



**GRANITE BAY**  
cosmetic surgery

# Cosmetic Surgery Guide for Out-of-Town Patients

Traveling to Granite Bay Cosmetic Surgery for exceptional care & fabulous results

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## Medical tourism: Is traveling for cosmetic surgery right for you?

Finding your perfect plastic surgeon can be a challenge—particularly if you live somewhere with limited options. But putting in the extra time, effort, and research is absolutely worth it! Your safety, comfort, and results are all dependent on choosing the right surgeon for you. Unlike your prom date, this is not a situation where you want to settle for “good enough.”

But what happens if you don't find what you're looking for in your hometown? Traveling for medical care may seem daunting, but this growing trend offers a number of benefits for patients hoping for a private, safe, and positive cosmetic surgery experience. It's important that we make an important distinction about medical tourism early on: **traveling abroad for budget procedures is a risky move** that we do not recommend. Some other countries do not have the same strict sanitation and safety measures we do in the United States, and should anything go wrong, you may not be protected like you are back home.

On the other hand, the **US has a number of systems in place to make finding a reputable surgeon an easier process than other parts of the world**. But that doesn't mean you can close your eyes, point to the map, and find an excellent surgeon. You need to know what to look for—and we're here to help!

The Granite Bay Cosmetic Surgery doctors and team have helped patients from all over the country look amazing and feel fabulous—and we want to make sure patients traveling to the Sacramento area have a top-notch cosmetic surgery experience.

With a temperate climate and small town feel, Granite Bay is a wonderful location for having your procedure and recovering comfortably. Our closeness to Sacramento means that you will also have access to all the amenities you desire as you heal. We love our home and can't wait to share it with you!

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## Finding your perfect match: How to choose a plastic surgeon

After you've decided to have cosmetic surgery, one of the most important choices you'll make is *who will perform your surgery*. For those willing to travel, your options are nearly limitless—and you have room to be picky.

Here are a few important things to look for as you explore surgeon websites and plastic surgery communities.

- ☐ **Credentials:** *Does this surgeon have the necessary qualifications?*
- ☐ **Experience:** *Do they have a history of successful outcomes with my procedure of interest?*
- ☐ **Reviews:** *What do real patients think about this surgeon?*
- ☐ **Before & after images:** *Does this surgeon's results match my aesthetic preferences?*

- ❑ **Facility accreditation & privileges:** *Does this surgeon operate in a safe, accredited environment?*

## Credentials & experience

Any surgeons you are interested in should be transparent and forthcoming about their education, credentials, and experience. This information is typically prominently displayed on their website or various doctor profile pages.

Surgeons who are **board certified in plastic surgery by the American Board of Plastic Surgery (ABPS)** have received extensive specialized training in reconstructive and cosmetic surgery and passed comprehensive examinations. Because *any medical doctor can legally perform surgery*, it's incredibly important to ensure you are working with a surgeon who has the appropriate training in the procedures they are performing. Legally, surgeons cannot market themselves as being board certified plastic surgeons unless they have received this credential. You can [verify your surgeon's certification or search for certified plastic surgeons all over the country](#) on the ABPS website.

Additionally, choosing a surgeon who is **experienced in your procedure of interest** is one of the best ways to ensure your surgery, recovery, and outcome are all positive. While only some of this info can be gleaned online (their before and after gallery, number of reviews for a specific procedure, etc.), don't hesitate to reach out to an office requesting more information.

## Getting the most out of plastic surgeon reviews

Everyone has an opinion—and online review sites make sure you can read firsthand experiences of patients who have previously worked with a surgeon you're interested in. Patient reviews are a great way to learn about a surgeon and their practice, but they are not without bias.

When reading reviews, make sure to look at **both the good and the bad**. One bad review does not mean a surgeon isn't a worthwhile option, and many factors can impact the nature of a review. It's important to consider these factors and look at the bigger picture to figure out if a surgeon is right for you...or if you should move on.

