



### Check up on us!

#### ***Welcome to Surgical Escapes.***

I help founded our company while living and working in Buenos Aires, Argentina in December 2006. We realized quickly that there was a growing need for a safer, more professional and cost effective medical travel service globally. We now also have offices in Pretoria, South Africa.

We are managed as a *Medical Tour Broker*, providing medical travel services to people seeking alternative solutions to existing Medical & Health Care currently available worldwide. We speak English and Spanish.

We are a young and very dynamic company.

*We value four core principles:*

- Excellence in medical and health care services,
- Personal well-being
- Trust
- Mutual respect

#### **Managing Director**

*Christo Hugo* [South African]



Christo has many years of Tour Operators experience - being involved in the Travel and Hospitality Industry for more than 12 years now.

#### ***Duties & Responsibilities:***

Professionally manages all company related business functions and duties

All English & Spanish Client and Broker functions

Marketing & Sales

Operations

PR

Member: AB&WA cc [Reg. N°. 09/016129/23]

**Position:** GM

**Contact Telephone:** +27 72 388 1536

*Head Office:* Pretoria, South Africa

*South America Office:* Buenos Aires, Argentina

### Senior Patient Coordinator

Lucia Frangi [Argentinean]



Lucia has a varied background in the cosmetic and aesthetic fields and has extensively been involved with CMV in Buenos Aires, Argentina for many years.

#### **Duties & Responsibilities:**

Professionally manages all company related business functions and duties.

All English & Spanish Client and Broker functions

Client/Patient Relations

Administration & Accounts

**Position:** PA

**Contact Telephone:** +27 72 388 1536

*Head Office:* Pretoria, South Africa

*South America Office:* Buenos Aires, Argentina

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We have funded this company entirely with our own private capital. We have passion for our business creation and therefore we strive to provide service excellence and quality medical and healthcare solutions in good faith and with honest actions. We firmly believe in well being for all.

### Audience

**Surgery is not for everyone – “those who should not receive elective surgery”.**

We wish to advise that Plastic Surgery is NOT for everybody and persons with the following concerns and/or conditions should either refrain from surgery for the moment and/or discuss the matter in more depth/detail with their medical doctor or surgeon. The list below is not exhaustive and everyone planning to undergo surgery should consult with their medical professional to find out if they are eligible.

- Pregnant women,
- Uncontrolled diabetes,
- Uncontrolled high blood pressure,
- Risk due to general anaesthesia,
- Have asthmatics and heart disease,

- Have risk of surgical complications,
- Post op healing difficulties due to diabetics.

### Reducing the Risks:

You can help reduce the risk by discussing potential problems with your GP and surgeon beforehand. In particular, because of the risk of blood clots, they may advise you to avoid having plastic surgery if possible if you are: [The list below is not exhaustive and everyone planning to undergo surgery should consult with their medical professional to find out if they are eligible].

- A heavy smoker
- Someone with diabetes or other conditions
- Morbidly obese, unless you are having weight loss surgery
- Any heart disorder or disorder of the central nervous system or lungs
- Someone with a specific blood clotting disorder
- Someone with a recurring infection or who has a history of cancer
- Someone with specific allergies
- A woman taking oral contraceptives - you may have to wait a while after ceasing taking them to be safe
- A woman who is on HRT or hormone replacement therapy

### Confidentiality – Our privacy policy

For more information regarding our Privacy Policy and Confidentiality especially regarding data, please read our *Terms & Conditions* page [bottom of website pages].

Go to: [www.surgicalescapes.com/our\\_company/privacy\\_statement.php](http://www.surgicalescapes.com/our_company/privacy_statement.php)

**NOTE:** Surgical Escapes has been given permission to publish all the uploaded/hosted “*Before and After*” pictures and Testimonials found in the Surgical Escapes website. The publishing of these pictures have also been cleared with the relevant surgeon.

