	2100	45	105
Composite Resin filling	1100	2500	55	125
<b>VENEERS</b>				
Direct Composite resin veneer	1700	2600	85	130
Pin	4200	6200	210	310
Porcelain Veneer	13200	14200	660	710
<b>CROWNS</b>				
All Porcelain Crown	14200	16200	710	810
Palladium Crown	13200	14700	660	735
Semi Precious crown	15200	18200	760	910
High Precious Crown	17200	21200	860	1060
<b>IMPANTS</b>				
Implants-2-3 trips to Thailand required with 4-5 months between visits	54000	75000	2700	3750
<b>DENTURES</b>				
Removable partial denture w/acrylic resin 1-3 teeth/piece	3200	5200	160	260
Removable partial denture w/metel base plate/piece	12200	15200	610	760
Complete denture/arch	13200	16700	660	835
<b>ROOT CANAL</b>				
Root Canal Treamtnet plus x-ray	9000	15000	450	750
Retreated Root Canal Treatment include X-ray	11000	18000	550	900
<b>EXTRACTION</b>				
Simple Extraction	1100	1400	55	70

Extraction with Open Flap	1600	2200	80	110
Impacted Tooth	2700	5800	135	290
<b>CLEANING</b>				
Full mouth scaling and polishing- 1 visit	1000	1700	50	85
Root Planing/quadrant	2100	2600	105	130
Open flap Curettage/Quadrant	5200	6000	260	300
Zoom Whitening Bleaching	13000	13500	650	675
Home Whitening Bleaching	8000	9500	400	475
Fluoride application-1 visit	750	1000	37.5	50
Sealant	530	750	26.5	37.5
<b>MISC</b>				
Stainless steel crown	2600	3500	130	175
Orthodontic treatment	55000	85000	2750	4250
Invisalign	90000	190000	4500	9500
Retainer/piece	3000	4000	150	200
Periapical film (each xray)	200	300	10	15
Panoramic film (xray)	750	900	37.5	45
Computerised Tomotgraphy	6500	9000	325	450

Please note this was as of 2020, will update as and when needed, this is to be used as an indication only, full quote given with xray and dental plan





# Location, Location, Location

JB Jackie Brown

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Pattaya from the bar of the Hilton Hotel

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## Introduction to Pattaya

Meaning the 'south-west monsoon wind" and correctly pronounced "Patti-yah" not "Patt- eye-yah" this lively destination is located roughly 150 kilometres from Bangkok.

Once the driver has picked you up in your private transport from the airport (which is all pre-booked for you) it is roughly 1 hour and 40 minute drive to your hotel.

Each year millions of visitors enjoy its myriad attractions, and the number keeps growing. Although frequently criticised for its spicy nightlife, it satisfies the needs of our client in a way that few other destinations can match, anywhere when recovering from a procedure or having dental surgery.

12

C H A P T E R 1 2

L O C A T I O N

L O C A T I O N

L O C A T I O N

12



Main beach, pleasant to walk along the board walk to all your favourite malls

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Pattaya's tree-lined main beach extends for roughly 4 kms, commencing at the Amari Orchid Resort (the 'quiet end') and terminating at South Pattaya "strip" in a crowded shopping area which is also home to most of the of the discos, and nightlife. We are situated perfectly between both ends!

A short taxi ride further south brings you to Jomtien beach, which is longer, less crowded, and a base for many water sports.



It enjoys year-round sunshine, and suffers few of the extreme weather conditions that can ruin holidays elsewhere. The cost of comparable accommodation in Pattaya is generally less expensive than Phuket and Samui, which makes it excellent value for money. Furthermore, it features excellent restaurants, good entertainment, and countless sightseeing activities. The bottom line is that nobody can possibly be bored in Pattaya.

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Monsoon time is Aug-October, but hey you are having surgery so who cares!