- **Personalities can clash.** Not everyone gets along, and patients prize different characteristics in their surgeons. One patient may want to work with a surgeon who gets straight to the point, while another may feel more comfortable with a more talkative doctor who explains all the details. If you see a comment about bedside manner, read the specifics and make a call on whether it's a good fit for you or not. (Still unsure? That's what consultations are for! If a potential surgeon is out of town, you'll have the opportunity for "meet and greet" by virtual consult.)
- **Patient expectation versus what realistically can be provided.** Cosmetic surgery does have limitations—and even the most talented plastic surgeons cannot push the boundaries of what is physically (and safely) possible. When a patient wants to look just

like a certain celebrity or have changes made that aren't healthy or achievable, no surgeon is going to be able to make them happy.

- **There is a chance the patient is in the wrong or fabricating details.** If a particularly bad review stands out against a sea of praise, it may be special circumstances. Look to see if the practice responded trying to clear things up or set the record straight—often the practice response can tell you as much as the initial review.

So, what should you be looking for? Here are a few steps to follow:

1. **Make sure you're on a reputable review platform.** In addition to standard sites like Yelp and Google reviews, there are review sites dedicated to healthcare and even specifically plastic surgery. After doing a general review search, be sure to look up any potential surgeons on [RealSelf](#)—this popular plastic surgery community offers in-depth reviews, Q&As, and before and after images, so it's worth checking out.
2. **Learn to recognize actual patient reviews.** It's common for surgeons to showcase reviews on their own websites, but make sure you're also seeing the same quality of reviews on other aggregate review sites. Most sites have systems in place to deter fake reviewers or take down inauthentic reviews shortly after they're posted, but these systems are not infallible. Look out for reviewers with only one review, very nasty responses that don't offer any verifiable information, or glowing recommendations of other local surgeons.
3. **Pay attention to dates and make sure you're looking at reviews specific to your surgeon.** Sometimes review pages for multi-doctor practices or practices that were "bought out" by a different surgeon can house reviews that aren't relevant to the surgeon you're considering. While it's important to get a feel for the practice as a whole (you'll be working with patient coordinators, admin staff, and nurses, too!), you don't want to judge a potential surgeon on another surgeon's reviews.
4. **Don't dwell on the negative.** Even the very best surgeon can't make every single patient 100% happy all of the time—and almost every surgeon you scope out will have at least one or two less-than-stellar reviews. Unless the bad outweighs the good, use both great and so-so reviews to get an idea of the strengths and weaknesses of the surgeon and practice.

## How to review before & after cosmetic surgery photos

Nearly every plastic surgery website you come across will have a [before and after photo gallery](#) showcasing the surgeon's work. These photos are a fantastic way to see the quality of a potential surgeon's work, in addition to helping you visualize your results.

While looking at photos and determining what is or isn't a good result seems easy, it's important that you understand what to look for to get the most out of your viewing experience. Here are a few expert tips from GBCS doctors.

**Find patients who had similar concerns as you.** Look for images where the “before” photo is similar to you in terms of body shape, appearance, and concerns. This is the best way of understanding what a particular surgeon can do for you in terms of results.

**Don't be overly focused on one procedure; be sure to look at related options.** An easy mistake to make is only looking at the specific procedure you initially had in mind. For example, you may have wanted a [breast augmentation](#) for years, but if you have had children or lost weight, a [breast lift with augmentation](#) may be a much better way to get the results you want. So, be sure to browse through multiple galleries. Focusing on patients who match you before and have after photos you like should help you hone in on the right procedure.

**Pay attention to dates.** For many procedures, final results can take a year or more to appear. Unfortunately, the after images you see online may have been taken anywhere from just a few weeks after surgery to over a year after, making it hard to compare one surgeon's results with another. When photos are taken soon after surgery, you may see incisions that aren't fully healed, residual swelling and bruising, or even implants that look unnatural because they haven't yet “settled.” On the other end of the spectrum, after photos that are far out will likely seem like better results simply because they are more fully healed. If you can't tell how far along in the healing process a patient is and are having a hard time comparing results between surgeons, contact the practices.

