

Your Guide to Prepare for Braces Trip to Turkey



Documents and Visa Requirements

- Valid passport or travel ID as per international travel regulations.
- Check visa requirements on the official Republic of Turkey Electronic Visa Application System at www.evvisa.gov.tr or consult the Turkish Embassy in your country.
- Medical records related to dental history, X-rays, and any orthodontic records if available.
- Clinics in Turkey will provide necessary diagnostics and tests if the patient's medical documents are incomplete.



Accommodation Options

Many clinics in Turkey offer partnerships with 5* hotels for patient accommodation. These partnerships often result in discounted rates for patients. Hospital stays may be included in the treatment package. When not included, patients can expect to pay an average of 50-150 euros per night for a hotel stay, depending on the hotel's quality and location.



Transfer Services

- Many clinics offer free transfer services from the airport to the hotel and clinic.
- Popular taxi services like BiTaksi and iTaksi are available in major Turkish cities; expect to pay around 1-2 euros per km.



Interpreter Services

Interpreter services are often provided free by the clinics. In case they do not offer this service, private interpreters are available for hire, and costs can vary depending on the duration and type of service.



Payment Methods

- Payment options typically include cash and credit/debit cards.
- The local currency is the Turkish Lira (TRY), and it is advisable to have some local cash for small expenses.
- Many places also accept payments in dollars or euros, but it is generally more cost-effective to pay in TRY.



Pre-Op Braces Tips

- Consult with your orthodontist and get a thorough dental check-up before traveling.
- Maintain good oral hygiene to ensure healthy gums and teeth before the procedure.
- Avoid consuming hard and sticky foods that could damage your teeth before getting braces.
- Consider having a dental cleaning session before traveling to remove any plaque or tartar.
- Bring orthodontic wax to help with any initial discomfort from the braces.
- Plan for a soft food diet for the first few days after getting braces, as your teeth may be sensitive.
- Ensure you have a clear understanding of the treatment plan and schedule follow-up appointments if necessary.
- Discuss pain management options with your doctor for the post-operative period.



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Prepared by Medical Coordinator

[Yan Matsiievskiy](#)

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