

DR ALTAMIRANO'S WEIGHT LOSS SURGERY PROCESS

STEPS TOWARDS A SUCCESSFUL SURGERY

1.- Contact me on my social media (Links Down Below) to schedule a FREE video consultation (we can also do a regular call if you prefer). Call me old Fashioned but I believe if you're having MAJOR SURGERY, you AT LEAST want to talk to your surgeon first.

Website: www.doctoraltamirano.com
Support group on Facebook: <https://www.facebook.com/groups/214029598937524/>
Facebook: <https://www.facebook.com/carlos.a.cano.372>
Sleeve Gastrectomy LIVE! <http://doctoraltamirano.com/vsg-live.html>
Instagram: [dr_altamirano_wls_tijuana](https://www.instagram.com/dr_altamirano_wls_tijuana)
YouTube Channel: <https://www.youtube.com/channel/UCgUPpV3a81StYMnhp6gLiuQ>
Fan Page on Facebook: <https://www.facebook.com/drcarlosaltamirano/>
LinkedIn: <https://mx.linkedin.com/in/drcarlosaltamirano>

2. - Fill out the health questionnaire on this link: <http://doctoraltamirano.com/health-questionnaire.html>

3. - After checking availability and approving your date, I'll send you a confirmation email with my Manual that includes all the pre-op and post-op information you'll need throughout your journey and you'll need to confirm you're coming by sending me your flights and a confirmation message 2 WEEKS BEFORE YOUR SURGERY, or I'll need to offer you spot since "last minute cancellations" make someone's chance of getting this tool go to waste. I do this because I like booking people without any kind of pressure, so I don't request deposits or money in advance, but I do need your confirmation.

4. Get your flights arriving between 8am and 1pm the day of the surgery and leaving after 11am on the 4th day (i.e. Arrive on Monday and leave on Thursday), and send them to my email dr.altamirano@gmail.com. If you decide to drive here or staying in San Diego the night before, please let me know and I'll notify my driver for the pickup arrangements AT THE AIRPORT. IF YOUR FLIGHT BACK HOME IS BEFORE 11AM YOU'LL NEED TO GET A ROOM IN SAN DIEGO THE NIGHT BEFORE (SKIPING OUR HOTEL NIGHT BUT NEVER A HOSPITAL NIGHT) SO YOU CAN GET YOUR FLIGHT ON TIME. MY DRIVER CAN'T PICK YOU UP EARLIER THAN 8AM EITHER SO PLEASE GET THE FLIGHTS AS REQUESTED FOR YOUR COMFORT. The transportation is from and to the airport exclusively.

5. - My assistant will call you the Saturday before your surgery and will ask for pictures of your IDs at some point to make the admission process to the hospital faster. My driver will contact you the night before for the pickup arrangements

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6. – My driver will take you to the hospital and my assistant will be waiting for you there, and you'll sign the forms for admission. You might need to wait for a room to be ready for you.

7. – We'll take some blood samples for testing and you'll go to your room where you will get your gown and your EKG performed.

8. – My Internal medicine doctor will evaluate your medical history and studies.

9. – My anesthesiologist will make a final evaluation to make sure we're ready to go. Sometimes you'll need some medicines to control some conditions like asthma, high blood pressure or anxiety. **AND OF COURSE, YOU'LL ALSO SEE ME BEFORE SURGERY SO I CAN ANSWER YOUR LAST QUESTIONS BEFORE STARTING SURGERIES AROUND 3PM!** My anesthesiologist will be the one deciding the order of the surgeries based on her criteria (BMI, medical conditions, age, or whatever she considers important) so **PLEASE DON'T KILL ME!**

The surgery normally lasts 10-20 mins but you'll stay in the recovery area for at least 90 mins or until you're fully recovered from the anesthesia (**WHATEVER THAT TAKES**). We'll monitor your oxygen levels, EKG, blood pressure and heart rate and only when you're fully recovered you'll go back to your room, so let your family know that they might need to wait for about 1.5-2hrs before you go back to your room, and even then, you probably won't feel like calling them since you'll be tired and sleepy.

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WHAT'S IN THE PACKAGE?

My package includes:

- Transportation AP-Hospital-Hotel-AP (Just from and to those points)
- Blood work and EKG
- Pre-op Internal Medicine evaluation
- Medical team and materials
- Fluoroscopy after surgery (leak test)
- 2 nights at the hospital for the sleeve and 3 nights at the hospital for BYPASSES (Guadalajara Hospital that is a CERTIFIED fully equipped Hospital)
- 1 night post-op at the hotel Real Inn (you can see my Facilities here): <http://doctoraltamirano.com/facilities.html>
- Post op medications (antibiotic, pain medication, prilosec and antacid)
- You can bring ONE companion (and just one please) and your companion can stay with you at the hospital and the hotel with no extra cost (meals not included) *
- I'll check on you at the hospital and of course you can **call me over Voice on Facebook Messenger** if you're in pain, nauseous or if you feel you need me while you're here.

