

PROLOGUE TO YOUR NEW STORY

# BEFORE YOUR SURGERY:

## GUIDE FOR INTERNATIONAL PATIENTS



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## PROLOGUE

# Thank you for choosing me to be part of this important chapter in your story.

I know this wasn't a decision you took lightly. You've traveled an emotional path, researched, dreamed, doubted, and today you've chosen to trust. To trust in yourself, in your desire for transformation, and also in me and my team to accompany you with respect, ethics, and excellence in this process that touches not only the body but also the soul. I want you to know that here in the Dominican Republic, you're not just waiting for surgery. A team of professionals awaits you who understand the magnitude of what you're about to experience. They take care of every detail, from your arrival at the airport to the day you look in the mirror and smile in recognition. *Welcome, we are ready to receive you.*



**Your safety is my priority. Your results, my commitment.**

*- Dr. Manuel Peralta -*

# Preparing for the Trip: Your Arrival. Our Welcome.



- Make sure you have a valid passport and confirmed tickets arriving 2 to 3 days before your surgery.
- Let our concierge team know your itinerary. We'll coordinate your airport pickup and safe transfer to your accommodation.
- Wear comfortable, loose, and easy-to-remove clothing. Avoid tight-fitting garments.
- Avoid wearing unnecessary jewelry or valuable items.

## **Accommodation and accompaniment**

**We recommend staying at our partner accommodations, which meet standards of safety, comfort, and proximity to the surgical center.**

**If you're coming alone, please let us know in advance. We can arrange professional assistance 24 hours a day after surgery.**

Medical evaluations and preoperative examinations

You must coordinate your clinical tests with our team prior to travel: complete blood count, coagulation tests, blood glucose, kidney profile, pregnancy tests (if applicable), and electrocardiogram.

In some cases, we will coordinate an evaluation with a local internist prior to the procedure.

Essential pre-surgical recommendations

Stop taking any blood thinners, aspirin, omega 3, vitamin E, or herbal medications 10 days before.

Do not consume alcohol or smoke at least 10 days before your surgery.

Get a good night's sleep. Don't eat or drink anything 8 hours before the procedure.

If you're on your period, please let us know. It's not an impediment, but we'll adjust some instructions.

# Serene Consciousness: Taking care of your mind is also preparing yourself.



Emotional and mental health: part of the process

Maintain a positive, but also realistic, attitude. Recovery is gradual and requires patience.

Surround yourself with people who support you emotionally. If you have doubts or fears, share them.



- Remember that it's completely normal to feel anxiety, nervousness, or moments of insecurity before surgery. These feelings don't make you weak; they make you human.
- We recommend bringing along items that comfort you: an inspiring playlist, a journal to record your experience, or even a letter you wrote yourself as a reminder of why you decided to embark on this journey.
- Trust the process. Although some emotions may appear without warning, keep in mind that each one is part of the path to your transformation.

## Surgery Day: Confidence and Calm

You will arrive accompanied by our clinical staff.

We'll review the final surgical plan together, answer any questions, and you'll sign the consent forms.

Then you give yourself over to the process and we take care of the rest.

Remember: You are not traveling alone. You are being accompanied by a team that respects your story and honors your decision. This guide is just the beginning of something much bigger: your own evolution.

Our team will be available to you at all via WhatsApp and direct phone.