### Attributions

The website is made up from the following aspects:

- i) General Content
- ii) Health Information & Advice
- iii) Specialists & Facilities
- iv) Medical Procedures & Treatments [Explanation]
- v) Travel

The **authors, main sources** and **references** regarding the above mentioned aspects of our website are as follows:

- i) **General Content** - CPLH Consultancy (General website text/Non - medical author)
- ii) **Health Information & Advice** – WHO ([www.who.int/ith/en](http://www.who.int/ith/en))  
Argentina: <http://www.who.int/ith/countries/arg/en/>  
South Africa: <http://www.who.int/ith/countries/zaf/en/>
- iii) **Specialists & Facilities** - Dr. A Ramos, Dr. R Albertazzi & CEGYR, MEV, Clínica del Buen Pastor
- iv) **Plastic Surgery Procedures & Treatments [Explanation]** - SECPRE, ASAPS, ISAPS
- v) **Travel** - ROUGH GUIDE – The Rough Guide to Argentina & South Africa (Second Edition)

## Other:-

### **Plastic Surgery Associations:**

SECPRE, BAAPS, ASAPS, ISAPS, APRSSA, SACPER

### **Cosmetic Dentistry:**

Dr A Ramos, SADA

### **Assisted Fertilization:**

CEGYR

### **Ophthalmology:**

Dr R Albertazzi

### **Dermatology:**

Dr G Morales

### **Publications & Consultants:**

Treatment Abroad, PlacidWay, TIME Magazine, Reuters, Google  
IMTA

CPLH Consultancy (*General website text/Non - medical author*)

### **Products:**

Mentor Implants, Sebbin, Euro-Silicone, Straumann, BOTOX

### **Medical Professionals:**

Dr M Miglino (Plastic & Reconstructive Surgeon)

Dr R Morrone (Plastic Surgeon)

Dr J Pavani (Plastic Surgeon)

Dr A Ramos (Odontologist)

Dr R Albertazzi (Ophthalmologist)

Dr G Morales (Dermatologist)

CEGYR (Assisted Fertilization)

### **Medical Facilities:**

All related information, logos and pictures were provided by the relevant service providers

### **Travel:**

ROUGH GUIDE – The Rough Guide to Argentina & South Africa (Second Edition)

[www.roughguides.com](http://www.roughguides.com)

**Surgical Escapes is a registered Trademark in Argentina**

**Private Funding Sources:** C Hugo (*Partner*)

**Advertising is not a financial resource of our site**

**BLOG Editor:** C Hugo (Partner/Non - medical author/professional); Plastic Surgery Associations; Internet

## Mission & Purpose:

**Surgical Escapes** is a medical tour broker and provides information, services & products regarding a variety of medical treatments, procedures & surgery to clients and patients globally for financial gain.

Our services and products are offered to all men and woman mainly between the ages of 18 – 65 years wanting solutions regarding the following:

- Plastic/Cosmetic surgery/treatments/procedures
- Reconstructive surgery
- Odontology
- Specialized medical care/treatments/procedures
- Assisted Fertilization
- Dermatology
- Ophthalmology

### ***Mission, Values & Goals:***

#### ***Core Ideology***

#### **Core Values**

- Client/Patient Orientation
- Team Approach
- Mutual Trust and Respect
- Performance Driven

#### **Core Purpose**

To enhance the quality of life of patients by providing comprehensive, high quality and care services.

#### **Envisioned Future**

#### **Aspiration**

To be regarded as the most respected and trusted provider of medi travel services by patients, doctors and funders of healthcare.

#### **Vivid Descriptions**

- We will focus relentlessly on the needs of our clients/patients
- Every office will be the preferred service provider in the community it serves
- We will provide the most cost-effective quality care possible
- We will maintain a contented workforce

Rather than boast about our business, our group prefers to focus on the values that are important to our clients/patients: peace of mind, confidence in our service and value for money. We, the members of Surgical Escapes, support the following core values:

#### **Client Orientation**

In our behavior we...

- reflect the image of the company
- deliver the right service in the right place on the right time
- regard everyone who is dependent on our outputs as our client
- determine and meet the expectations of our clients/patients
- measure our clients' satisfaction regularly
- respect our clients' right to confidentiality
- personally accept responsibility for client service

## **Team Approach**

In our behavior we...

- promote positive team behavior
- ensure the participation of all role players in problem solving
- set common goals
- exhibit responsible, fair, honest and effective leadership and followership

## **Mutual trust and respect**

In our behavior we...

