

Prepare for Your Gynecomastia Surgery Trip to Turkey



Documents and Visa Requirements

- International travelers should have a valid passport for entry into Turkey.
- Visa requirements vary by country; visit the Republic of Turkey Electronic Visa Application System at evisa.gov.tr to check if you need a visa based on your nationality.
- Carry medical documents such as referral notes from your local doctor and any recent medical test results relevant to your surgery.
- Most Turkish clinics provide necessary diagnostics and tests if you lack certain medical documentation.



Accommodation Options

Most clinics have partnerships with local hotels to provide patients with comfortable accommodation. Some may offer free or discounted stays. Hospital stays are typically included in the package. For self-booking, average hotel rates range from \$50 to \$150 per night, depending on the hotel's class.



Transfer Services

- Clinics often provide free airport transfers to and from the hotel and clinic.
- Popular taxi services like BiTaksi and iTaksi are available, with the average fare being around 3 TRY per km (approximately \$0.16 USD).



Interpreter Services

Interpreter services are typically available, either for free or at an additional cost, depending on the clinic. It is advisable to confirm this service with your chosen clinic beforehand.



Payment Methods

- Cash and credit/debit card payments are widely accepted.
- Local currency (Turkish Lira, TRY) is essential for smaller purchases and taxi rides, though many places accept USD or EUR.



Pre-Op Gynecomastia Surgery Tips

- Discuss any medications you're taking with your surgeon, as some may need to be stopped before surgery.
- Avoid smoking and alcohol at least two weeks before the procedure to promote better healing.
- Stay hydrated and maintain a healthy diet to prepare your body for surgery and recovery.
- Plan for sufficient rest and recovery time post-surgery, following your surgeon's guidelines closely.
- Bring comfortable, loose-fitting clothing for post-surgery comfort.
- Ensure you understand the post-operative care instructions before the surgery.



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