**Ask to see more photos when you have your consult.** In consultation, the practice should be able to show you more patient photos that are particularly relevant to your concerns, as well as long-term results that aren't available online.

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## About your consultation

Once you've decided to have your procedure, done all your research, and narrowed down your list of potential surgeons, the fun can really begin! Before any procedure is formed, you'll have the opportunity to consult with a surgeon—and it's the perfect time to [get to know them](#), learn more about your procedures of interest, and discover what solutions are available to you.

It's important to plan ahead, however. Surgeons can be booked for months in advance for both consultation and surgery, so you may need to be flexible with your time.

### In-office consultation

If you are able to travel for your consultation, you will meet with your doctor at Granite Bay Cosmetic Surgery for an in-office consultation. You'll start your appointment by meeting your

patient care coordinator, who will welcome you and show you to a private room. There, we'll gather some more comprehensive information about your medical history, medications, etc.

Once your medical assistant has all the information she needs, you'll meet with your doctor to chat about your concerns and goals. They will examine your areas of concern, review what procedure(s) will help you achieve your goals, and make expert recommendations for a surgical plan that will give you results you love.

To help you visualize potential results, you'll get to review previous patient before & after photos and even participate in more interactive activities, such as breast implant sizing for those considering a breast enhancement procedure.

After you and your doctor have finished, you'll once again touch base with your patient coordinator, who will provide you with information about the surgical process, timing, and pricing. She can answer any questions you may have about scheduling and travel, financing your procedure, and how to best prepare for surgery.

## **Virtual consultation**

If you're considering a number of surgeons who are located far from your home, it's understandable that you won't be able to participate in an in-person consultation. But thanks to the wonders of modern technology, you don't have to! While a face-to-face consult is preferred, our doctors offer [virtual consultations](#) for those who are unable to make it to our office or who prefer the privacy of an at-home consult.

Your virtual consultation will cover the same information that would be covered in-person—the main difference is your physical examination. For your virtual consult to be successful, it's important that you fully fill out the intake form and provide the requested images of yourself prior to your appointment. Your doctor will review all of these materials before your scheduled consultation so they can determine if you're a good candidate and is prepared to discuss your options.

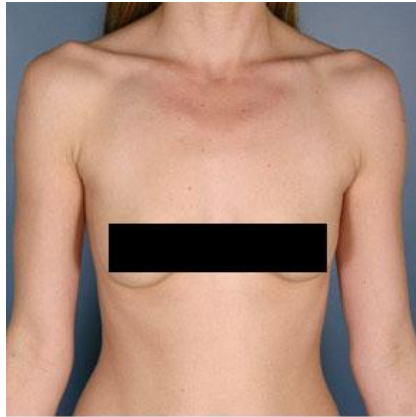
After your virtual consult, you'll receive a packet of information that includes details on your proposed procedures, a price quote, post-op instructions, and any pre-op medical clearances, prescriptions, or instructions you may need.

It's important to note that whether you meet in person or virtually, patients over 50 or anyone with special medical circumstances may require further medical clearance from a primary care physician. This may include an EKG, additional blood work, or other tests to ensure we have all the information we need to keep you safe during your procedure.

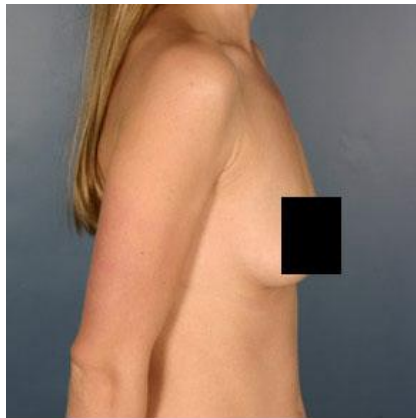
### **Tips for taking photos for your surgeon when consulting from afar**

If your doctor won't be able to examine your areas of concern in person, it's important that they has a quality visual representation. When taking your photos, it is best to capture multiple angles to provide them with a good overview of your anatomy. Typically, your doctor will request **front**,

**left, right, 45 degrees left, and 45 degrees right** angled images. Make sure you are in a well-lit area and are using a quality camera or mobile phone. (Remember, it's not about looking perfect, it's about your pictures being accurate—this is not a time to use filters!)



