



ATLANTA
OCULOFACIAL
PLASTICS

A Guide for Our Out-of-Town Patients

Curated accommodations, dining, and recovery support — for the comfort of your visit before and after surgery.



PART ONE

Accommodations

Distances below are Google Maps drive times from our office at 6115 Peachtree Dunwoody Rd., Sandy Springs (typical daytime traffic — actual time may vary). When booking, please request a room with an in-room refrigerator/mini-fridge — this is important for storing distilled water, ice packs, and post-op medications. Each listing links directly to the hotel's official booking page.

FIVE-STAR

The St. Regis Atlanta [Book Now →](#)

18 MIN DRIVE FROM OFFICE

88 W Paces Ferry Rd NW, Atlanta, GA 30305 / (404) 563-7900

The gold standard for Buckhead luxury — butler service on request, celebrated afternoon tea, and a serene, residential feel. The hotel is also home to a renowned luxury spa (a Forbes Four-Star rated spa), a wonderful option for family members to relax in while you recover. It's also a centralized, swanky location — several top-rated restaurants are within a 1-2 minute walk.

Four Seasons Hotel Atlanta [Book Now →](#)

25 MIN DRIVE FROM OFFICE

75 14th St NE, Atlanta, GA 30309 / (404) 881-9898

A refined Midtown retreat inside a landmark tower, with an indoor saline pool, full-service spa, and residential-style suites. A wonderful option for patients who'd like to pair their recovery with a quieter, upscale setting near Piedmont Park and the Arts District.

InterContinental Buckhead Atlanta [Book Now →](#)

15 MIN DRIVE FROM OFFICE

3315 Peachtree Rd NE, Atlanta, GA 30326 / (404) 946-9000

Full-service with an excellent concierge team and multiple on-site dining options, handy for patients who'd rather not venture out the day after a procedure.

Waldorf Astoria Atlanta [Book Now →](#)

15 MIN DRIVE FROM OFFICE

3376 Peachtree Rd NE, Atlanta, GA 30326 / (404) 995-7500

Consistently rated among the top hotels in the city for warm, attentive service. Spacious rooms and an easy walk to Buckhead shopping and dining for companions accompanying the patient.

The Ritz-Carlton, Atlanta [Book Now →](#)

22 MIN DRIVE FROM OFFICE

181 Peachtree St NW, Atlanta, GA 30303 / (404) 659-0400

A downtown classic, ideal for patients pairing their visit with business or wanting to be near the convention/arts district. Note it's the furthest of our recommendations from the office.

FOUR-STAR — PERIMETER / SANDY SPRINGS (CLOSEST TO OUR OFFICE)

The Westin Atlanta Perimeter North [Book Now →](#)

3 MIN DRIVE FROM OFFICE

7 Concourse Pkwy, Atlanta, GA 30328 / (770) 395-3900

The closest hotel to our office, right in Perimeter Center. A nice perk: unlimited complimentary alkaline filtered water is available throughout the hotel, ideal for post-op recovery. Comfortable, reliable rooms and minimal travel on procedure day.

Atlanta Marriott Perimeter Center [Book Now →](#)

3 MIN DRIVE FROM OFFICE

246 Perimeter Center Pkwy NE, Atlanta, GA 30346 / (770) 394-6500

A dependable, well-located choice right off the Perimeter. Features an indoor pool that's open year-round, plus a seasonal outdoor pool — a nice option regardless of when you're visiting.

Crowne Plaza Atlanta Perimeter at Ravinia [Book Now →](#)

5 MIN DRIVE FROM OFFICE

4355 Ashford Dunwoody Rd, Atlanta, GA 30346 / (770) 395-7700

A polished, resort-style property tucked into the wooded Ravinia complex, with lovely views and on-site dining — a quiet option close to the office.

Hyatt Regency Atlanta Perimeter at Villa Christina [Book Now →](#)

5 MIN DRIVE FROM OFFICE

4000 Summit Blvd NE, Atlanta, GA 30319 / (678) 539-1234

A quiet, garden-set property just minutes from our office — wonderful for patients who want minimal travel time on procedure day.

