

VIVARI AFTERCARE

Aftercare For Post-Surgical Recovery



VIVARI
AFTERCARE

Vivari Hotel & Spa
Johannesburg • South Africa

VIVARI AFTERCARE

Vivari AfterCare is a private, modern, and tranquil post-operative recovery centre located in Featherbrooke, Mogale City, Johannesburg.

Neighbouring the Walter Sisulu Botanical Gardens, Cradlestone Mall and Silverstar Casino, our facility is a wonderful place to recover while remaining near your physician and loved ones. Our licensed medical practitioners are specifically trained in providing customised aftercare nursing and post-operative care regimens.

Vivari AfterCare focuses mainly on providing skilled care to patients who are in recovery for almost any type of outpatient surgery. Surgical recovery can be difficult to endure, especially in the first week. Our goal is for you to have a smooth and pleasant surgical recovery experience so that you are back on your feet as soon as possible.

THE BEST SOUTH AFRICAN POSTSURGICAL RECOVERY

Vivari AfterCare is the finest post-surgical care facility in Johannesburg. We offer 24-hour licensed nursing care to patients who are recovering from cosmetic or elective surgery procedures. Recovering at our facility is much easier than trying to recover at home.

Vivari AfterCare serves physicians and patients coming from the Johannesburg and Pretoria Metro area and beyond, serving the East and South Rand and the surrounding communities.

Please call our office for more information.

CARE

Our staff members are committed to your safe and rapid recovery. Trust your care to licensed medical practitioners that know how to care for you after you have had plastic surgery or a similar elective surgical procedure.

COMFORT

Recover in a beautifully modern and peaceful setting that will allow you to focus on getting better. Vivari AfterCare is conveniently located in Johannesburg, Featherbrooke.

PRIVACY

Our facility is secure and provides a safe environment for your recovery. We have several different room options, and all rooms are well-appointed and provide a secure place for your quick recovery.



OVERVIEW

Vivari AfterCare is a specialised recovery centre evolved for patient care and needs. Surgical recovery is a stressful time for many patients. At our centre, we strive to alleviate that stress and optimise the body's healing.

Aftercare has classically been underutilised in the healing process for surgical patients. Our goal is to take you through this brief journey in experienced hands in a way that will promote tranquillity, wellness and healing. The staff members at Vivari AfterCare are specially trained to manage and guide patients through times of stress and anxiety that could make healing more complex and challenging.

The "Vivari" in our name reflects our approach to healing and well-being. Vivari AfterCare Centre is unique in its holistic approach to aiding the healing process. Several therapeutic healing options are available to our patients on-site at Vivari Healing Spa. We offer evidence-based treatments alongside holistic remedies that truly enhance the body's own healing. Most of our patients and referring physicians choose to take advantage of Hyperbaric Oxygen Treatments, Lymphatic Massage and IV Fluid Nutritional treatments. A variety of other options are available depending on the type of surgery you are undergoing.

Vivari AfterCare can capably manage recovery for patients following outpatient surgery from a large variety of specialities. If you would like to introduce your surgeon to our services, please contact us directly, and we will happily coordinate and provide them with additional information. We will work closely with all surgeons to ensure their instructions are followed, including any specified medications, diet, dressing changes, ambulation, or treatments. Our ultimate goal is to make your recovery process smooth and free of complications.

THE AFTERCARE JOURNEY

Your care starts from the moment we pick you up from your surgery centre and bring you to our facility. You will be transferred into the vehicle as comfortably and discreetly as possible. Upon your arrival at Vivari AfterCare, you will be taken up to your room via a private elevator.

Our nurses will have your post-operative care kit and instructions ready to go to continue a smooth transition from the recovery room to our facility. Your nurse and nursing assistant will be readily available 24-hours a day during your recovery.

Every room has a private en-suite bathroom. Healthy, light meals will be provided from your first night, progressing to a full diet as your body says it's ready. We can accommodate any dietary restrictions you or your surgeon may have.

Patients will stay in our facility for variable time frames. Our goal is to ambulate you during this time at a pace that is comfortable for you. Each pod within the aftercare centre also has a patio for our patients to relax on if they wish to be outdoors.

To make the follow-up process easy for surgeons, we have a private examination area with examination chairs and supplies readily available for their use. Our facility also provides transportation to and from your doctor visits during this time.

Please contact us for additional information on our facility. Post-surgical care is a great idea and relieves your loved ones of the responsibility of caring for you immediately after surgery, which not everyone is best suited to do. Call our office today to schedule your post-surgical care and recovery at Vivari AfterCare.

HEALING TREATMENTS

Vivari AfterCare is located on-site at Vivari Spa, which is a well-known holistic healing spa. With your doctor's recommendation to benefit from the healing treatments, you can take advantage of the Spa's holistic healing treatments to help you recover faster. Some of the treatments that you may want to take advantage of are:

LYMPHATIC MASSAGE AND LYMPHATIC DRAINAGE

Every day your body builds up toxins that can make you feel sluggish and sick. The lymphatic system is responsible for eliminating these toxins. If you have a poorly functioning lymphatic system, you can become prone to serious health conditions such as cancer and lymphedema. Lymphatic Drainage Massage helps boost your immune system to clear infections and diseases from your body.