Example frontal view



Example side view

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## Scheduling your surgery

If you're feeling great about your consultation and are ready to move forward, it's time to select a surgery day! As an out-of-town patient, this may take a little more consideration—and it's important to think ahead to ensure smooth sailing.

### Making travel plans

Taking the time to properly plan for your trip in advance will save you frustration later. We recommend creating a step-by-step plan for your trip to Granite Bay, which will help you work out any kinks before you arrive and allow you to travel and recover without added stress.

Prior to purchasing a plane ticket to Granite Bay or booking your hotel, make sure your surgery date is secured and ready to go. Simply share your potential itinerary with your patient coordinator before booking—that will allow us to make sure your plans look A-OK before you purchase plane tickets and book lodging.

*Securing a date for surgery requires a **10% deposit** of the surgery quote total and full payment must be complete **two weeks prior to the day of surgery**.*

## How long to plan your stay in Granite Bay

The length of your stay will be up to you and your doctor. After your consultation, your doctor or patient coordinator will provide you with specific information about your procedures, your recovery timeline, and when it will be safe to travel. Many patients like to extend their trip for a “mini vacation,” allowing extra time before surgery or after the initial recovery period to take in sights or relax.

Below are the minimum days we recommend you stay before and after your procedure. These times may change depending on your individual healing process, personal schedule, or recommendations from your doctor.

We recommend **at least a 5 - 7 day stay** for the following procedures (one day before surgery and five to six days after procedure):

- [Breast augmentation](#)
- [Breast implant repair](#) or [replacement](#)
- [Labiaplasty](#)
- [Eyelid surgery](#)
- [Male chest reduction](#)
- [Fat transfer](#)

We recommend **at least an 8 day stay** for the following procedures (one to two days before surgery and at least seven days after procedure so post-op appointment and suture removal may be performed):

- [Breast lift](#) or [breast reduction](#)
- [Breast augmentation with lift](#)
- [Tummy tuck](#)
- [Liposuction](#)
- [Brazilian butt lift](#)

If you are having multiple procedures performed, such as a [mommy makeover](#) or [body contouring after weight loss](#), your doctor may recommend lengthening your stay to ensure your safety.

## Preparing for surgery & recovery

Traveling for top-notch medical care can be a rewarding experience—just be aware that recovering from surgery away from home can come with a few challenges. You won't be feeling your very best during the first few days after your procedure, and you may find yourself missing



some of the comforts of home. Here's a breakdown of the logistics you should consider as you're planning your stay.

**Psst! [The Recovery Checklist](#) can be easily adapted to your travel plans!**

## Bring your “procedure pal” or let us help

When it comes to traveling for cosmetic surgery, we're big advocates of the “buddy system.” If possible, bring along your sweetheart, a good friend, or a family member to help you during your first few days of recovery—particularly if your procedure requires you to go under general anesthesia. You won't be able to drive yourself for a few days, and certain simple tasks may be more challenging. Having a helping hand can go a long way as you start the healing process.

If you're flying solo, let us know. We can work with you to ensure you have access to everything you need on surgery day to start healing safely and comfortably. Thanks to one-tap-away driving services, food delivery, and helpful hotel concierge services, you should be able to binge-watch your favorite show in peace while still having all of your needs met. Be sure to [look over the section on planning your visit for our top recommendations](#).

## Safety & precautions

Your doctor's highest priority is ensuring your safety and satisfaction with your cosmetic surgery experience—and it's important that you are equally invested in the success of your procedure. Though you may not be able to consult in person, it's crucial to be transparent and forthcoming with information about your medical history, medications or supplements you take, and your personal habits so your doctor has all of the information they need to perform your surgery safely.

