

Prepare for Your Neck lift

Trip to Turkey



Documents and Visa Requirements

- Passport valid for at least 6 months from the date of entry into Turkey.
- e-Visa or sticker visa obtained prior to arrival. Check visa requirements for your country at www.evisa.gov.tr.
- Medical records including history and any previous surgery details.
- Diagnostic reports (e.g., blood tests, imaging). Turkish clinics may provide diagnostics if you lack certain documents.



Accommodation Options

Most clinics offer a stay in a partner 4* or 5* hotel, often included in the medical package. Hospital stays are typically part of the procedure package. Self-booking is an option if these do not suffice. Average hotel stay per night is approximately \$50-\$150.



Transfer Services

- Clinics often offer free airport-hotel-clinic transfers included in the package.
- Popular taxi services like BiTaksi and iTaksi are available, with prices starting around ₺20 (\$1.08) plus ₺3.50 (\$0.19) per km.



Interpreter Services

Interpreter services are often provided for free by the clinics. If not included, services can be arranged for an additional fee.



Payment Methods

- Clinics accept payments via cash or credit/debit cards.
- The local currency is the Turkish Lira (TRY), but USD and EUR are commonly accepted. It is advisable to have some local currency for small expenses.



Pre-Op Neck lift Tips

- Stop smoking and avoid alcohol at least two weeks before the surgery to promote better healing.
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding.
- Eat a healthy diet rich in vitamins and minerals to support recovery.
- Arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.
- Discuss any medications you are taking with your surgeon to ensure they will not affect the surgery.
- Stay hydrated, but do not eat or drink after midnight the night before your surgery unless directed otherwise by your surgeon.
- Wear loose, comfortable clothing on the day of surgery.
- Follow all pre-op instructions provided by your neck lift doctor for the best outcome.

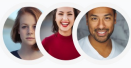



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