



GO LIGHT BARIATRICS

Trusted WLS Facilitator Since 2014



ABOUT

With over a decade of experience in medical tourism, we've come to understand our patients' needs and expectations — and we've raised the standard.

Choosing medical tourism doesn't mean taking extra risks or compromising your health for a lower cost and less comfort. It means making a smart decision: accessing the same, or even higher, quality of medical care at a fair and transparent price.

We are proud to deliver exactly that.

Since 2014, we've built a reputation as a luxury service provider, offering the most personalized care — all at an affordable, all-inclusive cost.



ALL-IN-ONE EXPERIENCE

Built in 2022, New City Hospital is a full-service, COFEPRIS-Certified, state-of-the-art medical facility, seamlessly connected to the 5-star Quartz Hotel & Spa.

5 minutes from the U.S.-Mexico border, 25 minutes from the San Diego International Airport - unmatched convenience.

This prime location creates a stress-free, one-stop experience for our patients.



UNMATCHED

EXPERIENCE

Built in 2021, Blue Hospital is also a full-service, COEPRIS-BC-Certified, beautiful medical facility.

It is located within a 6-min walking distance from the Quartz Hotel & Spa, 5-min drive from the U.S.–Mexico border, 30 minutes from the San Diego International Airport.

This prime location creates an unmatched experience for our patients.

Full-Service Blue Hospital



Full-Service New City Hospital



2026 PRICING

AFFORDABLE & ALL-INCLUSIVE 3-TIER CARE PACKAGES



Gastric Sleeve (VSG)

\$3,799 / \$3,999 / \$4,699 USD

Single Incision Gastric Sleeve (SILS)

\$4,299 / \$4,499 / \$5,199 USD

Endoscopic Sleeve (ESG)

\$6,899 / \$6,999 / 7,499 USD

Gastric Bypass RNY / MINI

\$4,899 / \$5,099 / \$5,699 USD

SADI-S (or simplified DS)

\$5,799 / \$5,999 / \$6,799 USD

Revision VSG to Bypass (RNY/MINI)

\$5,399 / \$5,599 / \$6,199 USD

Revision Lap Band to Bypass (RNY/MINI)

\$5,399 / \$5,599 / \$6,199 USD

Revision Lap Band to VSG

\$4,299 / \$4,499 / \$5,199 USD

Revision of RNY Bypass (Bypass Distalization)

\$5,899 / \$6,099 / \$6,699 USD

Revision VSG to SADI-S

\$6,299 / \$6,499 / \$7,299 USD

See all procedures at <https://golightbariatrics.com/surgery-costs/>

INCLUDED

PART 1



- ✓ **Hospital 2 Nights**
Luxurious Full-Service New City Hospital (only for Endo-Sleeve - 1 night)
Or Elegant Full-Service Blue Hospital
- ✓ **OR & Surgical Team**
Lead surgeon, assisting surgeon, anesthesiologist, endoscopist, internal medicine, patient care physician, surgical nurse
- ✓ **Pre- & Post-Op Tests**
EKG, blood work, chest X-Ray, leak tests
- ✓ **Pre- & Post-Op Endoscopy**
Included with Elite Care Package:
Pre-op EGD detects esophagitis, gastritis, H. Pylori, Barrett's esophagus that can affect surgery outcome. Post-op EGD detects possible bleeding.
- ✓ **Surgeon - Direct Lifetime Access**
Pre- & post-op consultations unlimited
- ✓ **Nutritionist - Direct Lifetime Access**
Pre- & post-op consultations unlimited
- ✓ **Medications To-Go**
Antibiotic, painkiller, anti-nausea, antacid, antiseptic
- ✓ **Medical Complication Insurance**
Included with Elite Care & Signature Care Packages:
Covers acute complications during 30 days post-op

INCLUDED

PART 2



- ✓ **Hotel 0 to 3 Nights**
Beautiful 5-Star Quartz Hotel & Spa
Elite Care Package: 2 nights (Sleeve), 3 nights (Bypass / SADI-S)
Signature Care Package: 1 night (Sleeve), 2 nights (Bypass / SADI-S)
Clinical Care Package: 0 nights (Sleeve), 1 night (Bypass / SADI-S)
- ✓ **Companion**
Always stays with you at no extra cost (hotel & hospital)
- ✓ **Transportation**
San Diego – Tijuana – San Diego (always private)
- ✓ **Medical Pass**
For seamless border crossing
- ✓ **Full Liquid Diet**
Protein shakes, electrolytes, broth, Jell-O, popsicles, water, apple juice
- ✓ **24/7 Bilingual On-Site Assistance**
Unmatched service by our facilitating team
- ✓ **FMLA, STD, Return to Work Forms**
Just send us the required form or request a doctor's note and we will take care of it
- ✓ **Surgery Video**
Complementary video of your surgery

MEET YOUR SURGEON

MEDICAL LICENSE NUMBER: 7853409
SURGEON LICENSE NUMBER: 12285849



One of the few
Tijuana surgeons
Board-Certified in
both General and
Bariatric Surgery,
with more than
5,500 successful
procedures
performed as of
2026.