Before surgery, once your doctor has reviewed all of your information, you will receive detailed instructions based on your individual circumstances and procedure. However, there are a few general precautions you should take prior to any surgery:

- No smoking, vaping, or nicotine usage (of any kind!) *at least* one month before or after surgery (your nicotine levels will be tested during pre-op).
- Avoid vitamins at least 10 days before and after surgery unless approved by your doctor
- Don't take any supplements (whether they're natural or not) that your doctor hasn't cleared as safe.
- Only use recommended products on healing incisions.

Ignoring any of the above advice may result in difficulties healing, excess bleeding, or bad interactions with anesthesia or pain meds in the short term. But that's not all—following the rules is also key to getting attractive results, so keep your eyes on the prize and adhere strictly to all instructions we provide along the way.

## Aftercare & recovery

While our doctors use the latest techniques to ensure your recovery is as brief and comfortable as possible, there's no escaping the fact that surgery comes with some not-so-fun experiences during the first few days. That being said, preparing yourself for what's to come is one of the best ways to tackle your recovery like the rockstar that you are!

If your procedure requires general anesthesia, surgery day will be a wash. When you wake up, it's normal to have an "anesthesia hangover": a little confusion and loopiness bundled with some difficulty gauging depth perception, dry mouth, and even constipation. This will slowly wear off in the hours after your procedure, but you'll need a ride back to your hotel room and to take it easy for the evening.

After any surgery, postoperative tenderness, bruising, and swelling at the incisions sites and surrounding areas is perfectly normal. Depending on what type of procedure you've had, there may be some limitations you'll have to get used to, such as not lifting your arms after breast augmentation or avoiding bending and lifting after a tummy tuck. You will be provided with detailed aftercare instructions for your specific procedure.

## Travel considerations

If you're coming from a long way, we may recommend extending your stay so you can be as safe as possible, particularly if long flights are part of your travel plan.

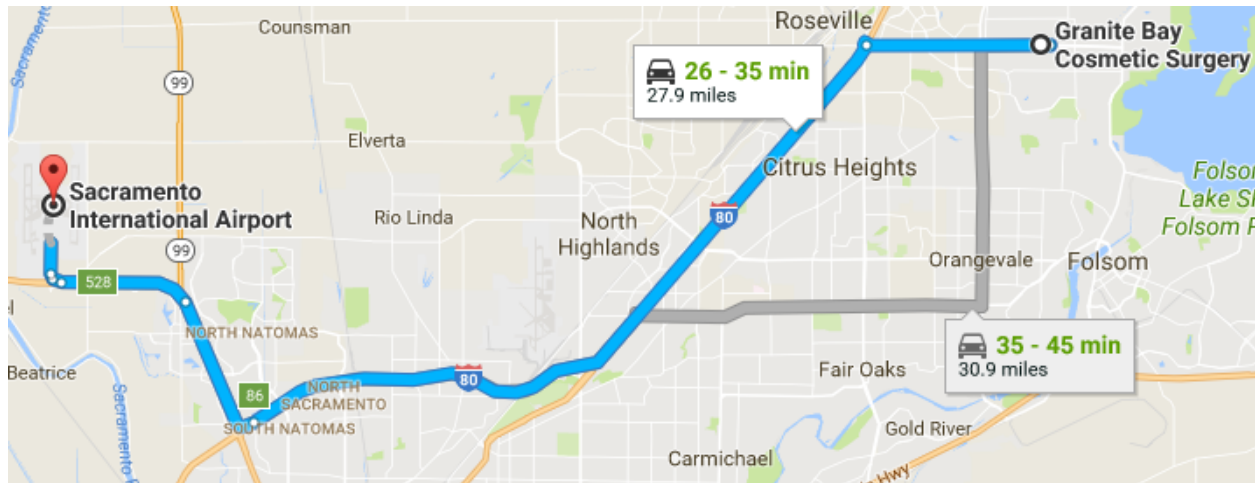
If you must travel for longer than 5 hours, it is important to speak with your doctor about any additional instructions you must follow for your safety. During travel, you will be encouraged to walk for at least five minutes every two hours and flex or extend knees and ankles to improve your circulation.

