

# Prepare for Your **Beard** **Transplant Trip to Turkey**



## Documents and Visa Requirements

- Passport valid for at least six months from the date you intend to enter Turkey.
- For visa requirements, please check the official Republic of Turkey Electronic Visa Application System at [www.eviza.gov.tr/en/](http://www.eviza.gov.tr/en/) or consult with the Turkish embassy in your country.
- Medical documents such as a letter from your local doctor and any relevant medical history.
- Clinics in Turkey may provide diagnostic tests if you lack certain medical documents.



## Accommodation Options

Most clinics offer partnerships with hotels or provide accommodation, sometimes included in the treatment package. Hospital stays are typically covered for the required treatment period. Partner hotels may offer discounts, or you can choose to self-book. Free accommodation is often provided for the duration of the medical stay (2-3 nights), with average hotel prices per night ranging from \$50 to \$150 for additional nights.



## Transfer Services

- Many clinics offer free airport transfers to and from the clinic/hotel.
- Popular taxi services like BiTaksi and iTaksi operate in major cities, with prices starting around 1.5 TRY/km (approx. \$0.08/km).



## Interpreter Services

Interpreter services are often available, sometimes at no additional cost, to assist with communication during medical consultations and procedures.



## Payment Methods

- Payment can be made via cash or credit/debit card.
- The local currency is Turkish Lira (TRY), but some places may accept Dollars or Euros.
- Having some local currency is recommended for smaller expenses and convenience.



## Pre-Op Beard Transplant Tips

- Stop smoking at least two weeks before the procedure to promote better healing.
- Avoid taking any blood-thinning medications or supplements like aspirin and vitamin E for a couple of weeks before surgery.
- Do not cut your hair before traveling; the surgeon will handle any necessary trimming.
- Stay hydrated and maintain a healthy diet to support recovery.
- Arrange for someone to assist you post-surgery if needed, although most activities can be resumed soon after.
- Bring comfortable, loose-fitting clothing that does not need to be pulled over your head.
- Ensure you understand the post-op care instructions provided by your clinic.
- Consider the climate and pack accordingly; Turkey can be very warm depending on the season.



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**Prepared by Medical Coordinator**

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