Dr. Cynthia Hernandez Diaz

Double Board-Certified Bariatric Surgeon



EXPERTISE

High & Low BMI
Regular & Single Incision Sleeve
RNY & MINI Bypass

SADI-S
Complex Revision Surgeries
Tubal Ligation, Hernia Repair

BOARD-CERTIFIED

SURGICAL TEAM



Dr. Galindo
Assisting Surgeon
Double Board-Certified



Dr. Vega
Anesthesiologist
Board-Certified



Dr. Garcia
Endoscopy
Double Board-Certified



Lic. Karen
Surgical Nurse



MULTIDISCIPLINARY

MEDICAL TEAM



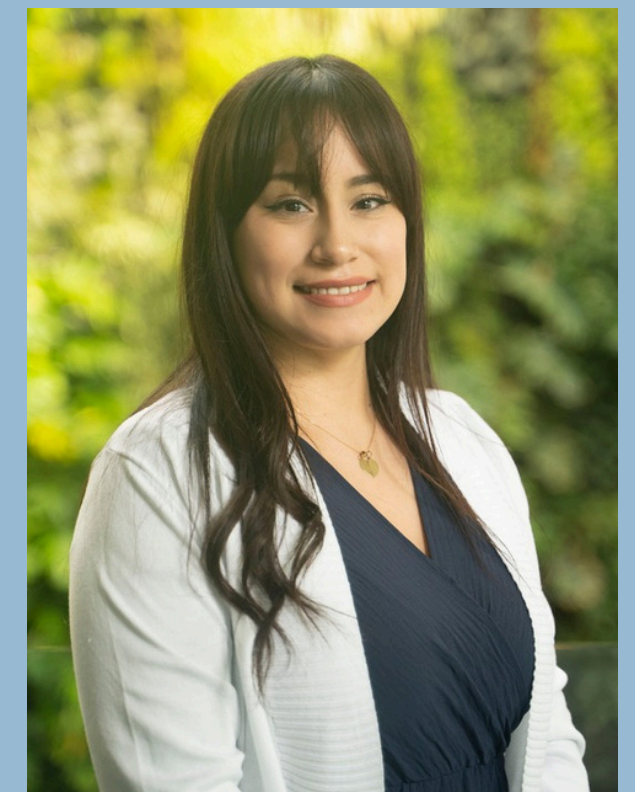
Dr. Angeles
Internal Medicine



Dr. Reyna
Patient Care



Lic. Naomi
Bariatric Nutritionist



Lic. Alejandra
Psychologist

SCHEDULING & TIMELINE

1

Medical Questionnaire & Tele-Consultation

Complete an online Medical Form at <https://golightbariatrics.com/medical-questionnaire/>
Talk to your surgeon (phone/video) to get approved.

2

Low-Carb High-Protein Diet

This is your permanent new lifestyle. Begin developing new healthy eating habits, shrink your liver, balance your hormones, decrease cravings. Talk to your nutritionist to get help.

3

Surgery Date & Deposit

Choose your preferred surgery date Monday through Saturday. Once confirmed, secure your reservation with a \$500 or \$250 USD deposit (depending on the care package of your choice).

4

Travel

Plan your trip to San Diego, CA. We will take it from there. Standard stay for Gastric Sleeve includes 2-4 nights, Gastric Bypass or SADI-S - 3-5 nights (depending on the care package of your choice).

5

Surgery & Recovery

Have the best medical experience of your life with Dr. Hernandez`s team. Our patients usually feel a bit nervited at this stage: Nervous + Excited = Nervited :)

6

Post-Op Diet

Work with your bariatric nutritionist Naomi and follow all post-op nutritional and vitamin guidelines diligently for a smooth recovery and desired weight loss results.

Scheduling surgery takes as little as **2 DAYS**.
Preparation (pre-op diet) takes anywhere from **1 to 12 weeks**, depending on your BMI (Body Mass Index).

INCLUDED
ELITE CARE PACKAGE

2 NIGHTS - SLEEVE, BYPASS, SADI-S
1 NIGHT - ENDOSCOPIC SLEEVE

NEW CITY HOSPITAL

Ranked among the most luxurious and high-tech full-service hospitals in Mexico.

New City features 5 fully-equipped ICU, 9 IMCU, 7 ORs, ER, on-site lab, 24/7 doctor and nurse care ensuring your safety.

