

THE TRAVELING PATIENT

We understand your concerns about traveling to a foreign city to have a surgery. Please read the following steps so we can make of your procedure a more friendly experience for you. Follow the recommendations included in this guide.

1. Fill out our patient registration forms. In order to accommodate patients from out of town, we can do much of the consultation process via email and phone. While this could never replace a one-on-one consultation with the doctor, it is a nice first step.

2. Please take photos of your areas of concern.

How to take your photographs

Please take several photos similar to these either nude or with underwear or a bathing suit on. Photos can be taken digitally and emailed to info@alfredohoyos.com

I have also had patients take pictures of them in the mirror, this works if you do not have someone else to take the pictures for you.

After you take the pictures, please send them along with the filled registration form via e-mail.

3. Virtual consultation

After you send this information, Dr. Hoyos will review your medical history and answer any questions you might have. Typically, he can give you recommendations on procedures, which can be done to address your specific areas of concern. Dr. Hoyos will also give you some recommendations about your specific case, like the time of surgery, the best anesthetic methods, recovery, aftercare and special care options.

After the virtual consult, the patient coordinator will put together a fee quote for you based on what you and Dr. Hoyos have discussed.

4. Lab tests

In order to assess your medical health it is necessary to perform some lab tests BEFORE you travel, otherwise a cancelation on-site can occur.

The basic lab tests are:

A. Blood work:

Creatinine

BUN (ureic nitrogen)

CBC (blood work)

PT PTT (coagulation tests)
These must be taken in morning hours.

B. Electrocardiogram

In patients over 40 years old:

C. Thoracic X rays PA, lateral

Other laboratories can be ordered according to each individual needs. After obtaining the results of the lab tests, a consultation with the anesthesiologist can be scheduled; appointments with other specialists will be scheduled as needed according to your specific health condition.

5. Scheduling your surgery

After you make a decision about the procedure you wish, you can schedule your surgery. A list of possible dates will be given to you to choose. Pick the date that fits your timeframe for an adequate recovery. Most of our procedures include a postoperative therapy to improve the healing and abbreviate the time of recuperation.

Examples:

Breast augmentation/lifting: 1 day arrival + day surgery +6 days recovery= 8 days.

Nose job: 1 day arrival + day surgery +6 days recovery= 8 days.

Facial surgery: 1 day arrival + day surgery +6 days recovery= 8 days

VASER HI DEF: 1 day arrival + day surgery +7 days recovery= 9 days.

Tummy tuck: 1 day arrival + day surgery +9 days recovery= 11 days.

6. Medical recommendations before your surgery.

6.1. One week before surgery:

Remember to stop certain medications as:

- Aspirin or Aspirin-like drugs
- Ginko biloba
- Omega 3,6 acids
- Vitamin E
- Any non-prescribed medications as dieting pills, skin care oral tablets, slimming tea or multivitamins.

Medications that should not be stopped:

Doctor's prescribed medications as:

- Diabetes therapy (oral or insulin), antihypertensive medicines, Calcium, Vitamin D, thyroid hormone.
- Oral contraceptives and hormone replacement therapy.

Please be advised that certain medicines can produce abnormal bleeding, please discuss with your doctor about your specific condition.

6.2. The day before the surgery

You will have a consultation with Dr. Hoyos and with the anesthesiologist. Please bring all your lab tests with you, and keep a list of the questions that you have about the procedure.

Follow the recommendations of Dr. Hoyos and the anesthesiologist about fasting time, special care and medications.

6.3. The previous night:

1. Take the medication prescribed by the physician.
2. Take a light supper and do not eat heavy meals, do not eat after midnight.
3. Take a shower with betadine soap in the area of the surgery, if you are having body surgery, from the neck down. Do not use common creams or soaps.
4. Remove nail polish, make up and jewelry (piercings, earrings, rings).

6.4. The day of the surgery:

1. Remember that you should be fasting unless directed by your doctor.
2. Bring companion (he/she must remain with you until the time you are discharged).
3. Use light sporty clothes, smooth jacket with central rack, closure comfortable socks, and sport shoes.
4. Remove all make-up, including nail polish, acrylic nails and detachable eyelashes.
5. Remove contact lenses; warn to the medical personnel about dental prostheses.
6. Please leave valuable objects at home, do not bring accessories or jewelry.
7. Bring objects of personal hygiene of your preference.

6.5. Postoperative care.

Part of the out-of-town protocol is that you will be provided with a nurse for the time you are in town, who will help you with your recuperation. Also, you can choose to have a special device for pain control for the first 72 hours after surgery (elastomeric pump). Be aware that this device has an extra cost; please ask advice from the anesthesia department to obtain it.

You will start the postoperative CARE protocol 48 hrs after surgery. CARE consists of therapeutic massage combined with external therapeutic equipment to diminish the pain, the swelling and prompt the recovery. You will be assigned an appointment to have one session per day until your day of departure.

6.6. Before going back home

Please ask the clinic personnel for a printed clearance for traveling under special care. This will help you to have special attention at the airport. Keep using the garments until you have approval for leaving them.

7. Logistics

Welcome to Bogota

Bogota is a beautiful city surrounded by mountains. Located at 2.600 mts above the sea level (almost 7.000 feet), this altitude in some people can produce minor headache or muscle discomfort during the first days. Keep acetaminophen or other medications for headache. Anti-Jet-lag and mild sedative medications are also recommended for prompt trip recovery.

The temperature in Bogota is usually between 5 - 20° C (50 - 70° F). Please remember to bring a light coat for the evenings, and rain protection, like an umbrella. Comfortable clothes and light-footwear attire are recommended for your stay.

Bogota is a safe city to be around. The people is warm and willing to serve but remember that most of the people are non-proficient in English, so please do not go out without Spanish-speaking companion.

Safety recommendations:

Do not take public transportation in the streets, always ask someone to request for it by phone. Bogota has a very safe and efficient taxi service door to door, they will always provide to you the plates number of the car that is going to pick you, the driver will ask you a 2 number code (usually last 2 digits of the telephone number). Do not wear expensive jewelry on the streets, and only carry the

essentials for the training days. Keep your valuables and passport at your room safe deposit box. Take a photocopy of the identification page of your passport to carry with you.

Airport pickup: please send the info of the day and hour of your arrival flight via e-mail. One person of the organization committee will be there, easy to identify carrying a small board with your name on it.

The following information will help you make your arrangements for your stay here in Bogota. If you have any questions or need assistance please do not hesitate to call us.

For your comfort a company specialized in medical travel will fulfill all your needs, here are some of the options hotel, transportation, aftercare and communications.

Colombia tours info

Contact info:

Evolution Medical Center (surgery center)

Address: Calle 119 # 11D – 06, Bogota, Colombia

Tel: + 57 1 2136058

Evolution spa:

Address: Calle 119 # 11D – 30, Bogota, Colombia

Tel: +57 1 2145820

Colombia Tours: +57 1 256 0979

Fax: + 57 1 758 1467

Transportation: + 57 310 2539518

+ 57 314 2802765