- share information to the benefit of the company
- listen with empathy
- communicate openly and honestly
- exhibit respect for the individual's dignity
- respect personal and company property
- solve problems on a win-win basis
- greet and acknowledge one another
- maintain an ethical standard

## **Performance Driven**

In our behavior we...

- set objectives and give regular performance feedback
- ensure that each individual knows what the standards are and what is expected
- give recognition to whom it is due
- offer each the opportunity to develop to his/her full potential
- eliminate activities that do not add value
- promote continuous improvement in productivity
- base all appointments and promotions on competence and performance
- accept mentorship as a management task

## **Dates of Creation, Modifications & Updates**

Date of Creation: **01.12.06**

Date of Update of General Content of website: **31.01.08**

Date of Last Modification of Pages: **30.09.08**

Date of Last Modification of:

- i) About Us
- ii) Contact Pages
- iii) Health & Medical Articles and/or Content,
- iv) Legal Information, Terms & Conditions,
- v) Contact Pages - was done on the **31.05.07**

**IMPORTANT:-**

**Risks with any Surgery**

Cosmetic surgery has a low rate of complications among board certified plastic surgeons. However, every surgery carries risk. Be sure to discuss the possible risks and complications with your plastic surgeon so you feel fully informed before surgery.

### **Anesthesia/Sedation Complications**

Some patients have serious reactions to the anesthesia or sedation used during surgery. Most anesthetic complications occur with general anesthesia.

*Possible complications:*

- abnormal heart rhythm
- airway obstruction
- blood clots
- brain damage
- death
- heart attack
- malignant hyperthermia
- nerve damage
- stroke
- temporary paralysis

*Airway obstruction:* Anesthesia can sometimes irritate air passages, causing the vocal cords to spasm and this can block the airway. The anesthesiologist may need to insert a tube down the throat or cut into the windpipe.

*Brain Damage:* Brain damage can occur if blood circulation is depressed at dangerous levels.

*Malignant Hyperthermia:* This is a rare complication where body temperature, blood pressure and heart rate all rise to hyperactive levels. If not recognized and treated quickly, can lead to death. This may be inherited.

*Temporary paralysis:* This occurs if muscle relaxants have not fully worn off after surgery. It is easy to detect and easily treatable.

Patients who have heart trouble, lung disease or are obese are at greater risk of complications due to anesthesia. To reduce your risk, tell your doctor about any medications you are on and let her know your complete medical history.

### **Aspiration**

Aspiration occurs if you vomit (aspirate) during surgery and the vomit is forced into the lungs. Aspiration can cause mild discomfort, and can also lead to infections, chronic cough, an obstruction in the lungs or pneumonia.

### **Blood Loss**

Bleeding is normal with any procedure. However, if there is excessive bleeding, it can create major complications. If this occurs during surgery, your plastic surgeon and anesthesiologist will be aware of by pooling blood or by a blood pressure drop. If bleeding occur after surgery, it can accumulate under the skin and require an additional surgery. Discuss with your physician what you can expect as far as bleeding and bruising.

### **Blood Clots (DVT)**

A blood clot in the veins can be fatal. Longer operating time and general anesthesia increase the risk of a DVT. They can occur as a result of a medical condition or from immobilization (which allows the blood to pool) such as pregnancy, international airplane flights, and recovery from surgery. They are difficult to predict. To help prevent them, during recovery do not stay in one position for too long and flex your feet often. Patients who have liposuction in their legs are at higher risk. Compression garments worn reduce the risk of DVT.

### **Drop in Blood Pressure**

Some decrease in blood pressure is normal during surgery. However, a sudden drop due to blood loss could lead to irregular heart beat and possibly a heart attack.

### **Infection**

The risk of infection is less than 1% and antibiotics reduce this risk dramatically. However, if infection does occur, it is very serious. People who smoke, take steroids or have certain vascular conditions are at greater risk. The longer your surgery lasts and the more blood you lose, the more likely you are to have an infection.

### **Loose Sutures**

If the sutures come loose this can lead to internal bleeding or a hernia. Such problems would require additional surgery.