Le Méridien Atlanta Perimeter [Book Now →](#)

5 MIN DRIVE FROM OFFICE

111 Perimeter Center W, Atlanta, GA 30346 / (770) 396-6800

A stylish, European-flavored option directly across from Perimeter Mall, with an easy, walkable setup for a quieter recovery stay.

FOUR-STAR — BUCKHEAD

Grand Hyatt Atlanta in Buckhead [Book Now →](#)

15 MIN DRIVE FROM OFFICE

3300 Peachtree Rd NE, Atlanta, GA 30305 / (404) 237-1234

Elegant and calm, with a lovely Japanese garden courtyard. Walkable to numerous restaurants — a good balance of comfort and value.

The Whitley, a Luxury Collection Hotel [Book Now →](#)

14 MIN DRIVE FROM OFFICE

3434 Peachtree Rd NE, Atlanta, GA 30326 / (404) 237-2700

Directly across from Lenox Square, with a quiet indoor pool and refined rooms — a nice option for patients extending their stay for some recovery-friendly downtime.

PART TWO

Dining

A mix of celebrated fine dining and easy, casual favorites — including a few personally curated by Dr. Reddy. Please check with our team about any dietary restrictions tied to your pre- or post-op instructions.

DR. REDDY'S PICKS

Delbar — Buckhead

3060 Peachtree Rd NE Ste R-160, Atlanta, GA 30305 / (404) 738-9302

A must. Beautifully spiced Persian/Middle Eastern cooking in a lush, jewel-toned dining room — consistently one of the most requested tables in Buckhead.

NoriFish

1115 Springwood Connector #2000, Sandy Springs, GA 30328 / (470) 713-5846

Right around the corner from the office. Omakase-style sushi with a tapas-forward twist, using fish flown in from Japan's Toyosu Market — excellent nigiri at a genuinely reasonable price point.

Gunshow

924 Garrett St, Atlanta, GA 30316 / (404) 380-1886

A Michelin-recommended dining experience unlike any other in the city — dishes are wheeled tableside dim-sum-cart style by the chefs who created them, and you choose what you want as it comes. A fun, memorable night out.

Mister O1 Extraordinary Pizza

6405 Blue Stone Rd Ste 240, Sandy Springs, GA 30328 / (404) 255-3000

Inventive, artfully presented wood-fired pizzas just minutes from the office — a fun, high-energy spot for a celebratory bite.

The Iberian Pig

3150 Roswell Rd NW Ste A3, Atlanta, GA 30305 / (404) 994-4990

Spanish tapas and outstanding croquetas in a warm, rustic Buckhead setting — great for sharing over a longer, relaxed dinner.

Umi

3050 Peachtree Rd Ste 1, Atlanta, GA 30305 / (404) 841-0040

Buckhead's top sushi destination — pristine nigiri and a lively sushi-bar atmosphere for guests who want a special evening out.

The Garden Room

88 W Paces Ferry Rd NW, Atlanta, GA 30305 / (404) 600-6471

A striking, plant-filled lounge and restaurant inside The St. Regis — beautiful cocktails and a memorable setting for an evening drink or light bite.

FINE DINING

Atlas

88 W Paces Ferry Rd NW, Atlanta, GA 30305 / (404) 600-6471

Refined tasting menus inside The St. Regis, often described by guests as Michelin-level in both food and service. A wonderful choice for a special pre-surgery dinner.

Aria

490 E Paces Ferry Rd NE, Atlanta, GA 30305 / (404) 233-7673

A James Beard-recognized favorite for elegant, seasonal American fare in an intimate, reservation-only setting.

Ishin Omakase

1020 Spring St NW Ste 801, Atlanta, GA 30309 / (678) 272-5747

An intimate, 12-seat Edomae-style omakase counter in Midtown (same building as Celestia) — pristine, no-frills sushi from a chef deeply devoted to the craft. One of the city's most acclaimed omakase experiences.

Canoe

4199 Paces Ferry Rd SE, Atlanta, GA 30339 / (770) 432-2663

A beautiful riverside setting with polished New American cooking — a relaxed but still special-occasion feel.

