

Patti Flint MD PC

BOARD CERTIFIED PLASTIC SURGEON · SCOTTSDALE & MESA, AZ

Out of Town Patient Guide

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Information for Out-of-Town Patients

Finding the right plastic surgeon is challenging, but it is worth putting extra effort into this important decision. Your results depend on the doctor and will be with you for years to come. We encourage you to choose a plastic surgeon that has proven experience in treating your concerns and provides results you admire, even if they are in another city. Patients who prefer a female plastic surgeon have even more reason to consider traveling for a procedure: there are less than 400 female board certified plastic surgeons in the country.

Dr. Flint has treated a larger number of patients from outside of Arizona, including many from Canada and Europe, who are drawn to her 16 years of experience, board certification in plastic surgery, and practice location in “The Valley of the Sun.”

Boasting a temperate climate for eight months out of the year, Scottsdale is a sunny resort destination that offers patients a comfortable, convenient, and private setting for their procedure and recovery. Accommodations ranging from opulent to affordable are available within five miles of our office and the accredited surgicenter where Dr. Flint performs surgery.

Should you choose to travel to have surgery with Dr. Flint, we're ready to assist every step of the way. Following is our guide to each step of the process.

1. About Your Consultation

We can provide an informative, comprehensive consultation process, no matter where you happen to reside. Depending on your individual circumstances, Dr. Flint and our Patient Care Coordinators will work with you to determine the best plan.

In-Office Consultation

For patients who choose to visit for an in-office consultation, Dr. Flint will meet with you to discuss your areas of concern and help develop a treatment plan that best suits your unique anatomy and individual goals. As a traveling patient, there are some additional requirements and precautions you will need to consider. Dr. Flint and our Patient Care Coordinators will walk you through any necessary aftercare or recovery guidelines that are pertinent to your ability to travel.

Phone Consultation

If you are unable to travel to meet with Dr. Flint in person, your first step to having plastic surgery in Scottsdale is to [schedule a phone consultation](#) with one of our knowledgeable Patient Care Coordinators. This will help us to determine if you are a good candidate for the procedure based on your goals and medical history. If so, we may also request that you share "before" photos of yourself with our team ahead of arrival to assist in communication and planning.

To aid in making the process efficient and timely, you can [download all patient forms](#) from the website and submit them in advance. Dr. Flint will review them to determine if you are a candidate for your desired procedure(s). Generally, you can schedule your consultation and surgery to occur during the same trip, if desired.

Tips for Taking "Before" Photos

If Dr. Flint has requested "before" photos, take your photos from the following angles for each area of interest:

- Facing the camera
- Left side towards the camera
- Right side towards the camera

- Body angled 45 degrees to the left
- Body angled 45 degrees to the right

Depending on the procedure you are seeking, Dr. Flint may suggest additional angles or areas of focus for you to photograph.



Contact us today to schedule your initial phone consultation. We look forward to working with you.

2. Scheduling Your Surgery

If you are traveling from out of state or out of country, Dr. Flint encourages you to contact her to arrange procedures well in advance of your desired treatment date. In order to guarantee we can schedule your procedure during your preferred travel window, please allow two to three months lead time.

The length of postoperative stay in the area will depend on the procedures performed. During your consultation, Dr. Flint or a patient care coordinator will provide you with specific information for your chosen procedure(s).

Follow-up appointments are arranged on a flexible schedule.

3. Preparing for Surgery

Taking the time to properly prepare for your surgery can make a world of difference, particularly when you are undergoing a procedure away from home.

Precautions & Safety

Patient safety and satisfaction are of the utmost importance to Dr. Flint. Providing a full list of medications and supplements is crucial for a safe surgery and smooth recovery period. Although specific instructions may vary based on patient and procedure, there are some standard things you should do prior to surgery:

- If you are a smoker, you will need to cease smoking at least two weeks in advance
- Avoid taking vitamin supplements for at least 10 days before and after surgery
- Do not take supplements or ingest food or drinks that contain ingredients that slow blood clotting or thin the blood, such as aspirin or green tea
- Create a comprehensive list of any medications, vitamins, or supplements you regularly take, including dosages to share with Dr. Flint

Your procedure and healing time will determine when it is safe to resume normal daily habits.

Aftercare & Recovery

Dr. Flint takes every precaution to ensure that you are as comfortable as possible after surgery. Some postoperative soreness, bruising, and swelling are normal. Wound care, nutrition, and medication can all contribute to the healing process.