All rooms are private, very spacious, with private bathrooms, safety boxes, Netflix TV, Wi-Fi, A/C, large windows, and companion's sofa-bed for a pleasant stay and smooth recovery.

COFEPRIS-CERTIFIED





INCLUDED
SIGNATURE & CLINICAL CARE PACKAGES
2 NIGHTS - SLEEVE, BYPASS, SADI-S
1 NIGHT - ENDOSCOPIC SLEEVE

BLUE HOSPITAL

One of the most beautiful and modern full-service hospitals in Tijuana.

Also known as Blue Tower, it features 3 fully-equipped ICU, 8 ORs, 14 recovery beds, on-site lab, 24/7 doctor and nurse care ensuring your safety.

All 49 rooms are private, very spacious, with private bathrooms, safety boxes, Netflix TV, Wi-Fi, A/C, most rooms have large windows, recliners, and companion's bed for a comfortable stay with the patient.



COEPRIS-BC-CERTIFIED



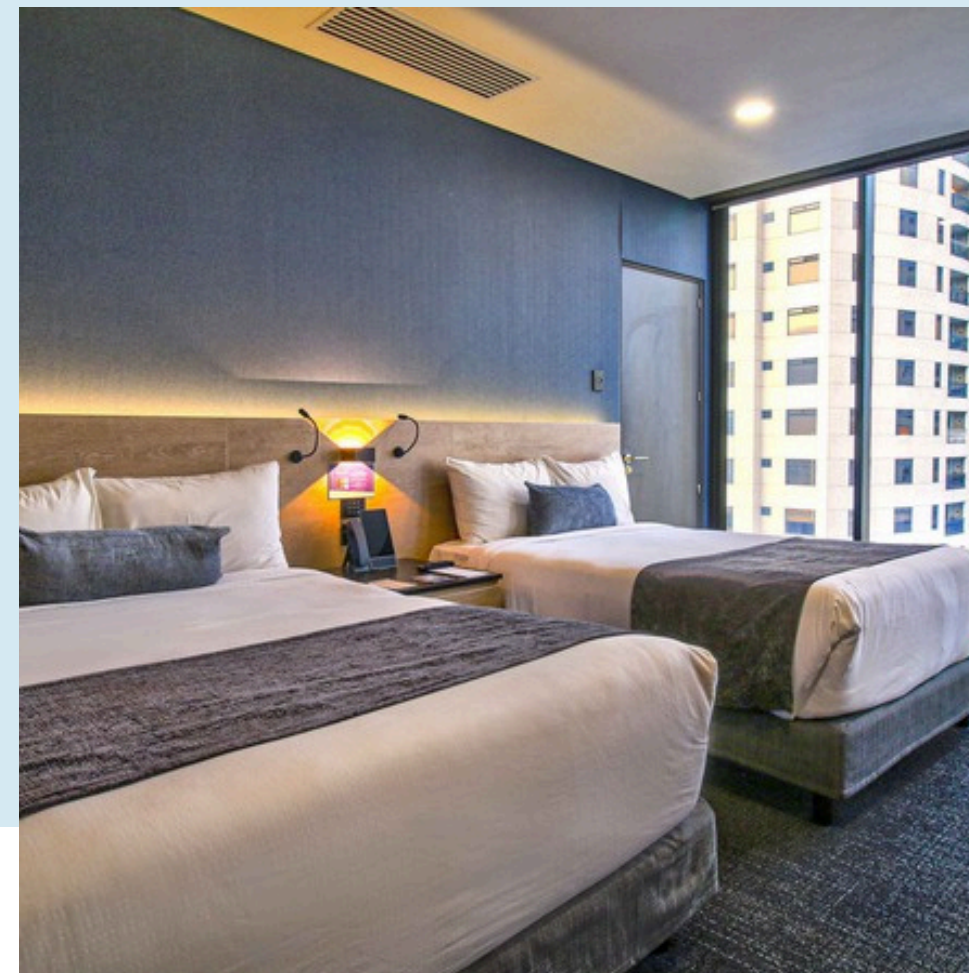
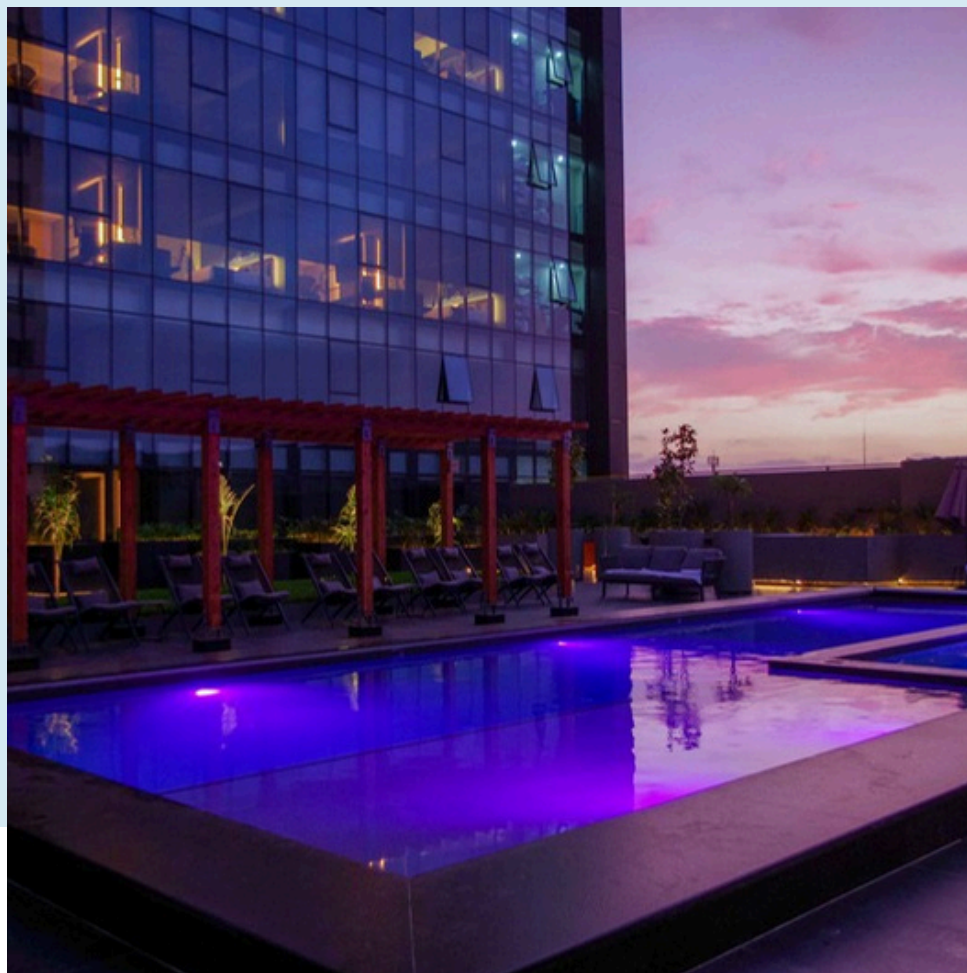
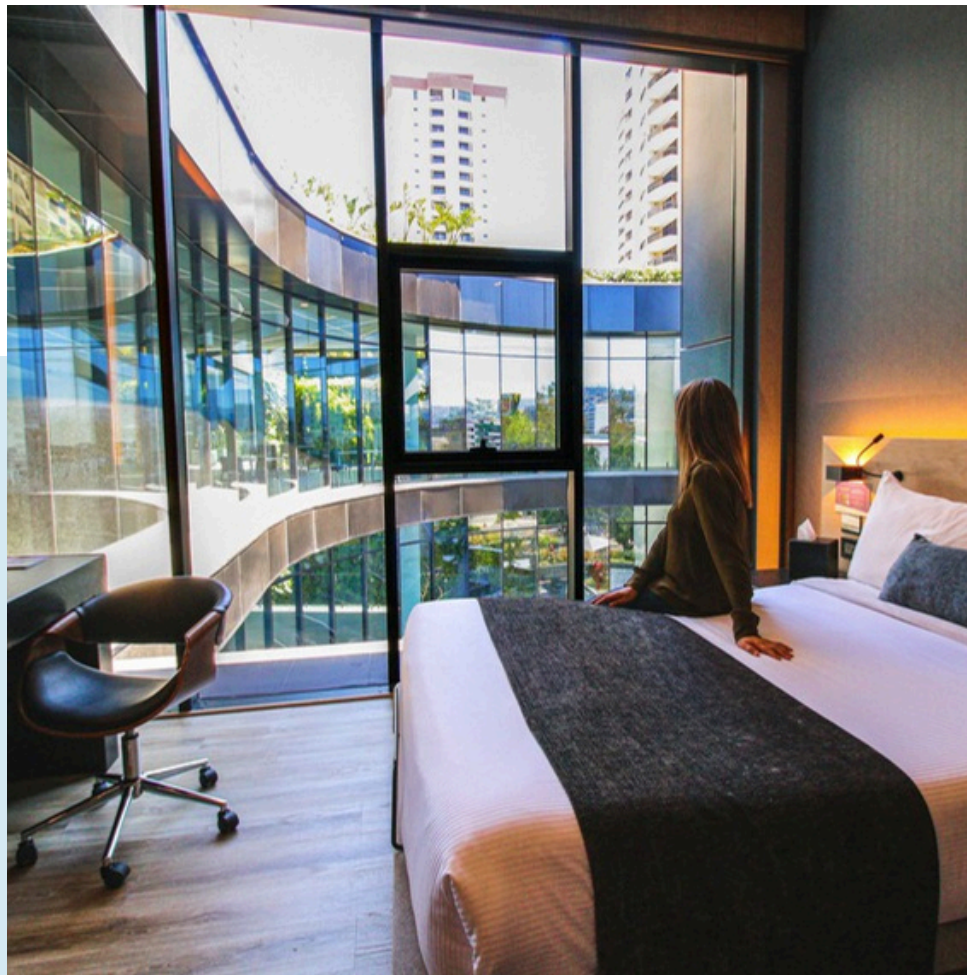
INCLUDED

