

# MEDICAL TRAVEL

CZECH REPUBLIC



Enjoy your change!

# Introduction



## IN THE BEGINNING

You feel somehow unsatisfied with your body and contours and are thinking about yourself image and how to change the way you look. It could be for yourself and your own confidence, and will also impact the way that you interact with others: your family, friends, even strangers passing by in the street.

You start seeking healthy and reasonable possibilities that suit your needs. Perhaps you have looked into some plastic surgery clinics in your own country, but feel anxious about the prices or encounter long waiting lists. As you continue to search, new horizons open to you. A friend is telling you about undergoing surgery abroad with a smile on their face, satisfied and happy with their experience and the result. Going abroad for a medical treatment? It isn't a bad idea after all.

Many people do it, and why not me? Visit a country known for its high quality medical services as well as its historical architecture, meet new people and have new positive experiences, and save money, save a lot of money!

## MAY WE PRESENT

You may be asking yourself at this point what medical treatment in the Czech Republic looks like. Prague is the capital city of the Czech Republic with a long tradition in the field of plastic surgery. Most Czech doctors and surgeons study at Charles University in Prague, which was founded in 1348 and is one of the oldest universities in Europe. The study demands enormous attention to practical training as well as broad theoretical knowledge. As a result, the medical education in Prague is honoured abroad as one of the best in the world.

Our company was established in 2010 by Dr. Martin Mrazek, who had graduated from the Faculty of Medicine at Charles University in Prague the previous year. Our mission is to provide medical treatment for people from abroad with high quality care, affordable prices, and a personal approach for customers before, during, and after their stay.

# Pre-treatment care

## FREE EVALUATION OF YOUR PHOTOS

After initial contact via phone or mail, we will kindly ask you to provide us with photos of the areas which you would like to enhance, with a brief description of what your goals are with the procedure. This is only used to ensure the best evaluation for your personal needs and all information sent to us will be held in strict confidence. Of course you are under no obligation at this stage, and the evaluation is completely free of charge. The surgeon will reply to us within a few days and we will be able to send you a complete offer package, which will include the total cost, details about the recommended procedure, information about the number of days you would need to stay in Prague and what the next step will be if you decide to go ahead with the treatment.



## QUESTIONNAIRE

Next, we will kindly ask you to fill in our medical questionnaire, as we need to be confident that there are no existing medical conditions which could affect you undergoing the procedure. Please fill in as much information as possible, and we will get back to you with an evaluation of your questionnaire by a doctor.

## DEPOSIT PAYMENT

Once you are in agreement with the proposed dates, prices, and surgeon who will perform the procedure, the next step will be to pay the deposit to the clinic account. The deposit is a 100% booking guarantee of your date. If you do not show up for the surgery without providing us with a reason, we cannot return the deposit back. Of course in the event that you are ill or if an emergency prevents you from keeping your date and you are able to notify us in a timely manner, we are able to find new dates for you and use this deposit to secure a new date.

# Procedure



Our company offers a full range of plastic surgeries. We can divide them as those done under local anaesthesia and those performed under general anaesthesia. All information about the surgery and how long you will need to stay in Prague will be provided.

# Eyelids

## Blepharoplasty



### PROCEDURE

The whole procedure takes approximately 30 minutes for the lower or upper eyelids. The resulting scar on the upper eyelid is situated in the location of the natural crease, where the skin folds when the eye is open. On the lower eyelids, the scar is just below the eyelashes. A thin patch is attached to the cuts and a sterile compression plaster is applied. The eyes of the patient are not covered, and sight is not restricted. The stitches are removed on the 5th -7th day after the surgery, and it may be done by the operating surgeon or also by the patient themselves with appropriate instructions provided beforehand. The patient can resume regular activities after 1 week; cosmetic products can be used after 14 days. The surgical scar will disappear from 2 weeks to 2 months after the surgery. The usual post-op symptoms are swelling and subcutaneous blood bruising.