**Source:** The Surgery Handbook

### **General Risks for Cosmetic Surgery**

*See specific procedures for more information*

**Skin Death or Necrosis:** usually follows an infection or hematoma and is much more likely among smokers. The skin is excised (surgically removed) and this may affect the cosmetic outcome.

**Asymmetry:** moderate or severe asymmetries may require a second surgery. Mild asymmetry is normal.

**Slow Healing:** due to age, skin type, failure to follow doctor's advice or factors beyond anyone's control.

**Numbness/Tingling:** often temporary, sometimes permanent loss of sensation. This results from injury to sensory or motor nerves.

**Irregularities, dimples, puckers, and divots:** can be due to surgeon error, healing irregularities or body make-up.

**Seroma:** fluid can collect under the skin and can occur after breast augmentation, liposuction or a tummy tuck.

The American Society for Aesthetic Plastic Surgery (ASAPS) has a very informative article about outpatient surgery:

#### **What You Should Know About the Safety of Outpatient Plastic Surgery**

Plastic surgery procedures performed in accredited surgical facilities by board-certified plastic surgeons have an excellent safety record. A 1997 survey<sup>1</sup> based on more than 400,000 operations performed in accredited facilities found that:

- The rate of serious complications was less than half of 1 percent.
- The mortality rate was extremely low – only one in 57,000 cases.
- The overall risk of serious complications in an accredited office surgical facility is comparable with the risk in a freestanding surgical center or hospital ambulatory surgical facility.

You will also be evaluated for other factors that may increase the risk of blood clots. These include:

- being extremely overweight
- having recent traumatic injury
- any disorder of the heart, lungs or central nervous system
- a history of cancer, recurrent severe infection or genetic problems that affect blood clotting

For women, additional risk factors include:

- taking oral contraceptives or having recently ceased taking them
- undergoing hormone-replacement therapy

If you are considered low risk, your doctor may simply ensure that you are positioned on the operating table in a way that allows for adequate blood circulation to the legs. If you are of moderate or high risk for developing blood clots, you may also be advised to wear elastic stockings before, during and after your procedure, or to take special anti-clotting medications. Compression devices on the legs may be used during surgery to support your normal circulation.

1. Morello, D.C., Colon, G.A., Fredericks, S., Iverson, R., Singer, R. Patient safety in accredited office surgical facilities. *Plast. Reconstr. Surg.* 99: 1496, 1997.

Source: <http://www.surgery.org>

### Risks of Travelling after Surgery

Those at risk (e.g. those with history of pulmonary embolism or previous deep vein thrombosis will have greater risk of deep vein thrombosis again) need to discuss the matter with his/her surgeon and/or medical doctor before considering travelling for medical procedures.

### *Traveling for Plastic Surgery*

**Reviewed by** Richard J. Greco, MD, FACS

Patients travel long distances to receive plastic surgery for a variety of reasons. From finances, to limited access in the patient's geographic area, to seeking the most experienced specialists in a given treatment, patients' traveling for plastic surgery is a growing trend.

Attractive-sounding travel packages often lure patients abroad. Many patients believe that a vacation can be comfortably coupled with a surgical procedure. This emerging trend raises special concerns you should consider before traveling for treatment. These concerns are especially important when traveling abroad.

### ***The Surgical Vacation Package***

For many foreign-travel procedures, you begin with convenient initial consultations online from your home. Arriving abroad at the treatment location, you receive private hospital support with nurses visiting your hotel room, then luxury spa treatments to soothe the nerves and comforting recovery kits to ease the pain. The reduced surgical expense in many foreign sites equates to surgical and vacation costs that are less than the price of surgery itself in the United States.

Many consumers locate surgical vacation destinations through the Internet. The websites of these destinations have contact forms so that the patient can communicate with the practice by email. Patients often scan a photo of the area that they are interested in improving and send it to the doctor for a recommendation.

As part of the preliminary screening process, some patients may complete online medical history forms prior to speaking with the doctor and staff over the phone. They may visit a local doctor to evaluate candidacy for surgery. Ongoing communication with the surgeon is conducted by phone and email. The procedure is scheduled and the comfort list is prepared. Comfort lists may include free transportation from the hospital to the medical facility or to the hotel, and discounts to vacation attractions.

