

Bariatric Surgery in Monterrey: Gastric Sleeve & Gastric Bypass

Safe, accessible, and specialized care for patients traveling from the U.S. and Latin America, performed by an internationally certified bariatric team with extensive experience and the full support of a high-quality hospital.

At CHRISTUS MUGUERZA Hospital Sur, we guide you through every step of your journey: remote medical evaluation, pre-travel preparation, surgery in a certified hospital, and personalized follow-up. Whether you live in the United States or any other country, here you will find a safe, modern environment ready to welcome you.

Because losing weight is also about getting your quality of life

This is how we guide you from your first message to your full recovery

Traveling for surgery can feel overwhelming... that's why we created a **clear, safe process designed specifically for international patients**. From your initial remote evaluation to your follow-up care after returning home, our team walks you through every step so you feel informed, supported, and confident at all times.

We offer accessible options for international patients, with surgeries starting at **\$7,500 USD**, depending on your evaluation and the recommended procedure.

- 01 First contact and initial evaluation**
You send us a message or form, and we review your medical history to understand your case and determine whether you are a candidate for Gastric Sleeve or Gastric Bypass.
- 02 Medical consultation and treatment**
A bariatric surgeon reviews your information and provides a clear recommendation: which procedure is ideal for you and what benefits you can expect.
- 03 Pre-travel preparation plan**
We let you know which tests you'll need, medical requirements, and recommendations to travel safely. Our concierge team supports you at every step.

- 04 Planning your trip to Monterrey**
We help you coordinate dates, transportation, lodging, and manage your transfers during your stay. We are located just 25 minutes from the airport.
- 05 Pre-operative evaluation at the hospital**
On the day you arrive, we complete lab tests, a full medical assessment, and the final confirmation of your procedure.
- 06 Surgery in a certified hospital**
Your surgery is performed at CHRISTUS MUGUERZA Hospital Sur, using modern technology and a bariatric team experienced in caring for international patients.
- 07 Safe and supported recovery**
You'll remain under medical supervision with the support of specialized nursing staff. We guide you through your initial care and post-surgery nutrition.
- 08 Discharge and remote follow-up**
You return home with a clear plan for nutrition, activity, and virtual check-ins to ensure your recovery stays on track.
- 09 Ongoing support**
Our medical team and concierge service remain available whenever you need them, even months after your surgery.

Bariatric Surgeons **with Extensive Experience in International Patients**

Our team is made up of board-certified specialists in bariatric and metabolic surgery, with hundreds of successful procedures and a career dedicated to the health and wellbeing of patients from Mexico, the United States, and other countries. Their expertise, warmth, and multidisciplinary approach give you the confidence of being in expert hands, from your first evaluation through your complete recovery.



Dr. Jerónimo Monterrubio
General and Bariatric Surgeon
Certified by:
Mexican Council of General Surgery
Mexican Council for Obesity and Metabolic Surgery
CONACEM — Specialist in Bariatric Surgery

Graduate CUM LAUDE from Universidad de Monterrey, trained at Christus Muguerza — UDEM. Internationally accredited by Surgical Review Corporation as Master Surgeon and Surgeon of Excellence, with a practice focused on high-quality, safe bariatric surgery and active participation in research and professional development.



Dr. Alain García Hernández
General and Bariatric Surgeon
Certified by:
Mexican Council of General Surgery
Mexican Council for Obesity and Metabolic Surgery

Fellowship-trained in Bariatric, Metabolic, and Endoscopic Surgery at Tecnológico de Monterrey. His practice focuses on minimally invasive bariatric surgery and metabolic obesity management through a comprehensive, patient-centered care model.

Bariatric Procedures

Safe, effective, and personalized surgeries for your health

At CHRISTUS MUGUERZA Hospital Sur, we perform **two of the safest and most effective bariatric procedures in the world**: Gastric Sleeve and Gastric Bypass. Both techniques help you achieve long-term weight loss and improve conditions such as diabetes, high blood pressure, and sleep apnea.

Here's a clear explanation of how each one works.

Gastric Sleeve

What is it?

It is a minimally invasive surgery in which the size of the stomach is reduced by approximately 70—80%, leaving a thin “sleeve” or tube. This lowers appetite and helps you feel full with much less food.

Main benefits:

- Loss of 60—70% of excess weight
- Reduced hunger (due to decreased ghrelin hormone)
- Fast recovery
- Improvement in diabetes, high blood pressure, and cholesterol

Gastric Bypass

What is it?

A small stomach pouch is created, and part of the intestine is rerouted to improve metabolic function. This not only limits how much food you can eat, but also enhances how your body processes glucose.

Main benefits:

- Loss of 70—80% of excess weight
- Highly effective control of type 2 diabetes
- Helps in cases of severe acid reflux
- Faster results for patients with advanced obesity

We answer your questions so **you can make a confident decision**

It's completely normal to have questions before traveling for surgery. **Here are the most common concerns from our international patients, so you can feel calm, informed, and supported from the very beginning.**

Am I a candidate for Gastric Sleeve or Gastric Bypass?

In most cases, yes—especially if you have obesity, related health conditions, or have already tried other methods without success. During your initial remote evaluation, we review your medical history to recommend the safest and most effective procedure for you.

How many days do I need to stay in Monterrey?

Most of our international patients stay 5 to 7 days.

This includes:

- Pre-operative evaluation, surgery, recovery and initial follow-up
- We will give you the exact timeframe based on your specific case.

Can I travel with a companion?

Yes, and we actually recommend it.

The hospital has comfortable areas for companions, and there are nearby hotels with preferred rates for our patients.

What if I live in the United States and need follow-up after returning home?

Your bariatric team will provide a clear, accessible, fully remote follow-up plan. You will have direct communication with your surgeon, nutrition team, and medical concierge for any questions you may have.

Is it safe to travel for bariatric surgery?

Yes. Monterrey is one of the most recognized destinations for medical tourism in Mexico, **and CHRISTUS MUGUERZA Hospital Sur is a certified hospital with international standards, modern technology, and a team highly experienced in caring for foreign patients.**



We're ready to help you take the next step

If you'd like to know whether you're a candidate for Gastric Sleeve or Gastric Bypass, receive a personalized quote, or get answers about traveling to Monterrey for your surgery, our team will guide you from your very first message. We respond quickly, clearly, and with personalized attention.

We are located at CHRISTUS MUGUERZA Hospital Sur, just 25 minutes from the Monterrey International Airport, in a safe, modern area with nearby lodging options for international patients.

- *Leave us your information and one of our specialists will contact you promptly.*
- *We respond in less than 24 hours.*
- *Your information is confidential and securely protected.*



Take the first step toward a healthier life

Contact us today to find out if you're a candidate and receive personalized information for your treatment.