We generally recommend traveling with a spouse, friend, or family member for most surgeries, particularly for any procedure requiring general anesthesia. You will need someone to drive you back to your hotel and stay with you for the first evening while the effects of anesthesia wear off. If you are traveling alone, inform one of our patient care coordinators, who will help arrange postoperative care and assistance for you.

We will provide you with detailed aftercare instructions appropriate to your procedure.

4. Planning Your Visit

In order to get the most out of your visit to Scottsdale, we recommend making plans in advance. Our staff is glad to offer help with your arrangements so that you can focus on preparing for your surgery.

Common Procedure & Recovery Timelines

Although your personal procedure and recovery timeline will vary based on your circumstances and chosen procedure(s), you can review average recovery times to get a rough idea of how long you should plan to stay:

- Facial procedures: most facial surgery patients are allowed to travel within 7 days of surgery
- Breast surgery: most patients are able to travel within 7 days of breast shaping procedures
- Body contouring: we typically ask patients to stay for 10 days after a body contouring procedure

Follow-up appointments are arranged on a flexible schedule.

PLEASE NOTE: If you plan to travel more than 5 hours it is important to communicate your plans to Dr. Flint. Extended air travel may pose additional risks. You may need to follow special instructions to minimize the risk of complication and ensure comfort during the trip. For most procedures, you will need to walk for at least 5 minutes per two hour period and ensure proper circulation by flexing and pointing your toes and bending and extending the knees as well.

Getting Around Scottsdale

Airport Information

Sky Harbor International Airport (PHX), Phoenix, Arizona

All out-of-town patients should book flights into Sky Harbor International Airport :

3400 E Sky Harbor Boulevard
Phoenix, AZ, 85034
General Info: (602) 273-3300
Website: www.skyharbor.com
Approximately 15 minutes from our office.

Transportation Options

We recommend traveling with a friend or family member that can assist you with travel and immediate recovery. *Plans for transportation should be considered ahead of time as you will not be able to drive yourself to or from the [Greenbaum Surgicenter](#) on the day of your procedure.*

The following transportation services are available from Sky Harbor International Airport:

Taxis, Shuttles, Sedan Service, Limousines*

TAXIS

Discount Cab	(602) 200-2000
Apache Taxi	(480) 557-7000
AAA / Yellow Cab	(480) 888-8888
Mayflower Cab	(620) 955-1355

Average rates:

- First mile: \$5.00
- Each additional mile: \$2.30
- Minimum fare: \$15.00

- Each hour of a traffic delay: \$23.00

SHUTTLES

Super Shuttle: (602) 244-9000

- Shared Van Service: \$15.00 (+ \$15.00 per additional passenger)
- Sedan Will Call: \$42.00
- Non-Stop Van Service: \$57.00
- SUV Will Call: \$62.00

LIMOUSINE SERVICE

ExecuCar luxury sedan	(602) 232-4600
Mechelle Limousine	(602) 501-5199
Monarch Limousine	(602) 531-6132
Black Pearl Limousine	(602) 290-8923

Rental Cars

Advantage	(800) 777-5500
Alamo	(800) 462-5266
Avis	(800) 331-1212
Budget	(800) 527-7000
Dollar	(800) 800-4000
Enterprise	(800) 736-8222
Firefly	(888) 296-9135
Fox	(310) 342-5155
Hertz	(800) 654-3131
National	(800) 227-7368
Payless	(800) 729-5377
Silvercar	(602) 346-9080
Sixt	(888) 749-8227
Thrifty	(800) 847-4389

Accommodations*

A clean and comfortable place to rest is an essential part of your visit to Scottsdale. Each of the following hotels come highly recommended by guests and are within close proximity to the surgery center.

5-Star Hotels**Royal Palms**

5200 East Camelback Road
Phoenix, AZ 85018
Phone: 602-977-6400
www.royalpalmshotel.com

Proximity: 3.4 miles to Scottsdale office/surgicenter and 7.2 miles from the airport

InterContinental Montelucia

4949 East Lincoln Drive
Paradise Valley, AZ 85253
Phone: 480-627-3200
www.montelucia.com

Proximity: 5.7 miles to Scottsdale office/surgicenter and 8.6 miles from the airport

The Phoenician Resort

6000 East Camelback Road
Scottsdale, AZ 85251
Phone: 480-941-3755
www.thephoenician.com

Proximity: 2.9 miles to Scottsdale office/surgicenter and 8.3 miles from the airport