## Planning your visit to Granite Bay Cosmetic Surgery

Granite Bay is a great place to have your procedure performed—we have the feeling of a small, close community with the conveniences of a large city nearby. Here's what you need to know to make your stay comfortable, enjoyable, and easy. If you find yourself wanting more personal recommendations along the way, just ask! We are happy to assist you in any way we can while you're visiting our beautiful home.

## Where you'll land

If you're flying into town, our closest major airport is [Sacramento International Airport \(SMF\)](#), which is conveniently located just 30 minutes away. You'll find our airport is a hub to most major national and international airlines—a good thing, as a direct flight home will be appreciated after your surgery!



[Click here for turn by turn directions to our locations from SMF](#)

## Getting around Sacramento & Granite Bay

### Car Rental Agencies

If you're traveling with a friend, family member, or partner, a rental car may be the most affordable and convenient option. Sacramento International Airport has a number of [car rental companies available on site](#), so pickup and drop-off will be a cinch.

- [Advantage](#)
- [Alamo](#)
- [Avis](#)
- [Budget](#)
- [Dollar Rent-a-Car](#)
- [Enterprise](#)
- [E-Z Rent-a-Car](#)
- [Hertz](#)
- [National](#)
- [Payless Car Rental](#)
- [Thrifty](#)
- [Zipcar](#)

### Taxi & rideshare services

The [Sacramento Independent Taxi Owners Association \(SITOA\)](#) provides on-demand taxi service at the airport, and well-kept cars are typically available with little-to-no wait time. Taxis are located in the ground transportation area across from the baggage claim.

For getting around town during your stay, the following taxi services are available in and around Granite Bay:

- Folsom Taxi Service, (916) 821-4471
- California VIP, (916) 783-1444
- Taxi Roseville, (916) 432-5200
- Jay's Taxi Services, (916) 504-8500

If taxis aren't your style, consider using [Lyft](#), [UBER](#), or [Wingz](#) to easily schedule a ride with the tap of a finger.

### Airport shuttles

When you land at Sacramento International Airport, you'll have access to a number of shuttle services to get you to and from your hotel.

The airport **SuperShuttle service** provides on-demand sedan and van services to surrounding areas, including Yolo, El Dorado, Placer, San Joaquin, Yuba, Butte, Solano, Sutter, and Nevada counties. Call (800) 258-3826 for information on pricing and reservations.

### Where to stay

There are numerous wonderful accommodations in Sacramento and Granite Bay. Because you will only be at our facility for pre-op, surgery, and follow-up appointments, you may wish to consider lodging that is closer to Sacramento's many resources and sights. We've also included lodging options that offer wheelchairs and/or secure parking to make your stay as safe and comfortable as possible. Whatever your preferences (or budget), we're sure there's a perfect spot for you to rest your head while you're here.

**WC:** Offers wheelchairs

**SP:** Secure parking

**K:** Has kitchenette

#### Hotels in Folsom, Roseville, and Rocklin (10-20 minute drive)

- [Hampton Inn & Suites](#)
- [Hilton Garden Inn](#)
- [Hyatt Place](#) WC, SP
- [Larkspur Landing](#) SP, K
- [Staybridge Suites](#) K
- [TownePlace Suites](#) K
- [Courtyard by Marriott](#) WC, SP, K
- [Residence Inn](#) WC, K

#### Hotels in Sacramento and Rancho Cordova (20 - 35 minute drive)

- [Embassy Suites](#) WC
- [Hilton Arden West](#) WC
- [Hyatt Place](#) WC, SP
- [Marriott Rancho Cordova](#) WC
- [Sheraton Grand Sacramento Hotel](#) WC, SP
- [Sterling Hotel](#)

If you prefer to feel a little more at home, consider checking out [Sacramento AirBnB vacation rentals](#); just be sure any place you choose is quiet and has enough space for you to properly rest and recover post-surgery.

## Things to do, see, & eat

Depending on how long you'll be here, you may have some free time before and after your procedure to join your travel companion for some light sightseeing and gourmet meals in our local area. Just be sure you have your doctor's clearance and don't do anything too strenuous.

