



T A M P A B A Y  
B O D Y S C U L P T I N G

# Out-of-Town Patient Guide

## Traveling to Tampa for Surgery

At Tampa Bay Body Sculpting, we work with patients from across Florida and throughout the United States who travel to Tampa for cosmetic surgery. Our goal is to make the process as simple, comfortable, and stress-free as possible by helping you prepare for every step of your journey.

From your initial virtual consultation through recovery and your return home, our team is here to help guide you through the process.

## Before You Travel

### Schedule Your Consultation

Many patients begin with a virtual consultation to discuss their goals, review photos, and receive personalized procedure recommendations from an experienced provider within our network.

### Complete Required Medical Clearance

Depending on your procedure, medical history, and provider requirements, pre-operative testing or medical clearance may be required before surgery.

### Plan Your Recovery

Arrange for adequate time away from work and personal obligations. Recovery timelines vary depending on the procedure performed.

### Book Travel Early

We recommend securing flights and accommodations as soon as your surgery date is confirmed to ensure availability and pricing.

## What to Bring

To help make your recovery more comfortable, consider packing:

- Government-issued photo identification
- Comfortable, loose-fitting clothing
- Slip-on shoes
- Medications approved by your provider
- Compression garments if instructed
- Phone charger and personal items
- Travel pillow for additional comfort
- Medical paperwork and instructions

## Arriving in Tampa

We recommend arriving at least one day before your scheduled procedure whenever possible. This allows time to settle into your accommodations and complete any final appointments or evaluations.

Patients commonly fly into:

- Tampa International Airport (TPA)
- St. Pete-Clearwater International Airport (PIE)

## Surgery Day

On the day of surgery:

- Follow all instructions provided by your surgical team
- Wear comfortable clothing
- Arrange transportation to and from the surgical facility
- Have a responsible adult available to assist you following surgery

Most providers require patients to have a caregiver available during the initial recovery period.

## Recovery After Surgery

Recovery requirements vary by procedure, but patients should plan to remain in the Tampa area for their provider's recommended recovery period and follow-up appointments.

During recovery:

- Follow all post-operative instructions
- Wear compression garments as directed
- Stay hydrated
- Walk frequently as recommended
- Attend all follow-up appointments
- Contact your provider with any questions or concerns

## **Traveling Home**

Before returning home:

- Obtain clearance from your provider
- Follow all travel recommendations
- Continue wearing compression garments if instructed
- Stay hydrated throughout your trip
- Walk periodically during longer flights or car rides

The timing of your return home will depend on your procedure and recovery progress.

## **Frequently Asked Questions**

### **How long should I stay in Tampa after surgery?**

The recommended length of stay varies depending on the procedure and your provider's instructions. Your surgical team will advise you on the appropriate recovery period before traveling home.

### **Can I travel alone?**

Most providers require patients to have a responsible adult available during the initial recovery period. We recommend arranging for a companion whenever possible.

### **Are virtual consultations available?**

Yes. Many patients begin the process with a virtual consultation before traveling to Tampa.

### **When can I fly after surgery?**

Travel recommendations vary depending on the procedure performed and your recovery progress. Your provider will advise you on when it is safe to fly.

## **Will I need follow-up appointments?**

Most procedures require follow-up visits to monitor healing and recovery. Your provider will discuss your personalized follow-up schedule.

## **Why Patients Choose Tampa Bay Body Sculpting**

- Access to experienced providers within our trusted network
- Personalized guidance throughout the process
- Virtual consultation options
- Support for out-of-town patients
- Transparent communication and planning
- Assistance coordinating your cosmetic surgery journey

*Disclaimer: Tampa Bay Body Sculpting is not a medical provider and does not perform surgical procedures. Procedures are performed by independent licensed providers within our trusted network. Individual recovery experiences and travel recommendations may vary.*