Celestia

1020 Spring St NW Ste 801, Atlanta, GA 30309 / (678) 272-5747

A striking rooftop restaurant and lounge in Midtown, with sweeping skyline views — a memorable spot for a celebratory dinner, best enjoyed at sunset.

CASUAL EATS

Velvet Taco

77 W Paces Ferry Rd NW Ste 35A, Atlanta, GA 30305 / (470) 400-3900

Inventive gourmet tacos in a fast-casual setting — easy, quick, and satisfying for a low-key meal.

North Italia

3393 Peachtree Rd NE, Atlanta, GA 30326 / (404) 841-7530

Fresh, made-daily pasta and wood-fired pizza in a lively, approachable setting — a reliable casual favorite near Lenox Square.

The Chastain

4320 Powers Ferry Rd NW, Atlanta, GA 30342 / (404) 257-6416

A lovely garden-view restaurant close to our office, wonderful for a light, easy meal the day of or after your procedure.

Rumi's Kitchen

6112 Roswell Rd, Atlanta, GA 30328 / (404) 477-2100

Warm, elegant Persian cuisine close to the office — a gentle, flavorful option for a quieter evening.

HEALTHY OPTIONS FOR POST-OP RECOVERY

For patients who'd like to eat clean while healing, these spots offer fresh, lighter fare without sacrificing flavor.

Clean Eatz

5600 Roswell Rd B100, Sandy Springs, GA 30342 / (404) 855-5700

Macro-friendly, ready-to-eat meals and smoothies just minutes from the office — an easy grab for a clean, no-fuss recovery meal.

True Food Kitchen

3393 Peachtree Rd NE Ste 3058B, Atlanta, GA 30326 / (404) 481-2980

A wellness-driven menu of seasonal, anti-inflammatory dishes in a bright, relaxed setting near Lenox Square.

Flower Child

3400 Around Lenox Rd NE, Atlanta, GA 30326 / (678) 668-2271

Fresh grain bowls, salads, and juices with plenty of gluten-free and plant-based options — quick, light, and nourishing.

Cafe Sunflower

2140 Peachtree Rd, Atlanta, GA 30309 / (404) 352-8859

An all-vegan/vegetarian menu of nourishing, whole-food dishes in a calm setting — a good choice for guests avoiding heavier fare while healing.

APPENDIX

Michelin Guide Selections

Atlanta's [MICHELIN Guide](#) (American South, 2025 selection) recognizes 60+ restaurants across the metro area — a great resource if you'd like to explore beyond our core recommendations while you're in town.

PART THREE

Things to Do in Town

A few ways to fill the time around your visit. Please keep post-op precautions in mind — avoid direct sun exposure, and avoid bending below the waist or lifting anything over 10 pounds for at least the first 2–3 weeks. The first group below is well suited to patients themselves; the second is geared toward family or companions with more freedom to roam.

EASY & RECOVERY-FRIENDLY

Phipps Plaza [Learn More →](#)

5 MIN DRIVE FROM OFFICE

3500 Peachtree Rd NE, Atlanta, GA 30326 / (404) 262-0992

Atlanta's premier luxury shopping center, fully indoor and climate-controlled — an easy, gentle stroll with anchors like Saks Fifth Avenue and Nordstrom. Many guests use the mall's wide corridors for a flat, protected walk.

Chastain Park

12 MIN DRIVE FROM OFFICE

Chastain Park, Atlanta, GA / (404) 350-7275

A large, quiet green space with flat paved paths, gardens, and shade trees — pleasant for a slow, easy walk without much sun exposure if you stick to the tree-lined sections.

Atlanta History Center [Learn More →](#)

18 MIN DRIVE FROM OFFICE

130 W Paces Ferry Rd NW, Atlanta, GA 30305 / (404) 814-4000

Mostly indoor exhibits with the option of a gentle garden walk if you're up for it. The Swan House and grounds are lovely if you'd like some fresh air without much exertion.