In some cases, the medical facility and rooming accommodations are in the same location. Other times, the medical facility is close to a choice of hotels that have partnered with the medical facility to meet the needs of traveling patients. Depending upon the procedure and the doctor, the patient may stay in a hospital for one or more nights after the procedure. The recovery period after surgery, however, is not always a good time for a vacation. There are also more complications and risks associated with traveling surgery.

### ***Red Flags and Risks***

Many of the activities associated with postoperative traveling increase the risk for complications. The patient's ability to reposition the body or face regularly (important in recovery) is limited in a car, airplane, or train. Bag lifting, standing for long periods of time, and limited access to normal comforts may compromise recovery and increase the risk for complications.

According to the American Society of Plastic Surgeons (ASPS), infection is the leading complication among traveling patients. Traveling is also associated with higher swelling, blood-clot, and pulmonary embolism rates. The ASPS also reports that protruding scars, hematomas, and unsatisfactory results occur at a higher rate in surgeries performed abroad.

Compounding the travel-related issues, complications such as infection may require a secondary medical procedure. While surgeons back home may be equipped to perform the secondary procedure, they may not be aware of the initial surgeon's approach to the first procedure or the type of technology or devices (such as implants) used. These factors make the secondary procedure more difficult.

### ***Credentials***

In the United States, there are accrediting agencies that certify medical facilities and medical providers. U.S. hospitals have peer review boards to further evaluate the doctor's surgical skill in given procedures. Doctors must obtain hospital privileges to perform a specific procedure at hospitals in America. Surgery abroad is not necessarily as standardized.

Other countries may or may not have governing agencies to oversee qualifications and credentials. The training of doctors in other countries may be dramatically different than in the United States. After becoming a doctor, the extra training to become a plastic surgeon varies widely as well. Uncertainty in medical skill means uncertainty of results. Many facilities abroad are privately owned and operated — not necessarily subject to a certification process.

Most other countries do not have a rigorous approval process for medical technology and devices, which the FDA provides in the United States. For procedures outside the U.S., it may be difficult to evaluate the medical facility, skill of the doctor and staff, the procedure, or the devices used in procedures.

### ***Consultation and Evaluation***

An initial consultation in plastic surgery requires about an hour. During this time, the patient will meet with a nurse and the doctor to evaluate the patient's medical history, procedure choice, alternatives, and the doctor's approach to the procedure. The patient may meet with the doctor a second time before the procedure is performed.

During recovery, patients visit the doctor again to evaluate the results of the procedure and discuss any concerns. Stitches and other devices may be removed.

Traveling patients miss the advantages of a face-to-face consultation before surgery and the in-person evaluation during recovery.

### ***Limits on Activity***

Patients undergoing plastic surgery receive an instruction list from the doctor that must be followed in order to reduce the risk of complications from surgery. Most plastic surgery patients cannot resume normal activities for one to two weeks. Patients are typically advised not to drive, walk extensively, exercise, sun bathe, swim, or drink alcohol. There may be limits on lifting and other restrictions. In other words, patients going abroad to enjoy a vacation after surgery may be disappointed. Postoperative instructions may pose too many obstacles. It is difficult to predict the recovery time until after the procedure is performed, making vacation planning especially precarious.

### ***When It Makes Sense to Travel for Surgery***

Sometimes it makes sense for a patient to travel to a different U.S. location or abroad for surgery. For example, there may not be local experienced doctors available to perform specific procedures. This may be the case for some of the newer procedures such as the body lift or labiaplasty, especially if the patient is located in a rural area. If traveling for plastic surgery is a must, it is important to take precautionary measures.

### ***Tips for Traveling***

For patients traveling inside the United States or abroad, here are some tips to help make it a successful experience.

- The ASPS recommends postponing travel for five to seven days after plastic surgery procedures involving the body (such as liposuction and breast augmentation) and up to ten days for facial plastic surgery (including facelift, eyelid surgery, rhinoplasty, and certain laser treatments. This means making sure you have an adequate number of days reserved at your hotel after surgery.