*One companion is included in the package since just one person can stay with you in the hospital. If you have 2 companions for some reason there's an extra 400 USD fee for transportation and hotel for the third person. To make your process easier to coordinate and prevent any inconveniences, please avoid bringing more than one companion. Also KIDS UNDER 17 YEARS OLD ARE NOT ALLOWED IN THE HOSPITAL.

We pick our patients up at San Diego's AP or Tijuana's AP. if you decide to arrive the night before (not included in the package) you'll need to meet the driver by the airport. My patient's coordinator will be at your service all the time.

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HOW MUCH IS IT?

Prices varies by package:

- Sleeve gastrectomy 4500 USD (As good as the bypass for weight loss. Most people will need this one)
- Mini Gastric Bypass 5700 USD (Newest, safest and Improved type of Gastric Bypass)
- RNY Gastric Bypass 6500 USD
- Both Gastric Bypasses are for patients with SEVERE DIABETES or SEVERE ACID REFLUX
- For revision surgeries (lap band to sleeve or bypass) you'll add an extra 1000 USD to the procedure we decide during the consultation.
- Patients with BMI Higher that 50 are not eligible bypasses.
- There's an extra cost of 1000 USD for BMI 56-64 and 1000 USD more for 64+ (I'll evaluate every individual case and see if they qualify for having surgery in Mexico)

If you need financing to make this happen please contact this company, they might be able to help you:
<https://www.citerrafinance.com/>

The surgery needs to be covered in cash by the time of the surgery (and don't worry, it is legal to cross the border with up to 10K without declaring the money. Also, you will be flying from and to a US airport and my driver will be waiting for you there so IT IS SAFE!). No checks or cards are accepted, sorry for the inconvenience.

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WHAT ELSE DO I NEED?

Passport: You can re-enter the States with an enhanced ID or a birth certificate plus another ID through the walking crossing path but not in our car. However, the customs officer can send you to secondary revision and sometimes it takes HOURS to clear you out and we don't want you to lose your flight (depending on the officer's mood and work load). Please take that in consideration. I STRONGLY RECOMMEND to have a passport book or at least the PASSPORT CARD that it's cheaper and faster to get. Also, some States offers the ENHANCED ID that is cheap and easy to get.

You don't need to pay a deposit since I understand life happens and sometimes people will need to reschedule or even cancel the surgery. You can pay in full after you were picked up in time, you're admitted to the hospital with your IV in place and your blood work and EKG taken.

SPECIAL INSTRUCTIONS!

Last shake/salad at midnight the night before surgery and LOTS of clear liquids until 9am the day of your surgery.

STOP NSAID'S (Ibuprofen, Motrin, Aleve, Aspirin, Etc.), **BIRTH CONTROL MEDS**, and Blood Thinners 2 weeks prior to surgery but **DON'T SUSPEND MEDS FOR BLOOD PRESSURE, THYROID, HEART CONDITIONS, DIABETES, EPILEPSY OR OTHER SEVERE MEDICAL CONDITIONS (if you're not sure about something just send me a message)**

PLEASE REMEMBER THAT YOU NEED TO REMOVE YOUR NAIL'S POLISH, GELISH, ACRYLIC AND ANYTHING THAT INTERFERES WITH THE OXYGEN SENSORS! NO EXCEPTIONS AND ALL OF THEM NEEDS TO BE REMOVED!

IF YOU'RE ON A CHRONIC PAIN MEDICATIONS YOU MUST BRING YOUR OWN MEDS WITH YOU!

IF YOU USE HAVE SLEEP APNEA YOU MUST BRING YOUR CPAP MACHINE

Patients with gastroparesis or reflux should consider a bypass since the sleeve can cause severe reflux after surgery. Please address this topic in the consultation so I can explain better.

Patients having a revision surgery might lose weight slower or not as much as patients having weight loss surgery for the first time.

Start pre-op diet 1-2 weeks before surgery based on your BMI (you'll get this info on my WLS Manual when I confirm your surgery date).

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I JUST WANT TO THANK YOU FOR CONTACTING ME AND HOPE TO BE UP TO YOUR EXPECTATIONS.

We try to do our best every day and want you to do the same, so please:

Get rid of all junk food and start making healthier choices of food TODAY, not next Monday. NOT A SINGLE TREAT IS ALLOWED!

6 meals a day are mandatory, 3 main meals (basically lean protein like chicken breast, turkey, fish or egg whites with salads, NO DRESSINGS!!) and 3 snacks (MAINLY PROTEIN SHAKES AND ALMONDS).

You need fiber so start getting more fruits and veggies and exercise to strengthen your cardiovascular system walking at least 30mins a day EVERYDAY, looking to rise your heart rate to at least 110 BPM (no need to run for that, just whatever it takes to get to that hearth rate)

Drink AT LEAST 64 oz of WATER a day!

Remember this is to make my work easier but most importantly YOUR SURGERY SAFER! With this program we'll strengthen your cardiovascular and respiratory systems and decrease all risks A LOT!

**¡THANK YOU VERY MUCH FOR CONTACTING ME AND HOPE
TO SEE YOU SOON TO START YOUR TRANSFORMATION!**