Lymphatic Massage and Lymphatic Drainage help stimulate fluid throughout the body to reduce swelling and improve overall health. This therapy can treat a variety of health conditions by isolating pathogens. Lymphatic Massage aids digestion, improves skin tone and calms the nervous system. It can be highly beneficial after liposuction surgery to help speed recovery. Treatment can be received immediately after a surgical procedure through Vivari AfterCare.

HYPERBARIC OXYGEN CHAMBER

Increased oxygen in your body has a healing and regenerative effect. This is true for cells in your brain, organs, and muscles, and it is true for your skin. Oxygen therapy offers a way to deliver pure oxygen to help your body fight the normal ageing process, including the Oxygen Hyperbaric Chamber sessions which deliver higher levels of oxygen to the cells. This can have several benefits for anti-ageing, including:

- Higher levels of collagen and elastin in the skin
- Quicker healing after surgery or other treatments like laser therapy
- Improved detoxification
- Improved circulation
- Cell regeneration
- Higher energy levels, better sleep, enhanced immune system, and overall wellness





IV FLUID NUTRITIONAL THERAPY

IV Nutritional Therapy delivers a mixture of vitamins and minerals directly into your bloodstream. This provides faster and more effective results by bypassing the digestive system. IV therapy can offer instant rehydration and boost your energy levels. It can help relieve migraine symptoms and reduce signs of premature ageing. IV Nutritional Therapy has also been used to help athletes recover after intense workouts.

This holistic therapy can be administered at Vivari AfterCare, at your convenience, by our licensed medical practitioners. There is a wide range of IV treatment choices available, depending on your individual needs, and treatment can be customised to address specific health concerns. The positive effects of IV Nutritional Therapy are felt right away and continue for hours after treatment.



MEDICATION DELIVERY

Following outpatient surgery, you may not be able to pick up the prescribed medications you need for your recovery. Vivari AfterCare is not a nursing home or hospital that can administer prescribed medications, but we will coordinate with your doctor and pharmacy. We work with several nearby pharmacies to deliver medications directly to you at our centre when needed. Having peace of mind allows you to focus on a full and speedy recovery.

Our goal is to assist you in your recovery to ensure you achieve optimal healing. Our experienced staff will work with you to make sure surgery aftercare instructions are followed. This includes medications, diet, physical therapy, and other medical treatments. Make your surgery recovery as smooth as possible with Vivari AfterCare.

LOCATION

Vivari AfterCare is conveniently located close to Featherbrooke Estate off the N14 highway. The rooms are all very wellappointed and styled with a modern elegance that creates the ideal tranquillity to help you focus on your recovery.

Nestled alongside the Crocodile River close to the Cradle of Humankind, Vivari AfterCare is the ideal spot to let our licensed nurses care for you after your surgical procedure. With the upscale classic amenities and the Vivari AfterCare team managing your recovery, you can relax and focus on recovering quickly.

Please call and speak to one of our team members for more information or to book your stay.

F A Q

— **WHAT SHOULD I BRING WITH ME FOR MY STAY?**

Please bring what you would pack for a typical overnight stay.

— **CAN A LOVED ONE STAY WITH ME?**

Yes, a loved one may stay with you. Please call for details.

— **IS CARE AVAILABLE 24 HOURS PER DAY?**

Yes, licensed care is available 24 hours per day. A licensed medical practitioner will always be available to you during your stay.

— **DO YOU PROVIDE TRANSPORTATION FROM MY SURGICAL CENTRE?**

Yes, we will coordinate comfortable transportation from your surgery centre to our facility.

— **DO YOU SERVE MEALS DURING MY STAY?**

Yes, we will provide appropriate meal options during your stay.

— **DO YOU COMMUNICATE WITH MY PHYSICIAN?**

We coordinate with both you and your physician to ensure that we are ready to provide the appropriate and necessary care for each patient.



ROOM PRICES

DELUXE SUITE 45sqm

R11 000 per night

INCLUDED

- Around the clock nursing care for the first 72 hours
- Standard medical equipment
- Private examination room
- Chef-prepared meals (breakfast /lunch/dinner) and snacks
- Transportation after surgery within the greater Johannesburg area
- Oxygen as needed
- IV fluid administration
- Additional medication administration

MISCELLANEOUS NOTES

- Check out time is at 11 am.
- Late check out until 1 pm, free of charge, subject to approval.
- Visiting hours are until 8 pm.
- Overnight guest at R3 000 per night (including meals and roll-away bed).
- Hospital gowns, robes and socks are available for the patient. Should you feel more comfortable wearing personal clothing, you may bring zip-up, buttoned or loose-fitting clothing.
- Please bring basic overnight toiletries like your toothbrush or toothpaste.
- Please leave valuables (cash and jewellery) at home.
- Please bring a phone charger.



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CONTACT

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POST-SURGICAL CARE | MEDICAL CONCIERGE | LUXURY RECOVERY

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Where Healthcare Meets Hospitality