

Prepare for Your Breast Reduction Trip to Turkey



Documents and Visa Requirements

- Passport valid for at least 6 months beyond the date of entry.
- Visa, if required. Check visa requirements for Turkey at [e-Visa Republic of Turkey](#).
- Medical documents: referral from a physician, medical history, images (e.g., mammograms), and previous surgical reports.
- Clinics in Turkey may provide additional diagnostics and tests if necessary.



Accommodation Options

Most clinics offer accommodation options for patients, including hospital stays and partner hotels with discounts. Some may provide free stays for a certain number of nights post-surgery. Average hotel stay per night: \$50-\$150.



Transfer Services

- Free or paid airport transfers are commonly offered by clinics.
- Popular taxi services like BiTaksi and iTaksi offer rides in major cities, costing approximately 1-2 Turkish Lira per kilometer.



Interpreter Services

Interpreter services are available and can be arranged by clinics, sometimes free of charge or for a fee depending on the institution.



Payment Methods

- Payment can be made by cash or credit card.
- The local currency is the Turkish Lira, and it's recommended to have some for small expenses.
- Many places also accept payment in dollars or euros.



Pre-Op Breast Reduction Tips

- Follow all pre-operative instructions regarding medication and eating/drinking from your surgeon.
- Arrange for someone to assist you after the surgery, as mobility may be limited.
- Wear comfortable, loose-fitting clothing on the day of surgery.
- Stop smoking at least six weeks before undergoing surgery to promote better healing.
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding.
- Prepare your home for recovery before surgery (e.g., easy access to ice packs, gauze, clean towels).
- Ensure you have a support system in place for emotional support during recovery.



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Prepared by Medical Coordinator

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Your personal medical assistant will be with you shortly.
Please stay tuned.