2 nights (Sleeve), 3 nights (Bypass / SADI-S) **Elite Care Package**
1 night (Sleeve), 2 nights (Bypass / SADI-S) **Signature Care Package**
0 nights (Sleeve), 1 night (Bypass / SADI-S) **Clinical Care Package**

QUARTZ HOTEL & SPA

Modern and elegant spa hotel, located right next to the New City Hospital and within a 6-min walk from the Blue Hospital. It offers spacious and comfortable guest rooms and medical care suites with adjustable beds for a more comfortable recovery. Year-round heated pool and jacuzzi, beautiful ZEN garden, spa services, Wi-Fi are some of the many features you can enjoy during your stay.

And don't forget about a special 20% discount on all Hotel Spa Services extended exclusively to our patients and their companions.





Official Facebook Support Group

22,000+ MEMBERS

JOIN OUR GO LIGHT

BARIATRIC FAMILY

- A safe private platform to share your feelings
- Genuine support and care
- Priceless experience of thousands of patients
- Source of motivation
- A great place to share your own success story



Go Light Bariatrics: Facilitating Weight Loss Surgery in Mexico Since...

This group is for everyone interested in having weight loss surgery with Go Light Bariatrics and Dr. Cynthia Hernandez in Tijuana, Mexico, and would like...

 facebookapp



Google review of Dr. Cynthia Hernandez Diaz - Board-Certified Bariatric Surgeon in Tijuana,...

★★★★★ "Words can't describe how wonderful this journey has been with Golight and Dr. Hernandez. They will take..."

 Google review of Dr

DR. HERNANDEZ ON GOOGLE



[Read all reviews](#)

Google review of Dr. Cynthia Hernandez Diaz - Board-Certified Bariatric Surgeon in Tijuana, Mexico by Liliana Hernandez

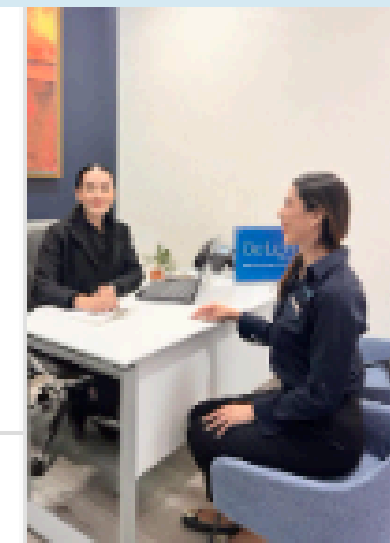
★★★★★ "All I can say it's was an amazing experience. The way the picked us up from San Diego air port, the staff and Mrs Hernandez. She and all the staff explained every process they were doing and were going to do. Great customer service!!!! I..."



Google review of Dr. Cynthia Hernandez Diaz - Board-Certified Bariatric Surgeon in Tijuana,...

★★★★★ "Dr. Cynthia has been amazing!! She has answered all my questions and concerns even after surger..."

 Google review of Dr



Google review of Dr. Cynthia Hernandez Diaz - Board-Certified Bariatric Surgeon in Tijuana,...

★★★★★ "Wow amazing, DR Hernandez and staff where so kind and caring , i would definitely recommend Go Light..."

 Google review of Dr

Google review of Dr. Cynthia Hernandez Diaz - Board-Certified Bariatric Surgeon in Tijuana,...

★★★★★ "I was very nervous about surgery, also the fact I had to put my total trust ,in a surgeon that we had to fly 1..."

 Google review of Dr



Google review of Go Light Bariatrics, LLC - Facilitating Weight Loss Surgery in Tijuana, Mexico Since 2014 by Kate Sieradzki

★★★★★ "I cannot say enough good things about this facility, Dr. Cynthia Hernandez, and the entire team. You truly saved my life. One year post-op, I even brought my husband for the same surgery, and you saved his life as well. From sta...

