

Prepare for Your Mammoplasty Trip to Turkey



Documents and Visa Requirements

- Ensure you have a valid passport with at least six months remaining from the date of entry into Turkey.
- Check visa requirements for Turkey based on your nationality at the official Ministry of Foreign Affairs website or through their e-Visa portal.
- Prepare your medical history documents, mammoplasty-specific records, and any doctor's notes you have.
- Clinics in Turkey can provide diagnostics and tests if you lack certain medical documents, but having them in advance is recommended.



Accommodation Options

Most clinics in Turkey offer a hospital stay included in the mammoplasty package. Partner hotels may provide discounted rates for extended stays, which can range from free to varying costs depending on the package. Self-booking is also an option. Average hotel stay per night in a 4* hotel is approximately \$50-\$100.



Transfer Services

- Clinics often offer free airport to hotel to clinic transfers as part of the mammoplasty package.
- Popular taxi services like BiTaksi and iTaksi operate in major Turkish cities, with average prices starting from \$0.5 per km.



Interpreter Services

Interpreter services are commonly available, often free of charge, through the clinics to assist during your medical journey.



Payment Methods

- Clinics accept various payment options including cash and credit/debit cards.
- The local currency is the Turkish Lira, and it is advisable to have some for minor expenses, though many places also accept Euros or Dollars.



Pre-Op Mammoplasty Tips

- Consult with your physician about medications that should be avoided before surgery.
- Arrange for someone to accompany you during the trip if possible, for support.
- Plan for at least a week's stay in Turkey to allow for pre-op consultations and post-op recovery.
- Avoid smoking and alcohol consumption for a few weeks prior to surgery, as these can affect healing.
- Prepare comfortable clothing that is easy to put on and remove post-surgery.
- Stay hydrated and maintain a healthy diet to bolster your immune system.
- Ensure you have all necessary post-operative care items such as a special bra, which may be provided by the clinic.



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Prepared by Medical Coordinator

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