



Bums, Tums & Gums

Medical Tourism — Your Questions Answered

www.bumstumsandgums.co.nz · info@JBTG.co.nz

"You're the hero of this journey — and every hero deserves a trusted guide."

Why Travel With Us?

Planning surgery overseas can be life-changing — but it's also full of unknowns. Flights, transfers, hospital systems, language barriers, what to pack, where to stay, who to trust. Without the right support, it's easy to feel overwhelmed or make costly mistakes.

With over **45 years of travel experience** and extensive knowledge of the medical tourism world, I've seen every pitfall and planned around every curveball. I'm not just a tour guide and travel agent — I'm your **advocate, organiser, and on-the-ground support** from start to finish.

When you travel with me, everything is arranged — flights, accommodation, hospital pick-ups, appointments, translations, and recovery time. You have someone who knows the clinics, knows the surgeons, and knows how to handle the unexpected.



This is your story — your transformation. Let me help you make it safe, seamless, and supported.

India — Procedures & Specialties

Robotic-Assisted Orthopaedic Surgery

Robotic-assisted orthopaedic surgery is a modern, minimally invasive technique that uses advanced robotic technology to enhance the precision of joint replacement procedures, such as hip or knee surgery. The surgeon remains fully in control while the robotic system assists with accurate positioning and alignment of implants. This often results in **smaller incisions, reduced pain, quicker recovery, and improved long-term outcomes**.

Our specialists are internationally renowned. To learn more, explore our online booklet on India, where you can hear directly from **Dr. Mudit Khanna** as he discusses the surgical process and what patients can expect.

Dentistry in India

Our dental partners in India offer state-of-the-art care at a fraction of New Zealand prices, without compromising on quality. From single implants to full-mouth restorations, these internationally trained specialists use the latest technology in modern, accredited clinics. For a personalised quote, send us a **panoramic X-ray** for the most accurate assessment.

Aesthetic & Cosmetic Surgery

Our aesthetic surgery partner in India is a highly respected plastic surgeon with international experience, having worked in leading hospitals across **Wellington (NZ), Spain, and Sweden**. She offers a full range of cosmetic procedures — from facelifts and tummy tucks to breast surgeries and body contouring — all performed in a world-class hospital setting. Pricing is exceptionally competitive compared to New Zealand and other countries.

Specialty Surgery in India

India is emerging as a global leader in advanced medical care, offering world-class treatment across complex specialties — all at a fraction of New Zealand or Australian prices. Our partner hospitals are **internationally accredited** and known for excellence in:

Cardiology	Angiograms, stent placements and bypass surgeries with some of the country's top heart surgeons.
Organ Transplants	One of the most advanced transplant programmes in the world — kidney, liver, and cornea transplants with high success rates.
Stem Cell Therapy	Cutting-edge regenerative treatments for joint repair, neurological conditions, and chronic illnesses.
Neurosurgery	Spinal conditions, tumour removal, and complex brain procedures — internationally trained teams with the latest tools.

Thailand — World-Class Care in a Resort Setting

Thailand has long been a favourite destination for medical travellers seeking high-quality treatment paired with the comforts of a tropical holiday. Whether you're visiting for dental work, surgery, or specialised treatment, Thailand offers outstanding care at **internationally accredited hospitals** — all while staying in resort-style hotels just minutes from the beach.

Dentistry in Thailand

Thailand is renowned for exceptional dental clinics offering everything from fillings and crowns to full smile makeovers and dental implants. Our trusted partner, **Bangkok Pattaya Hospital**, is a modern, **JCI-accredited** facility with English-speaking staff, state-of-the-art technology, and impeccable hygiene standards. Prices are significantly lower than in New Zealand, but quality is equal — if not superior.

Cosmetic & Plastic Surgery

Thailand is one of the top destinations in the world for cosmetic and plastic surgery — **highly experienced surgeons**, advanced medical facilities, and a reputation for natural-looking, high-quality results. Whether you're after a facelift, tummy tuck, breast augmentation, or full body makeover, all at a fraction of New Zealand prices.

Recovery takes place in comfortable, resort-style hotels close to the hospital, with everything arranged to support your healing.

Mexico — Weight Loss Surgery

Weight loss surgery in Tijuana has become an increasingly popular option for Kiwis wanting safe, effective, and affordable bariatric procedures. Our highly accredited surgeon is not only a general surgeon but also **fully certified in bariatric surgery**. Most of your time is spent relaxing in beautiful **San Diego**, with just a short three-day trip across the border to our trusted hospital in Tijuana for surgery.

What's the Difference Between the Procedures?

Gastric Sleeve	About 80% of the stomach is removed, creating a smaller "sleeve" that limits food intake and reduces hunger hormones.
Mini Bypass	A shorter, simpler version of the full bypass. A small stomach pouch is connected further down the intestine. Good weight loss results with fewer complications.
Full Bypass	The gold standard for weight loss — best for those with severe obesity or reflux. The stomach is divided and rerouted to bypass a portion of the intestine.

BMI Pricing Notes

Standard pricing applies for BMI under 48. BMI 48–54: additional USD \$600. BMI 55–59: additional USD \$1,000. BMI 60+: price on application — surgery at surgeon's discretion; group tour required for monitoring.

Optional Add-Ons in Mexico

Clients may combine weight loss surgery with additional procedures including **tubal ligation, hysterectomy, hernia repair** (if discovered during surgery), or **gallbladder removal**. These are safely performed during the same operation at additional cost.

Our Two Tour Options

The Luxe Explorer (10 days / 12 nights)

Return flights to Los Angeles · Disney Village overnight · Full day Disneyland · Private van to San Diego · Outlet shopping & trolley tour · Tijuana city tour · Surgery day (exclusive theatre) · 2 days hospital · 3 days San Diego recovery.

The Lite Adventure (7 days / 9 nights)

Fly into Los Angeles · Shuttle to San Diego · Cross to Tijuana for surgery · 2 days hospital recovery · Rejoin group in San Diego · 3 days recovery · Fly home together.

Departure Dates — Your New Beginning

Mexico Luxe Explorer	Mexico Lite Adventure	India	Thailand
2026 18 Jan · 07 Apr 05 Aug · 22 Oct	2026 21 Jan · 10 Apr 08 Aug · 25 Oct	2026 28 Feb · 04 Jul 07 Nov (more TBA)	2026 15 May · 28 Nov

All India and Mexico tours are **fully escorted**. (Thailand is for independent travellers)

You're welcome to bring a support person, travel solo, or join independently on any date. Solo travellers receive the same dedicated care — flights, airport pick-ups, hotel bookings, surgery coordination, and all transfers arranged for you. **Escorted tours require a minimum of five travellers**; if fewer are booked, you'll be transferred to the next available tour.

Our Hospitals & Surgeons

All of our hospitals — whether in **India, Thailand, or Mexico** — are carefully hand-picked, as are the surgeons we work with. Each surgeon is selected based on their high level of experience, skill, and professional standing, and you will have access to their **CVs** so you can feel fully confident in who is performing your procedure.



India & Thailand	All partner hospitals are JCI-accredited — globally recognised certification ensuring the highest international standards for quality, safety, and patient care, equivalent to top Western hospitals.
Mexico	Our partner hospital is a modern, high-tech facility renowned across the country, housing weight loss surgery, dentistry, and plastic surgery all under one roof for a seamless experience.

Our goal is to provide not only affordability but also the **safety, transparency, and excellence** you deserve. We are here every step of the way.