 Google review of Go Light Bariatrics

GO LIGHT TEAM ON GOOGLE



[Read all reviews](#)

Google review of Go Light Bariatrics, LLC - Facilitating Weight Loss Surgery in Tijuana, Mexico Since 2014 by Marie O

★★★★★ "From the moment I began my bariatric journey, the team at Go Light Bariatric provided exceptional care, guidance, support and in my opinion First Class and VIP treatment. Dr. Cynthia Hernandez and her team took the time to thorough...

 Google review of Go Light Bariatrics

Facilitating Weight Loss Surgery Since 2014 by Jon Lifechaser

★★★★★ "Wonderful from start to finish! They walked us through every step of the process, picked us up from the airport and dropped us off at the airport. The entire staff was top notch! I am SO glad I chose Go Light for my surgery. Everything you...

 Google review of Go Light Bariatrics Tijuana

Facilitating Weight Loss Surgery Since 2014 by Nancy Albino Diaz

★★★★★ "I can't say enough about the Golight team!! From the very start of my journey Irene has been extremely helpful answering every question I had in the process of booking my surgery. Even after and until now. When you arrive to San...

 Google review of Go Light Bariatrics Tijuana

Facilitating Weight Loss Surgery Since 2014 by Peter Marshall

★★★★★ "This was an amazing experience for me coming all the way from New Zealand everything was seamless and the nurses and doctors were all very friendly and helpful this is definitely a top notch service I would highly recommend anyone...

 Google review of Go Light Bariatrics Tijuana

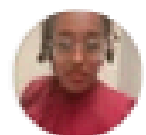


Pascale Deschamps

about a year ago



I am Canadian and was initially very nervous about flying to Tijuana for my surgery but its been the best decision of my life. I am now one month post-op with a sleeve from Dr, Hernandez at Golight. Down almost 40 pounds (including my preop diet) The NewCity Hospital is absolutely gorgeous and clean and so was our hotel (Quarts). The large private rooms made it easier for myself and my companion. At times the language barrier was harder but we always managed to figure it out,...



Ashley Barnes

about a year ago



I highly recommend Go Light Bariatrics! I had my surgery on May 27, 2024 and I was a little nervous because I did not know what to expect. But Dr. Hernandez and her team were so professional. They really took care of me and with me having issues with high blood pressure, they stayed on alert at all times. Even though the team mostly spoke Spanish, it didn't not hinder the care for any of the patients. My starting pre-op weight was between 215-220 pounds. I am now going on 3 months post op and I am down to 168 pounds.

The meal plans and the schedule they have works great! As long as you follow the instructions Ms. Irene (who is the best coordinator ever) and the team give you, you can't help but be successful!



Julie Larsen Anderson

about a year ago



From my first inquiry to my surgery to now recovering, Go Light has been there to help me every step of the way! Irene has been absolutely incredible! I have never experienced such great customer service and compassion as I have with Go Light! I wasn't just a client to them - I felt they truly cared about ME! I would highly recommend Go Light to anyone considering this life-changing surgery!



Danielle LaPointe

about 7 months ago



2023: I weighed 230lbs went to mexico had a great experience with GO LIGHT BARIATRICS With Dr H

Now I weight 160 🥳 Im healthier and happier and fit in everything much better and yesterday I got a tummy tuck & Breast lift because of the loose skin!

I had my wls surgery May 2023!

Just do it the surgery changed my life!

RECOMMENDED ON FACEBOOK

100%



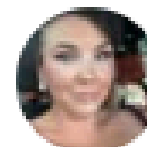
[Read all reviews](#)



Michael Ryan

about a year ago

Go Light was extremely helpful throughout the entire process. They were informative, transparent, and super friendly. Even after the surgery the team continues to go above and beyond in their support.



Monika Wedel-Jesus

about a year ago



Here goes my upmost appreciation for Go Light Bariatrics and Dr.Cynthia Hernandez.

I came from Canada and had surgery April 19th. The day I got my life back ❤️

I have travelled a lot in my life and have very high expectations and well...

I WAS **100** IMPRESSED WITH THE WHOLE TEAM.

