

## **AGENDA:**

This agenda is meant to give you an overview of what to expect before travel after the procedure.

You can download this information as a PDF and save or print it for your convenience. Use it as a guide and checklist.

IT IS EXTREMELY IMPORTANT TO FOLLOW THE AGENDA TO ENSURE THAT YOUR PROCEDURE IS DONE AS SCHEDULED AND SAFELY AS POSSIBLE SO YOU DO NOT INCUR ANY DELAYS.

## **MEDICATIONS:**

1. If taking Non-Steroidal Anti-inflammatory Drugs (NSAIDS), **SUSPEND 7 DAYS PRIOR** to procedure- absolutely no aspirin or NSAIDS because they interfere with the clotting process.
  - a. Examples: (IBUPROFEN, NAPROXEN, TYLENOL, Meloxicam, PIROXICAM, KETOROLAC, DICLOFENAC, INDOMETHACIN).
2. IF diabetic and taking diabetic medication **SUSPEND** medication **24 HRS PRIOR** to procedure.
3. If hypertensive and taking blood pressure medication, CONTINUE as scheduled.
4. If taking thyroid medication, CONTINUE as scheduled.
5. If taking anti-depressive medication, CONTINUE as scheduled.
6. IF TAKING ANY OTHER MEDS, LET US KNOW

Here is the standard Travel Itinerary for all our weight loss surgery packages.

## Day 1: Arrive in San Diego

Book your flights To/From **San Diego, CA International Airport (SAN)**. Flight instructions include.

- **ARRIVAL DATE:** Before 10:00 am PST (noon)
- **DEPARTURE DATE:** After 2:00 pm PST

Once you arrive in San Diego, our private transportation will pick you up outside the airport and drive you 20 minutes across the border to the hotel. We have a medical lane pass, meaning we don't have to wait with normal commute traffic. Just a few minutes across the San Ysidro border is our [Hospital](#) and [Hotel](#). You will get pre-op testing and then be driven to check-in at the 4.5 star rated Hotel in Tijuana

- Bloodwork Pre-Op Labs and EKG
- Stay the night at the [Hotel](#)

## Day 2: Surgery Day

You will be picked up from the hotel early for your surgery. Once you arrive at the hospital, you'll meet the medical team and will have a 1-on-1 with your surgeon Dr. Fredy Lopez and have a chance to talk and ask anything you would like to know. You will also get to meet the anesthesiologist, and an internist who will come in and do the pre-surgery consults. This is a very good time to ask any questions you might have for the doctors about restarting medication, vitamins, wound care, diet, and exercise. Then you will have your procedure done.

- Pick you up and take you to surgery. The time of surgery is in the morning, and you will be notified of the surgery time the day before
- Stay 2 Nights in Hospital for gastric sleeve.

The process times will vary depending on your surgery, and you will sleep for several hours post-op. Make sure you tell your family members back home that you will call them when you wake up, but you may be sleepy for several hours post-op.

## Day 3: Recovery at Hospital

Recover in hospital—post-op testing and recovery. quick tummy scan to check for any possible leaks. The medical team will be checking in on you daily. Make sure to walk, walk, walk post-op to help improve recovery, gas, and healing.

Post-op testing is completed before discharge.

- **\*Gastric bypass, mini gastric bypass, duodenal switch, and some revision surgeries patients stay one extra night at the hospital.**

## Day 4: Departure

The morning of your release, the medical team will check on you and remove any drain tubes. The nurses will dress your wounds, and you will be given a bag with antibiotics, pain medication, the CD of your leak test, post-op paperwork, and procedure verification which includes the doctor's names, and email addresses. These important documents will be included in your giftbag before you leave the hospital.

The driver has an exclusive license and dual insurance, allowing him to take you through the border in a special medical tourism lane that can bypass traffic.

- The Chauffer will drive you to the airport
- Plan flight after 2:00pm

## What do I Bring to Mexico? What Do I Need to Pack in my Suitcase?

Use a carry-on, wheeled suitcase (if possible) for traveling. If you must check luggage, use a wheeled suitcase to avoid unnecessary lifting. Do not lift anything greater than 30 pounds for 6-8 weeks post-op. Have someone assist you once you arrive at your home airport.

PLEASE READ CAREFULLY AND COMPLETELY AND REACH OUT TO US IF YOU HAVE ANY QUESTIONS OR CONCERNS.

- **Do NOT forget your Passport**
  - Your normal travel documents, driver's license, passport, cash, debit/credit card.
  - Make sure to call your bank and credit card companies to alert them of travel dates and possible charges from Mexico.
- Alert your cell-phone carrier of the dates you will be traveling to Mexico to ensure that you are covered, or you may need to add a short-term international roaming to your plan.
- Bring all your current prescription medications in their original bottles.
- **Do not forget** to bring your CPAP machine if you use one. If you do not bring it with you, the hospital does provide one for you at an additional cost.
- A small suitcase and a carry-on
- Bring a neck pillow for the flight.
- Bring some spending cash, preferably smaller bills, at least \$200.00 USD (\$1s,5s,10s, 20s). Although tipping is up to you, having extra cash on hand is a good idea.
- Bring slippers that easily slip on when you get out of the hospital bed.
  - Slide-on preferred, your abdomen will be too sore to bend down to put on and tie your shoes. You may have to take off shoes to get through security at the airport, and again, you will not feel like bending over to tie your shoes afterward.
- Bring extra washcloths.
- Loose, stretchy comfortable clothes. 3 pairs.

## **What do I Bring to Mexico? What Do I Need to Pack in my Suitcase?**

- Bring extra underwear and extra socks.
- Bring a warm jacket or a sweater for the plane ride just in case you're cold in the hospital.
- Light robe to wear if you prefer over hospital gowns.
  
- Entertainment (Music player, DVD player, laptop, tablet, smartphone, etc. Batteries/Charger electronic devices. Books, magazines, or other reading material.)
- Sleep masks and earplugs.
- Heating pad as it helps with the gas pain.
  
- Hygiene (Personal toiletries such as toothbrush, toothpaste, mouthwash, and hairbrush. Female sanitary towels – tampons may be too uncomfortable to use/apply)
- Six foot charging cords and charging plug for phone/tablet.
- Leave jewelry (which must be removed before surgery as well as any metals, piercings, etc.) and valuables at home.
  
- Do not bring any PROHIBITED ITEMS: FIREARMS, MARIJUANA, WEAPONS