### Where to get your grub on

Even though you won't be feeling up to getting out the first few days after surgery, you still need to eat—particularly if you're on pain meds. Here are some great delivery and takeout options:

- Check out [DoorDash](#) or [GrubHub](#) to see who delivers to your hotel
- Sign up for [Caviar in Sacramento](#) and they'll deliver any type of meal your heart desires
- Ask your hotel concierge or front desk staff for a list of local spots that deliver or have great takeout

Before your procedure or once you're feeling a little more like yourself, you may want to explore some of our awesome local restaurants. Here are a few of our personal favorites:

- [Farmhaus in Granite Bay](#): Modern American dishes lovingly prepared & presented
- [Vaiano Trattoria in Granite Bay](#): Delicious Italian fair, just down the road from our office
- [Hazumi Sushi Bar in Granite Bay](#): Freshly prepared sushi with a variety of ingredients
- [La Cosecha in Sacramento](#): Trendy Mexican dining with an al fresco bar and street food
- [Canon East in Sacramento](#): Casual experience with mouthwatering "share plates"
- [Grange in Sacramento](#): High-end, farm-to-fork menu sure to delight
- [Zócalo in Roseville](#): Modern Mexican dishes with an elegant atmosphere
- [Marly and Moo in Folsom](#): American gastropub featuring seasonal fare
- [Anatolian Table in Rocklin](#): Turkish cuisine for a flavor vacation
- [Lucille's Smokehouse in Rocklin](#): West coast barbeque with a Southern kick

### Places to go & things to do

After a few days, you may be tired of staring at the walls of your hotel room and feel ready to start slowly resuming life. Once your doctor gives you the go ahead, you can begin exploring—in moderation. Make sure you don't overdo it and take small breaks throughout any outings. Below are a few spots to consider checking out before you hop on a plane back home.

Walking is a great, low-key way to keep circulation going and get a little movement as you heal.

**Take your jaunt up a notch** by heading to the [Folsom City Zoo Sanctuary](#) or the [Sacramento Zoo](#)—cute animals are a surefire way to make you feel better!

If you'd prefer a little **arts and culture** instead, head over to one of the following great museums and historical sites in the area:

- [Crocker Art Museum](#)
- [Folsom Prison Museum](#)
- [California Railroad Museum](#)
- [Sutter's Fort Historic Park](#)
- [Old City Cemetery](#)

A little **shopping adventure** has a way of perking us up—and if you're of a similar mind, you're in the right place. Put on some comfy shoes, commit to pausing for a break every half hour or so, and hit up the following spots for some retail therapy.

- The [Westfield Galleria at Roseville](#) gives you a variety of stores in one general location.
- The [Fountains at Roseville](#) offers 40 stores and a small selections of restaurants, so you can while away an afternoon at your own pace.
- Visit [Old Sacramento](#) to browse local shops for souvenirs while exploring historic landmarks.
- If you prefer a little age on your purchases, head over the Rancho Cordova to find [vintage goods](#) and antique furniture.

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## Getting started & scheduling your consultation

The first step in your journey is to call our office at (916) 242-2662 or fill out [our online contact form](#). Let one of our friendly patient coordinators know that you are located out of town, and we'll help get your special consultation setup as well as explain the scheduling process.

**We look forward to meeting you!**

## About Granite Bay Cosmetic Surgery

Our top-notch surgeons and aesthetic services team are 100% committed to patient safety, satisfaction, and success. It's no secret how we achieve this: we listen to you, provide straightforward guidance, and apply our expert training and know-how to deliver results you'll love.

Our luxurious, full-service facility is designed to provide patients with a premium cosmetic care experience, whether you are coming in for a bit of BOTOX or a long-awaited mommy makeover. Let us wow you with our clean, comfortable, and serene office, outfitted with all the advanced aesthetic technology you need.

We offer all the procedures, treatments, and expert advice you need to look your best: facial rejuvenation, breast reshaping and body contouring, plus the most trusted non-surgical treatments and customized skincare. Count on our team to help you look naturally beautiful and feel seriously confident.

### Our Surgeons



Dr. Christa Clark



Dr. Haley Bray