High Museum of Art [Learn More →](#)

25 MIN DRIVE FROM OFFICE

1280 Peachtree St NE, Atlanta, GA 30309 / (404) 733-4400

A calm, fully indoor art museum with a manageable layout — comfortable pacing, places to sit, and air conditioning throughout. A nice low-key outing that doesn't require much walking.

FOR FAMILY & COMPANIONS — EXPLORING ATLANTA

Atlanta Botanical Garden [Learn More →](#)

25 MIN DRIVE FROM OFFICE

1345 Piedmont Ave NE, Atlanta, GA 30309 / (404) 876-5859

A beautiful 30-acre garden in Midtown with the popular elevated Canopy Walk, seasonal exhibits, and an indoor tropical conservatory — a full morning or afternoon of walking.

Georgia Aquarium [Learn More →](#)

27 MIN DRIVE FROM OFFICE

225 Baker St NW, Atlanta, GA 30313 / (404) 581-4000

One of the largest aquariums in the world, with whale sharks, beluga whales, and dolphin presentations — a great family outing, especially for companions with kids in tow.

Ponce City Market [Learn More →](#)

24 MIN DRIVE FROM OFFICE

675 Ponce De Leon Ave NE, Atlanta, GA 30308 / (404) 900-7900

A lively food hall, shops, and rooftop games inside a historic building on the Atlanta BeltLine — plenty of walking and a fun, energetic atmosphere for companions wanting to explore.

Chattahoochee River National Recreation Area (Island Ford) [Learn More →](#)

15 MIN DRIVE FROM OFFICE

8800 Roberts Dr, Sandy Springs, GA 30350 / (678) 538-1200

Shaded riverside hiking trails just minutes from the office — a good option for companions who want to stretch their legs in nature without venturing far.

PART FOUR

Recovery & Support Services

As a standard part of our post-op protocol, you must have a responsible adult pick you up from the surgery center (ASC) and drive you home — you may not drive yourself, and rideshare services (Uber, Lyft) are not permitted for this trip due to liability while you're under the effects of anesthesia and/or narcotic pain medication. Just as important: someone must be with you for the entire first 24 hours after surgery, not only the ride home, in case you need any assistance.

OUR RECOMMENDATION

Bring a trusted friend or family member with you for the first 3–4 days after surgery, with someone present continuously for at least the first 24 hours. Most patients are off narcotic pain medication after that initial period and can then safely drive themselves — or use rideshare — to any remaining post-op appointments, the pharmacy, or errands, at which point your companion is free to return home.

IF YOU NEED TO HIRE A COMPANION

For patients traveling without a friend or family member available, several Atlanta-based services offer professional, non-medical companion care by the hour — appropriate for driving you home after surgery and staying with you during the initial recovery window. These are non-medical companion/caregiver services, not licensed nursing care; please confirm licensing, insurance, and background-check policies directly with the provider.

MyFredy [Book Now →](#)

Flat-rate pricing based on hours needed / (678) 250-4611

Atlanta-based and purpose-built for outpatient surgery patients, including elective/cosmetic procedures. Your companion picks you up directly from the surgery center (ASC), stops at the pharmacy if needed, and accompanies you to your hotel to care for you there. Discreet, BBB A+ accredited, and frequently used by out-of-town patients.

SYNERGY HomeCare of North Atlanta

Flexible hourly to 24-hour in-home care / (770) 777-4781

An established national home care franchise with a local North Atlanta office. Offers hospital-to-home recovery support, and will arrange for you to meet/approve your caregiver in advance of your procedure.

CareLinx

Online caregiver marketplace, hourly rates / (800) 494-3106

A nationwide platform where you browse, interview, and directly hire independent caregivers by the hour. No agency markup, so pricing tends to run lower — a good option if you'd like to select your own caregiver and set your own schedule.

A Note on Timing

For the evening right before surgery, we recommend a lighter meal and early night regardless of venue. For the recovery period, our team is happy to advise on which of these options best suit your specific procedure and downtime.

Atlanta Oculofacial Plastics • 6115 Peachtree Dunwoody Rd., Suite 125, Sandy Springs, GA 30328