

Prepare for Your Mommy Makeover Trip to Turkey



Documents and Visa Requirements

- Passport valid for at least six months beyond the date of entry into Turkey.
- Visa requirements vary by country; check e-Visa eligibility and apply at www.evisa.gov.tr.
- Medical records related to the Mommy Makeover, including previous surgeries, medications, and any known allergies.
- Clinics in Turkey may provide diagnostic services such as blood tests, ECG, and X-rays if the patient lacks specific medical documents.



Accommodation Options

The clinics typically include hospitalization followed by a hotel stay, with some packages providing free accommodations for a companion. For self-booked accommodations, the average hotel cost per night ranges from \$50 to \$150.



Transfer Services

- Most clinics offer free airport-hotel-clinic transfers.
- Popular taxi services like BiTaksi and iTaksi can be used, with prices starting from approximately 1.5-2 TL per km.



Interpreter Services

Interpreter services are generally provided for free throughout the medical process, ensuring seamless communication between the patient and medical staff.



Payment Methods

- Payments can be made using cash or credit/debit cards.
- The local currency is the Turkish Lira (TL), but many places also accept Dollars or Euros.
- It's advisable to have some local currency for smaller expenses or where international cards are not accepted.



Pre-Op Mommy Makeover Tips

- Ensure you have a detailed consultation with your surgeon and understand all pre- and post-op instructions.
- Stop smoking at least six weeks before surgery to promote better healing.
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding.
- Arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.
- Prepare your home for recovery by placing essential items within easy reach and setting up a comfortable recovery area.
- Follow a healthy diet and maintain a stable weight before the surgery.
- Discuss any medications you are taking with your surgeon to ensure they won't interfere with the surgery or recovery.
- Get lab testing or a medical evaluation beforehand as instructed by your surgeon.



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Prepared by Medical Coordinator

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