### DURATION OF STAY

No overnight stays at the clinic + 2 days in Prague (if you decide to have classic stitches instead of self-absorbent ones, you will need to stay in Prague for 1 week)

# Liposuction

## BodyJet and SlimLipo

### PROCEDURE

BodyJet liposuction procedure uses the dynamic healing power of water to gently remove fat cells without damaging them. This method uses a pulsating spray of fluid and offers a new alternative to conventional techniques.

SlimLipo (Selective Laser Induced Melting) is a very effective and safe method of removing unwanted fat from stubborn areas with minimal pain, minimal downtime, and minimal bruising. Unlike traditional liposuction that uses mechanical force to break down fat before the suction procedure, SlimLipo utilizes a Diode Laser that specifically targets the fat cells only, leaving blood vessels, nerves, and fibrous connections between the skin and the muscle fascia, which allows less pain, less bruising, and excellent skin retraction. In addition, the procedure is so gentle, it can be done under local anaesthesia with mild sedation.

Hospitalization is not required and after the procedure you can go back to the hotel. Immediately after surgery, the patient is given a compression garment, which is an essential part of post operation care. The compression garment is worn for approximately 2-4 weeks. Office work is possible as early as 2-3 days after the surgery. Physical exercise should not be resumed until at least 2 weeks afterwards.

### DURATION OF STAY

No overnight stay at clinic + 2 days in Prague



# Liposuction

## Tumescent



### PROCEDURE

We apply a special solution into the subcutis which releases the fat cells and the fat is then drained off by means of a cannula connected to a compression vacuum pump. We can drain off as much as several litres of fat during one operation. Liposuction is not a method for resolving excessive overweight; we only remove fat from the areas of body which cannot be influenced by a reduction diet or physical exercise. Therefore a reduction in weight is advantageous prior to the liposuction surgery.

The compression garment is worn for approximately 4 weeks. On the 3rd day after the surgery, the patient may take off the clothes, remove the patches from the cuts where the cannula was inserted and it is possible to take a shower. Office work is possible as early as 3-4 days after the surgery. Physical exercise may begin 3 weeks after the surgery. Feelings of burning, pain, and numbness are possible post-op symptoms and will fade within a few days.

### DURATION OF STAY

1 night at clinic + 3 days in Prague

# Liposuction

## Vaser 2.0



### PROCEDURE

The VASER Lipo System 2.0 is a new (released in 2010) and minimally invasive ultrasonic body contouring technology. It is a safe and effective advancement in liposuction that uses ultrasound technology to target excess fat and give you a smoother contour. It provides fast patient recovery, reduces patient blood loss and gives the opportunity to enhance skin traction. Vaser 2.0 enables removal of small volumes of fat (for precision contouring) or larger volumes (for rapid fat reserves). This method is very recommended for liposculpturing. Immediately after surgery, the patient is given a compression garment, which is an essential part of post operation care. The compression garment is worn for approximately 2-4 weeks. Office work is possible as early as 2-3 days after the surgery. Feelings of burning, pain, and numbness are possible post-op symptoms and will fade within a few days.

### DURATION OF STAY

1 night at clinic + 3 days in Prague



# Breast surgery

enlargement, lift, modelling, reduction



## PROCEDURE

Breast surgeries take approximately 2 hours. For augmentation there are 2 surgical approaches: an incision in the crease below the breast or an incision at the edge of the areola. Immediately after the procedure, a wrap is applied around the chest. The drains are removed on the day after the surgery and if the general condition is good, the patient can be released from the clinic. Patients can remove the patches from the cuts themselves in the event that they cannot come for the re-banding. The stitches are self-absorbent and do not need to be removed. An elastic bra with no braces is worn for 4 weeks after the surgery. The patient maintains a state of rest of a week after which time office work is possible. Full physical strain is possible 4 weeks later. Bruises, swelling and higher sensitivity of the breasts are normal and persist for a few weeks.

## DURATION OF STAY

1 night at the clinic + 3 days in Prague

# Facelift

## Smas



### PROCEDURE

The expected surgery time is 2 hours. The surgical incision leads from the hairy part of the temporal bone down past the earlobe and continues to the crease behind the auricle. The resulting scar, if any, is then only noticeable as a discreet line in the area of the temporal bone and behind the auricle. A SMAS lift means pulling the deeper layers of the skin, which allows for better lifting of the skin and a more permanent effect. The incision is covered by an overall head bandage for 2-3 days. The stitches are self-absorbent and do not need to be removed. Office work is possible after 1 week from the surgery. Symptoms such as swelling of the face, bruising around the eyes and on the neck and a slight fever can occur following surgery.

