

WHAT TO CONSIDER IF YOU'RE THINKING ABOUT PLASTIC SURGERY ABROAD



Before Treatment

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• Phase 1: Surgical

Please bring the following at least one week prior to coming. This is done in an effort to make sure you can be sedated.

For preoperative Evaluation including an EKG, please contact your primary care physician or cardiologist as soon as possible and request a copy of the results to be brought with you

- 1. Coagulation test (coagulation test: TP Y TPT)**
- 2. Complete blood count (Complete blood count)**

(COSTA RICA OR MEXICO EDITION)

HEALTHCARE GUIDE 1

What to Consider if You're Thinking About Plastic Surgery Abroad

Overview:

Undergoing plastic surgery abroad can be a safe and affordable option—but only with the right preparation. This guide walks you through everything you should know before choosing a clinic or traveling internationally for a cosmetic procedure.

1. Research Clinics & Surgeons Thoroughly

- Look for board-certified plastic surgeons—check with local medical boards and international organizations.
- Ask for before/after galleries, patient testimonials, and live consultations via video call.
- Confirm the type of anesthesia used and whether an anesthesiologist will be present.

2. Accreditation & Facility Standards

- Choose facilities accredited by Joint Commission International (JCI) or COFEPRIS (Mexico) / Costa Rica's Ministry of Health.
- Ensure sterile surgical environments and emergency protocols are in place.

3. Know the Full Cost (and Hidden Fees)

- Include consultation, surgery, medication, anesthesia, recovery lodging, and follow-ups **Complications should they occur.**
- Ask about revision policies or additional procedures in case of complications.

4. Plan for Realistic Recovery Time

- Some surgeries require 10–21 days of local recovery before flying home.
- Avoid booking travel that is too close to your procedure.

5. Use a Patient Advocate

- They help you avoid pitfalls, provide translation, arrange logistics, and vet providers.

Especially valuable if you need emergency care or revisions later.