4-Star Hotels**Hotel Valley Ho**

6850 East Main Street
Scottsdale, AZ 85251
Phone: 480-478-2000
www.hotelvalleyho.com

Proximity: 0.7 miles to Scottsdale office/surgicenter and 8.5 miles from the airport

Hilton Scottsdale Resort

6333 North Scottsdale Road
Scottsdale, AZ 85250
Phone: 480-948-7750
www.hilton.com

Proximity: 3 miles to Scottsdale office/surgicenter and 11.5 miles from the airport

FireSky Resort and Spa

4925 North Scottsdale Road
Scottsdale, AZ 85251
Phone: 480-945-7666
www.fireskyresort.com

Proximity: 1.3 miles to Scottsdale office/surgicenter and 10.1 miles from the airport

3-Star Hotels

Courtyard Marriott

311 North Scottsdale Road
Scottsdale, AZ 85251
Phone: 480-429-7785
www.marriott.com

Proximity: 0.7 miles to Scottsdale office/surgicenter and 8.5 miles from the airport

Hotel Indigo

4415 North Civic Center Plaza
Scottsdale, AZ 85251
Phone: 480-941-9400
www.scottsdalehiphotel.com

Proximity: 1 mile to Scottsdale office/surgicenter and 9.8 miles from the airport

Hyatt Place Scottsdale/Old Town

7300 East 3rd Avenue
Scottsdale, AZ 85251
Phone: 480-423-9944

www.scottsdaleoldtown.place.hyatt.com

Proximity: 0.7 miles to Scottsdale office/surgicenter and 9.4 miles from the airport

Where to Dine*

After your procedure, it is likely that you will need to minimize activity for at least a few days. Luckily, one of the many perks of having your plastic surgery performed in Scottsdale is our many excellent dining options. Your hotel can provide you with information about individual

restaurants that will deliver food to your room, but there are also delivery services that will bring you food for most restaurants in the area:

Eat 24 Hours - Scottsdale

With the click of a button, you can order food [online](#) and have it delivered directly to your hotel.

The Arizona Meal Man

This [delivery service](#) works directly with local restaurants to provide a varied range of options that be delivered anywhere in Scottsdale.

What to Do*

If you or your traveling companions are looking for activities to enjoy before or after your procedure, Scottsdale boasts a wide variety of things to do.

Shopping

Once you are ready to be out and about, you may want to enjoy some of our excellent retail areas. Just be sure to keep your pace leisurely. With plenty of places to rest and restaurants available between stores, browsing one of Scottsdale's shopping districts will allow you to walk at your own pace and keep circulation up as you recover. Be sure to check out these local favorites:

- [Scottsdale Fashion Square](#)
- [Scottsdale Waterfront](#)
- [Biltmore Fashion Park](#)

Museums, Galleries, and Performance Arts

Once you're ready, strolling through a museum or gallery is great way to get out of the hotel room and stretch your legs post-surgery. With more art galleries per capita than almost any other US city, Scottsdale has much to offer a lover of the arts.

Downtown Scottsdale Arts Districts & ArtWalk

Right in the heart of downtown Scottsdale you can find an array of galleries. If you happen to be out and about on a Thursday night, you can experience the ArtWalk: a long-running Scottsdale tradition and one of the best ways to see all downtown has to offer.

Scottsdale Center for the Performing Arts

If you're ready to get out of the hotel room but still need to take it easy, be sure to check in with the Scottsdale Center for the Performing Arts. With a variety of quality shows year-round, you are sure to find something to enjoy.

Scottsdale Museum of Contemporary Art

It's easy to while away a relaxing afternoon amongst thought-provoking art exhibits from both local and national artists. The Scottsdale Museum of Contemporary Art offers a sophisticated range of compelling modern and contemporary art.

Golf Courses

Golfing is a popular Scottsdale pastime and our abundance of golf courses reflects that. Below are some of the local favorites; the [Arizona Golf Courses](#) directory has additional information regarding other excellent courses.

Camelback Golf Club

7847 N. Mockingbird Lane
Scottsdale, AZ 85253
480-596-7050

Gainey Ranch Golf Club

Hyatt Regency Scottsdale Resort & Spa
Scottsdale, AZ 85258
480-444-1234

Grayhawk Golf Club

8620 E. Thompson Peak Parkway
Scottsdale, AZ 85255
480-502-1800

Legend Trail Golf Club

9462 E. Legendary Lane
Scottsdale, AZ 85262
480-488-7434

**We do not endorse any of the information presented above. We present this guide as a resource to assist with your travel plans.*