### DURATION OF STAY

1-2 nights at the clinic + 3 days in Prague

# Nose surgery

## Rhinoplasty



### PROCEDURE

This operation takes approximately 2 hours to complete. If only the tip of the nose is being reshaped, the surgery can be carried out under local anaesthesia, with no hospitalisation required. No scars are visible after the surgery as it is done through the nostrils. After the surgery, a plaster and nasal packing is applied in the nostrils, which can be removed after 2 days. The patient can remove the nasal packing himself/herself by removing the cover attached under the nose by a patch and using tweezers to pull the end of the packing out slowly. In the meantime, patients must rely on their mouth for breathing. It is possible to carry out office work 1 week after the surgery and sports activities can be resumed after 3 weeks. Symptoms, such as swelling of the face and bruising around the nose can occur following the surgery.

### DURATION OF STAY

1 night at clinic + 3 days in Prague

# Tummy tuck

## Abdominoplasty



### PROCEDURE

A tummy tuck takes about 2 hours and is often combined with abdominal liposuction. An incision is made just above the pubic hair line, to be hidden by the underwear. A compression garment and abdominal belt are a necessity during the client's post-operative recovery period. The first re-bandaging occurs on the 1st day after the surgery and the drains are removed on the 2nd day. After 2 weeks, the patches are removed by either a doctor or the patient (in the event that the patient cannot come for re-bandaging to the clinic). The stitches are absorbent and do not need to be removed. Office work is possible to resume 2 weeks after the surgery and full physical strain is possible after 4 weeks. Symptoms, such as the feeling of stretching and/or loss of sensitivity around the scar area can occur after surgery but will fade within a few weeks.

### DURATION OF STAY

1-2 nights at the clinic + 3 days in Prague

# Aftercare

## IMMEDIATELY AFTER YOUR COSMETIC SURGERY,

you will probably stay in your chosen clinic overnight (depending on the procedure), so that you can be monitored. Any serious complications connected with the anaesthetic or with bleeding will usually arise within the first 24 hours and can be treated promptly. You will then be able to return to the comfort of your hotel or apartment for a few days recovery before travelling home, during which time you will have the clinic and medical staff at your disposal to answer any questions you have and to contact in the event that any concerns, problems or complications arise. Our clinics will cover all of your medical costs if anything goes wrong that is the fault of the clinic.



## ONCE YOU GET HOME,

our cosmetic surgery clinics are available to advise you via telephone or email for any aftercare questions, or if any worries or problems arise. Every clinic will provide you with detailed information about what to expect and what to do in the event that you experience any problems. If you are home and start to feel unwell and think that it may be as a direct result of your cosmetic surgery, it is advisable to see your own medical doctor as soon as possible. Wherever surgery is performed, there is always a risk of an infection developing in the wound, which should be treated by keeping the wound clean, with clean dressings, and by having antibiotics. The clinics are very careful and do their best to prevent any post-operative issues, however in the event that a problem does arise and persist after phone and email consultation, you can decide to come back to Prague for further treatment on fixing the problem and only pay for the accommodation and flights. Complications during the procedure can mean extra time in the clinic and the rearranging of flights. In the event that complications arise, the clinic will cover costs for the extra nights for the accommodation, further examinations and medicaments.

# Miscellaneous



## ACCOMMODATION

As we have several plastic surgery clinics in our portfolio, we will send you a list of hotels which are located nearby the clinic where you have chosen to go for your surgery. The prices differ based on the standard of accommodation you prefer.

Here is an estimation of the prices that you will pay for accommodation in Prague:

Budget – starting at 20 EUR / night / double room

Midrange – starting at 40 EUR / night / double room

Top range - starting at 60 EUR / night / double room

## AIRPORT

Prague Airport is home to most international flight services in the Czech Republic and is the largest airport among the newest EU member states. In 2011 it received an Eagle Award from the IATA association for the best developing airport. Because Prague is situated in the heart of Europe, it takes less than 2 hours to fly from most European cities and is served by many low cost airlines.