Coordinators ... [See more](#)

Like 3 Share

SUCCESS STORIES

ONLY A FEW OF MANY WEIGHT LOSS JOURNEYS



Cilla, MINI Bypass
Surgery weight 250 lb
Current weight 137 lb



Sayra, RNY Bypass
Surgery weight 309 lb
Current weight 190 lb



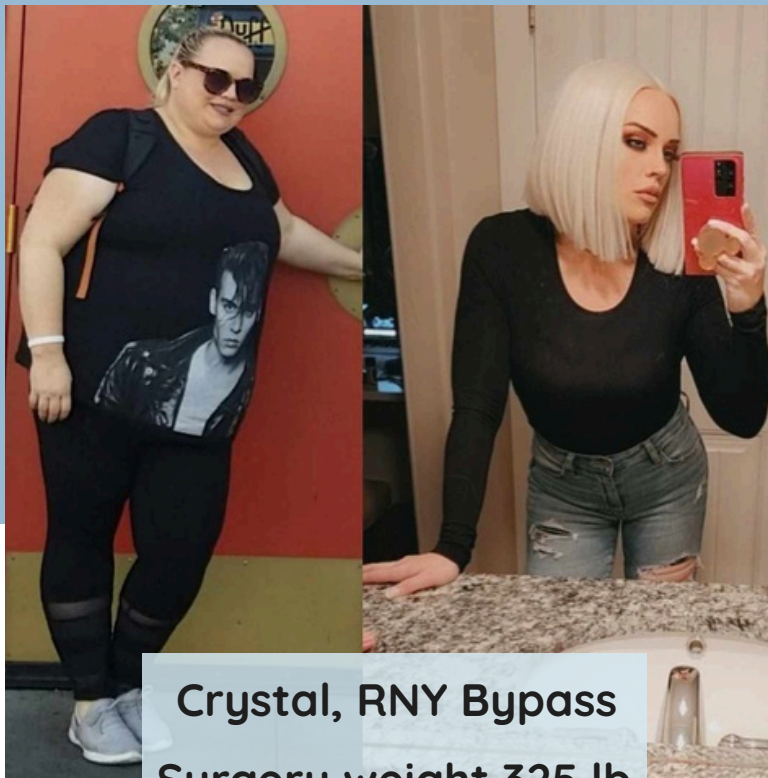
Jayden, Sleeve
Surgery weight 230 lb
Current weight 145 lb



William, Sleeve
Surgery weight 480 lb
Current weight 305 lb



Timothy, RNY Bypass
Surgery weight 390 lb
Current weight 220 lb



Crystal, RNY Bypass
Surgery weight 325 lb
Current weight 157 lb



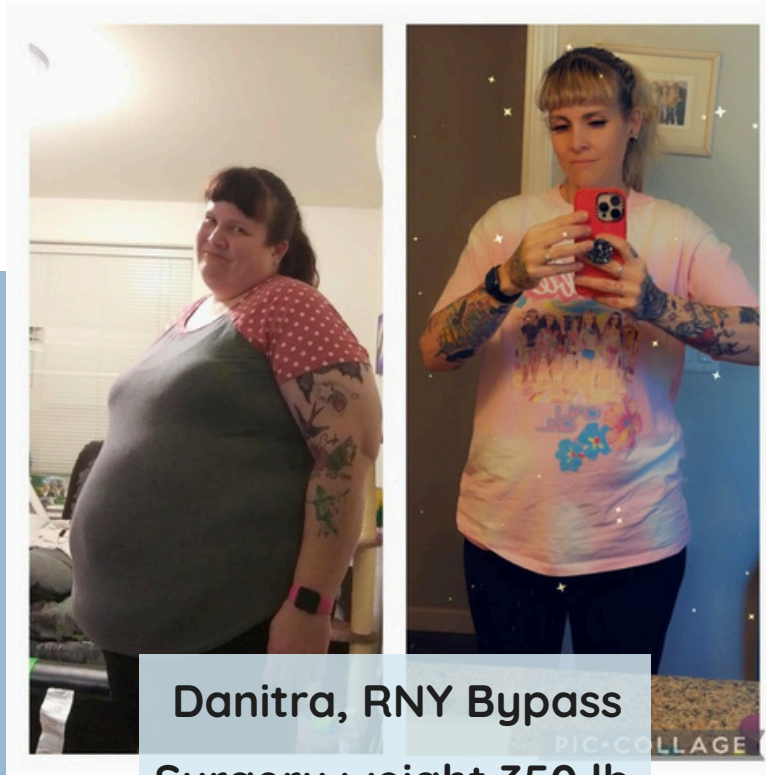
Megan, Sleeve
Surgery weight 420 lb
Current weight 205 lb



