



FOR IMMEDIATE RELEASE

Contact: Beverly Jackson at bev@CosmeticSurgeryTravel.com, Telephone (602) 412-3607

Top 10 Do's and Don'ts for planning medical travel outside the U.S.A.

Scottsdale, Arizona (October 25, 2005) -- Now that traveling overseas for plastic surgery to countries like Thailand, India and Mexico is quickly becoming a reasonable alternative to having surgery at home, many people are wondering how to plan their first – and often only – medical vacation this holiday season.

“It’s important to do it right with careful planning from the start. A medical traveler is almost always on a tight time schedule, with no spare hours for delays or changes,” says Julie Munro, CEO and Chief Medical Concierge of Cosmetic Surgery Travel, the leading American medical travel planning service.

The well-prepared medical tourist reduces the chances of unexpected problems. “Things can happen, and they need to be ready,” says Munro, who arranges medical procedures including cosmetic surgery, joint replacement and coronary bypass surgery for clients going to Bangkok, Thailand.

Munro offers her list of top 10 do's and don'ts for planning a successful medical vacation which includes questions to ask before leaving home; why one shouldn't rush into things; why one can't depend on the Internet for research; and what information to get in writing.

Three of the top ten are:

1. Do go where you know you'll get excellent medical treatment. Few countries promoting “medical tourism” have high medical standards.
2. Do plan ahead, especially if you'll be traveling at peak tourist times. You'll be competing for treatment with other medical travelers and for hotel space with regular tourists.
3. Don't cut costs by going with the “lowest bidder” of surgery or a budget hotel. It may sound like a good idea now, but experience shows you may be sorry later.

The rest of the list is at www.CosmeticSurgeryTravel.com/top-10-medical-tourism-dos-and-donts

Above all, Munro urges the use of a medical concierge or medical travel planner. A good, experienced medical concierge has a direct pipeline into the best doctors and hospitals. In the long run, medical travelers will save money, get the best treatment, have a stress-free recovery and return home truly relaxed.

Cosmetic Surgery Travel LLC is a U.S. company that arranges exclusive medical vacations in Thailand, including cosmetic surgery, gastric bypass surgery, heart-related surgery, joint-replacement surgery, dental and vision surgery. The company provides medical travel planning and medical concierge services for travel agencies and other medical advisors.

For more information, please contact Beverly Jackson at bev@CosmeticSurgeryTravel.com, telephone (602) 412-3607 or visit www.CosmeticSurgeryTravel.com

###