## THE CZECH REPUBLIC

The Czech Republic is ranked as the third most peaceful country in Europe and ranked in the United Nations Human Development Index as “Very High”, on par with France and England. In addition, it is also ranked as the healthiest country in the region and is well known for its affordable and high quality medical treatment. In combination with the magical capital city of Prague, the Czech Republic is an ideal choice for any medical tourist.

The Czech Republic is bordered by Germany to the west, Austria to the south, Slovakia to the east and Poland to the north. Prague is the largest city in the country, with about 1.3 million inhabitants.

Prague as a capital city is one of the must-see destinations in Europe, combining a lively atmosphere with a rich history and breath-taking architecture. Since 1992 it has been listed by UNESCO as a world cultural heritage site.

# References



## **MANUELA, UK - LIPOSUCTION**

*I had a short but great stay in Prague. What I enjoyed the most was your hospitality when picking me up from the airport the information you provided to me about my surgery and site seeing in Prague. You were very kind and helpful many thanks.*



## **TOM, UK - RHINOPLASTY**

*MEDICAL TRAVEL surprised me how professional they are. I was in Prague for rhinoplasty and the clinic was amazing and all the services from Medical Travel were also great. The most important thing for me was that there was always somebody on the phone when I needed any help. It felt much safer.*



## **AGNYTE, UK - BREAST ENLARGEMENT**

*Very good agency, good with communicating and organising pickups. Where in the clinic I felt really welcome and all the nurses were very helpful and caring, the food was very nice too, clinic was so clean and super modern, everything was brand new, I had a LCD TV in my room, my own private bathroom, with a shower. I was very happy in the clinic. Thank you!*

# FAQ



## PRE-TREATMENT CARE

### Who is an ideal candidate for plastic surgery?

The ideal candidates are in good general health and having reasonable expectations about their appearance. There are many factors which play a role here, such as age, medical history, weight loss or gain and well-developed reason for pursuing a plastic surgery procedure.

### What are the risks that we need to be aware of?

There is always minimum amount of risk in performing plastic surgery. Operation must be carefully considered and you will go through pre-surgical check-up at our clinic.

### What additional costs can be incurred? Who deals with flight and accommodation logistics?

It will be necessary for you to pay the flight ticket to Prague and accommodation costs on top of the quoted procedure price we provide. Our staff is happy to assist you with booking flights and recommending hotels or apartments for your stay nearby the clinic. You will need to pay for the transfer from the clinic back to your hotel and for the way back to the airport.

### Why is there a difference in price between two clinics for the same procedure?

We have recently contracted new clinics so that we can offer alternatives for patients who want high quality treatments at really affordable prices. We are offering prices in different ranges so that our clients have more options to choose from.

### What is the normal cost for a night in a hotel in Prague?

BUDGET – starting at 20 EUR / night / double room  
MIDRANGE – starting at 40 EUR / night / double room  
TOP RANGE - starting at 60 EUR / night / double room



# FAQ



## PRE-TREATMENT CARE

What are the requirements prior to my arrival?

All of the pre-treatment tests will be accomplished at the clinic and are included in the price of the procedure. A medical questionnaire will be sent to you before the surgery which is to be evaluated by our physician.

Have the surgeons performed my type of surgery many times before? Can I see any before/after pictures of this procedure and his work?

All of our doctors are top specialists in the field of plastic surgery. We cooperate only with state of the art clinics with accredited and highly experienced surgeons. Visit the clinic sites directly if you don't see the before / after photos you are looking for on our website. Please consider that every surgery is unique and photos shouldn't be the main basis for your decision.

How long would I need to stay in Prague? Until when will it be safe for me to fly?

Please see PROCEDURES – DURATION OF STAY for specific information regarding your chosen procedure.

If I decide to bring a partner/friend for support, what arrangements can be made for him/her?

We are happy to help you find accommodation nearby the clinic which is suitable for you and your partner/friend. Information about sightseeing in Prague and recommended activities will be given for them to use in their spare time.

