

## **PARADISE AWAITS YOUR ARRIVAL!**

### **Dear Valued Patient,**

Dr. Karam understands the stress of being away from the comfort of your home for 7 days post-surgery. He empathizes with your concerns about checking into a hotel or short-term rental in your physical state during recovery. In response, Dr. Karam is pleased to offer a **better alternative for your recovery.**

### **Welcome to Dr. Karam's New Solana Beach Recovery Retreats!**

*Please note: These homes are available to all surgical patients on a first-come, first-served basis.*

**Intro Video:** [Watch Here](#)

Located in one of San Diego's most upscale beach communities, Dr. Karam's private beach houses provide a luxurious recovery option specifically designed for Vertical Restore patients.

### **Each Retreat Includes:**

- **Aquaphor**
- **Hydrogen Peroxide**
- **Frozen Corn Bags**
- **Q-Tips**
- **Dial Antibacterial Soap**
- **Gauze**
- **Paper Towels**
- **Soft Diet Foods** (Applesauce, Mac N' Cheese, Oatmeal)
- **Disposable Under Pads**
- **Baby Shampoo**
- **Dawn Soap**
- **Spray Bottle**
- **Cetaphil Cleanser and Lotion**
- **Distilled Water**
- **White Vinegar**

*Please note: The retreats do not include overnight post-op care.*

## Retreat #1: Acacia Waterfront Retreat

With less than a 45-second walk to the ocean, the Acacia Waterfront Retreat is perfect for patients traveling with family, offering a spacious, home-like environment.

**Video Tour:** [Take a Look Inside](#)

**Website:** [Learn More](#)

### House Details:

- Designed and furnished by West Elm
  - 1,200 sq. ft.
  - 2 bedrooms & 2 bathrooms in the main house, plus a separate guest house with an additional bedroom and bathroom
  - Tempur-Pedic fully adjustable bed in the master bedroom (sleeping on your back elevated at all times is crucial for recovery)
  - Fully equipped kitchen with modern stainless-steel appliances
  - Dining room
  - Living room with sofa sleeper
  - Washer & Dryer (detergent included)
  - Private courtyard with outdoor seating, fire pit, BBQ, and games
  - Cable television (in living room only); all streaming services available in the living room and bedrooms
  - AC/Heat
  - Fireplace
  - Hairdryer
  - Iron
  - Keurig coffee machine with coffee pods
-

## **Retreat #2: Cedros Design District Retreat**

Located in the heart of downtown Solana Beach, Cedros Design District is San Diego's equivalent of Rodeo Drive, within walking distance of high-end boutiques, restaurants with great delivery options, and home design stores.

**Video Tour:** [Take a Look Inside](#)

### **House Details:**

- Designed and furnished by West Elm
- 1,100 sq. ft.
- 2 bedrooms & 2 bathrooms
- Tempur-Pedic fully adjustable bed in the master bedroom (sleeping on your back elevated at all times is crucial for recovery)
- Fully equipped kitchen with modern stainless-steel appliances
- Dining room
- Living room
- Cable television with all streaming services
- AC/Heat
- Hairdryer
- Iron
- Keurig coffee machine with coffee pods
- Washer & Dryer (detergent included)
- Spacious backyard with outdoor deck featuring seating, rocking chairs, firepit, BBQ, and games

---

We look forward to welcoming you to one of our recovery retreats!

**Warm regards,**

Dr. Karam's Team