Click here to see what there is to do in Pattaya

[https://www.tripadvisor.co.nz/Attractions-g293919-Activities-Pattaya\\_Chonburi\\_Province.html](https://www.tripadvisor.co.nz/Attractions-g293919-Activities-Pattaya_Chonburi_Province.html)

## NOT TO MISS ATTRACTIONS



**On the escorted tour, during the 2nd week we do this as a group an additional cost of (1600Thai Baht (\$472NZD for VIP tickets)**

Tiffany's Cabaret Show takes place in a grand theatre that, with its huge faux-marble lobby, manages to be almost as spectacular as the dazzling costumes. Performers make their entrances dressed in everything from long sweeping ball-gowns and plumes of feathers, to elaborate headdresses and skimpy polkadot swimwear. A breathless hour-long riot of sound, colour and light ensues; a show that spans the entire hemisphere through song, dance or skit. Scenes include a Bollywood musical take on the Indian Raj, a traditional Korean fan dance, homage to China's Imperial past and progress, Siam's history told through graceful Thai dance, Broadway show tunes, and slapstick burlesque.



### **Sanctuary of Truth**

The Sanctuary of Truth is perhaps the most iconic structure in Pattaya. Intricately carved entirely from teak wood, the awe-inspiring 105-metre-tall hall on the headland to the north of Wongamat Beach is a one-of-a-kind structure in the whole world. Neither temple nor palace, despite looking like a hybrid of both, it was commissioned by a local business tycoon to act as a place of appreciation for philosophy, art, culture and faith, without being tied to a single religion.

JB Jackie Brown

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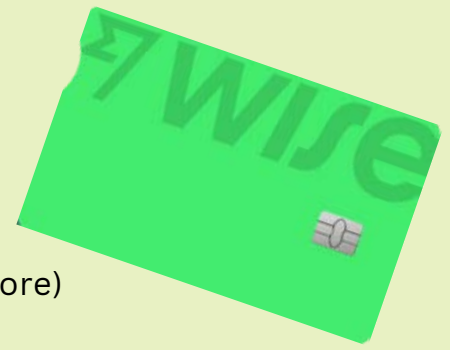
“Whoever said money can't buy happiness simply didn't know where to go shopping.”

- Gertrude Stein



Jackie talks about shopping opportunities

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## Carrying your money

Wise Debit Card - Our Favourite Travel Money Card (and more)

<https://wise.com/nz/card/>

*Updated 1 October 2022*

Know This First:

1. If you're planning to spend money overseas, using a travel money card, credit card or bank-issued debit card have been the most popular methods.
2. With every transaction using these cards, cardholders have been hit with foreign currency conversion fees, ATM withdrawal fees and/or a bunch of other fees.
3. The Wise debit card has shaken things up by offering never-seen-before features - rock bottom overseas currency conversion fees, free ATM withdrawals, an app to track and manage your money, and even foreign bank account setup.

Summary of the Wise Debit Card?

- The Wise debit card is easy to sign up to and packed with features. We see it as very similar to a travel money card, but cheaper in seemingly every sense.
- There is a one-off \$14 charge to issue the Wise debit card - this covers postage and account setup. After you pay the \$14, there is no further ongoing charge (i.e. when the card renews). Despite the upfront fee, we consider the ongoing savings to be considerable, especially when compared to a travel money card.
- Right now, banks charge between 2.10% and 2.8% of your purchase price in 'overseas currency conversion' fees when using a debit card. This means if you spend NZ\$100 overseas, your bank charges you \$2.10 to \$2.80 on top of that. It is these fees that soon add up.
- Living in New Zealand and travelling often to Thailand? Thai baht and multi-currency card lets you convert your local currency to spend when travelling to Thailand. This multi-currency card will give you the best rate for spending in Thai baht and 50+ other currencies.





NZ insurance companies will not cover elective surgery, however I work with a company in the USA who are utilised by the hospital I use. Please cut and paste into your browser to read about their policy

<http://www.bumstumsandgums.co.nz/about/medical-travel-cover>

If you wanted only to take a general insurance policy that DOES NOT cover cosmetic surgery but will cover everything else A1 cover do offer a fully comprehensive insurance that will cover you for all things excluding cosmetic surgery (many insurance companies will not entertain you if having surgery!)





## 6 EASY STEPS TO A NEW YOU

So here are the steps:

1. Send me photos
2. Fill in medical form
3. I send photos and form on to the surgeon If  
Quote will arrive in 7-10 Days
4. If satisfied, I will book flights and accommodation
5. I will arrange the car to pick you up
6. All surgery will be booked in

*"Emerge to incredible possibilities"*

HAVE QUESTIONS?

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Based in Tauranga, happy to chat



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