# FAQ



## ARRIVAL

What will happen when I arrive in Prague? Will there be someone there with a sign waiting for me? Will they take me to my accommodation?

We use the services of the Prague Airport Transfer Company. Our chauffeur will be expecting you at the airport with a sign and will drive you to your accommodation. They will speak English and know their way around Prague and you won't have any difficulties communicating with them about reaching your destination. All vehicles are new and air-conditioned for maximum comfort while you travel. The driver will already have the address of your accommodation at hand.

On the day of the surgery, will I need to make my own way to the clinic or will someone take me there?

Our client representative will drive you to the clinic where the first meeting with the doctor will be held / where the surgery will take place. You will be picked up from the lobby of your hotel and transported at no extra cost.

Will you take care of me from the time I arrive in the Czech Republic until my departure?

One of the benefits of our service is that you will never feel alone during your stay in Prague. We will be your guides, friends, drivers and supporters. You will have 24 hour assistance and we will try to satisfy all of your demands. Our client representative will pick you up from the hotel for the first meeting at the clinic and introduce you to the doctor.

When and how do I pay?

There is a deposit payment --which ensures a reservation with the doctor, staff and operation room. This deposit is non-refundable. Only in the case that you fall ill are we able to offer a new date for the surgery without requiring another deposit. The rest of the total sum (minus the deposit) is payable on the day of the surgery at the clinic. You can pay by cash or card.

# FAQ



## ARRIVAL

Can my partner/friend stay with me at the clinic?

Our clinics provide hospitalization only for the patients and do not have extra accommodation for partners/friends. We will help you find suitable accommodation which is within walking distance from the clinic so that he/she can visit you after the surgery.

What do I need to avoid before the surgery?

It is very important that you do NOT smoke, eat or drink anything from midnight of the previous day. Also you should have comfortable clothes and a good book to read while at the clinic.

## PROCEDURE

How much pain is involved in plastic surgery?

Each plastic surgery procedure has some level of discomfort, and requires different methods of anesthetizing. You will receive painkillers and antibiotics to minimize the pain.

Will plastic surgery leave a scar?

All procedures heal with a scar; however, most can be placed within a natural crease to minimize their visibility.

Which doctor will do my surgery? When are the earliest appointments?

You can choose the doctor you feel is most qualified and with whom you feel the most comfortable. Of course we can recommend a doctor whom we feel will be the best for your selected procedure. There is no waiting list for surgeries, so you can select a clinic and a doctor as early as for the upcoming month.

# FAQ



## PROCEDURE

Will I receive painkillers? Will they cost extra?

You will receive all necessary medicaments from our clinics. This includes antibiotics and painkillers, which are included in the ALL inclusive price.

I understand that I will need compression garments after the operation. Will they be given to me or do I need to purchase them?

You will receive necessary compression garments at the clinic and they are included in the ALL inclusive price.

What happens if I decide to cancel my operation? What happens if I do not pass the pre-treatment tests? Will I get my money back?

If you do not pass the pre-treatment tests or decide to cancel the surgery upon your arrival in Prague, you will not pay for the surgery. The only amount which is non-refundable is the deposit payment. In the case of serious illness, we can re-schedule the date of the surgery without any extra costs.

## POST-OPERATION CARE

How does post-operative care work?

At the clinic you will sign a contract and if anything goes wrong after the procedure, you will be consulted directly with the doctor who performed the surgery. In the event that you will need to return to Prague for another procedure as a result of the initial one, no extra fee will be required, however you will still need to pay the travel and accommodation expenses.

If, once you get home, you start to feel unwell and think that this is a direct result of your cosmetic surgery; you will need to see your own medical doctor. The most common issue that can occur is an infection of the wound, which should be treated by keeping the wound clean, having it dressed with clean dressings and by taking antibiotics.

# Contact Our Team



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*"I am here to help you make your stay easier and more comfortable"*



RICHARD KVĚCH

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*"We do our best in informing our clients about medical treatment in magical city of Prague"*



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*"I am excited to meet new people and show them how beautiful our country is"*

We are looking  
forward to meeting you  
in Prague!