Sara, RNY Revision
Surgery weight 186 lb
Current weight 127 lb

SUCCESS STORIES

ONLY A FEW OF MANY WEIGHT LOSS JOURNEYS



Danitra, RNY Bypass
Surgery weight 350 lb
Current weight 181 lb



Julie, RNY Bypass
Surgery weight 295 lb
Current weight 195 lb



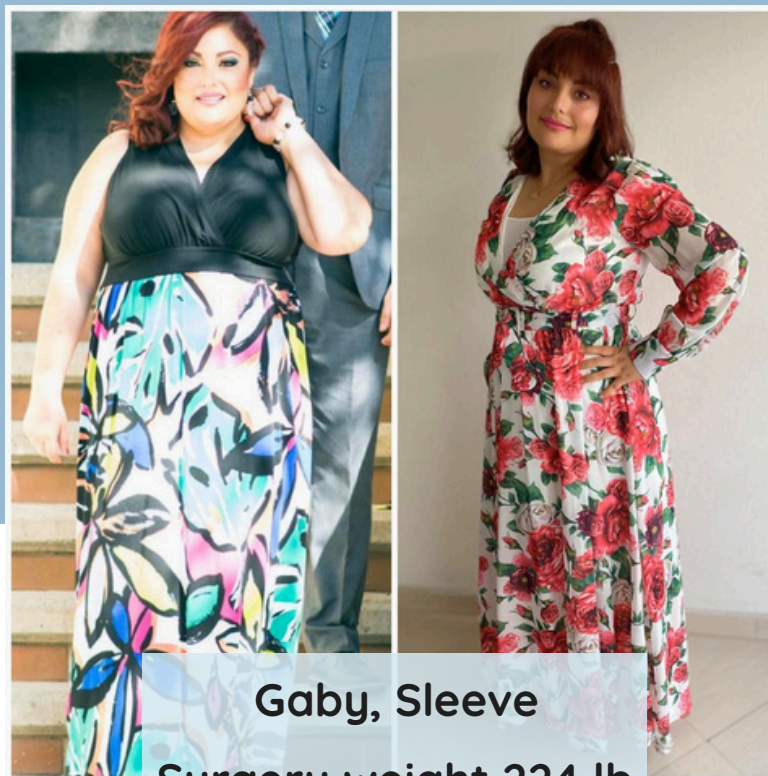
Shannon, Sleeve
Surgery weight 230 lb
Current weight 145 lb



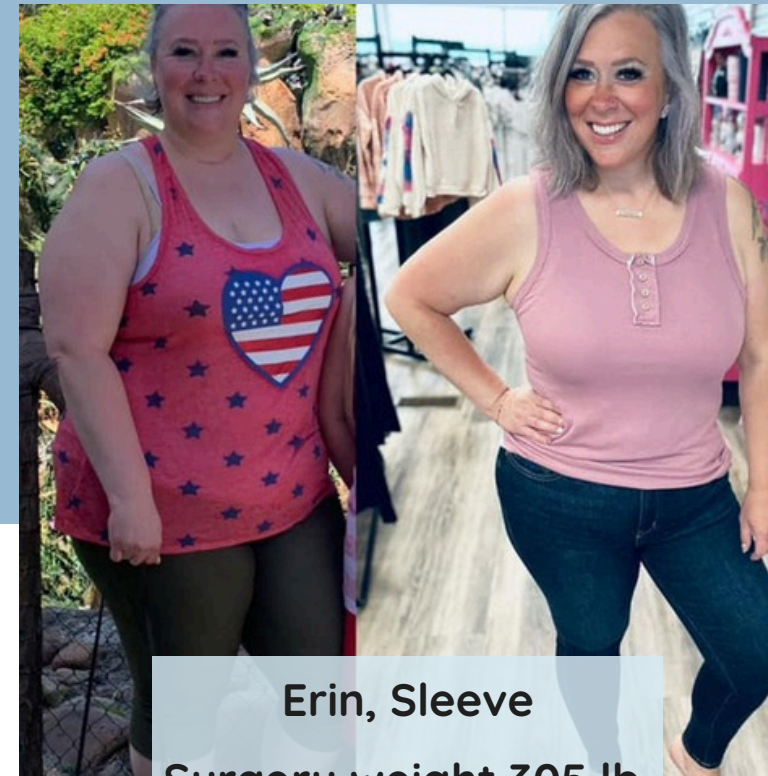
Megan, Sleeve
Surgery weight 420 lb
Current weight 205 lb



KG, Lap Band to RNY
Surgery weight 330 lb
Current weight 170 lb



Gaby, Sleeve
Surgery weight 224 lb
Current weight 137 lb




Erin, Sleeve
Surgery weight 305 lb
Current weight 230 lb




Nakisha, Sleeve
Surgery weight 287 lb
Current weight 177 lb



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 Fax +1-855-457-1400

Social Media


 www.facebook.com/GoLightBariatrics


 [@golightbariatrics](https://www.instagram.com/golightbariatrics)

 [@golightbariatrics](https://www.tiktok.com/@golightbariatrics)

 [@GoLightBariatricsMexico](https://www.youtube.com/GoLightBariatricsMexico)

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