- Ask how you can verify medical provider and facility credentials. Be certain to ask specific details about the doctor's training.
- Plan ahead for complications. If a complication occurs after returning home, who will take care of it? If revision surgery is required at a later date, who will perform the procedure? Visit a few doctors in your area to learn more about procedure options.
- Form a relationship with a local doctor who is available to see you in case postoperative concerns must be addressed at home.
- Before you return home from the initial surgery abroad, be sure to collect medical records before leaving the doctor's office. Be sure you know how the doctor performed the procedure and the type of devices used in the procedure. For example, document the specific implant that was used for breast enlargement.

### ***Better Credentialing on the Horizon***

U.S. organizations such as the American Association of Accreditation of Ambulatory Surgery Facilities (AAAASF) and its subsidiary, Surgery Facilities Resources (SFR), are now working together to accredit medical facilities outside of the United States. For example, in March 2006, AAAASF representatives traveled to South America to train 16 South American plastic surgeons to be inspectors for medical facilities in South America. AAAASF has partnered with the International Society of Aesthetic Plastic Surgery as well. These efforts may lead to safer procedures and more reliable results in the future of traveling surgery.

[Page updated June 2008]

**Funding Sources:** The website is privately funded entirely by C. Hugo, Owner and Managing Director of Surgical Escapes. We don't receive any outside or alternative funding from any of our alliances such as the Medical Professionals, Medical Clinics/Hospitals, Tour Operators or Travel Agencies we deal with in South Africa or Argentina.

**IMPORTANT STATEMENT:** - The **medical professionals** and **health facilities** we advertise have no financial affiliation with Surgical Escapes. We are not paid by any of them to be liaised with any of them.

**LOGOS:** - The logos displayed at the bottom of our website pages are solely a display of the specific Associations and/or Organizations our medical professionals belong to or are associated to. It also shows the Clinics/Hospitals we support and which products some of our medical professionals prefer using.

### **Promotions and Combo's**

Holiday packages can be added on to most of the medical procedures/treatments while visiting either Argentina or South Africa. In Argentina the "*Tango & Surgery*" package could include either a City Tour, attending a Tango show or visiting a specific place of interest. In South Africa the "*Safari & Surgery*" package could include either a City Tour, going on Safari or visiting a specific place of interest. The names of the packages are purely promotional of nature. Furthermore the idea is to give more added value to the "medical procedure/treatment" the patient has selected while he/she is visiting a destination far from home.

**IMPORTANT NOTICE:** - These tours/trips [or holiday add-on's] will be done **BEFORE** surgery and **NOT AFTER** because of high risks.

**WARNING DISCLAIMER:** - We wish to inform users that even if they do attend any of these tours, trips or travel experiences before surgery, they may not enjoy it due to some anxiety or fear of surgery they might experience, or because of some preparatory action that they have to attend to before surgery.

## **Surgical Escapes BLOG**

**PLEASE NOTE:** - We have a website that has a *Web 2.0* aspect (i.e. Blog) which makes it a collaborative platform where Internet users interact. We comply with *Web 2.0* rules.

**Confidentiality**

For more information regarding our Privacy Policy and Confidentiality especially regarding data, please read our Terms & Conditions page [*bottom of website pages*].

Go to: [www.surgicalescapes.com/our\\_company/terms\\_and\\_conditions.php](http://www.surgicalescapes.com/our_company/terms_and_conditions.php)

Also we have added a statement regarding our Privacy Policy and Confidentiality regarding Data in our BLOG. An extract from our Terms & Conditions have also been included.

**Please take note:-**

**IMPORTANT:** Users posts in this BLOG are visible to everyone.

**Please take note:-**

**IMPORTANT:** Users posts in this BLOG can't be modified or erased. This can only be done by the Editor. Should you need to modify and/or delete any posts and/or comments please contact the Editor at:

[blog@surgicalescapes.com](mailto:blog@surgicalescapes.com)

**Please take note:-**

**IMPORTANT:** Users should please provide references i.e. with Links to any Health/Medical Information or Comments made if the experience isn't a personal experience.

**Please take note:-**

**IMPORTANT:** Platform/BLOG users should only post TRUE & CORRECT Information/Comments regarding any Health/Medical issues they only have true and correct knowledge of.

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