

Prepare for Your Tummy Tuck and Liposuction Trip to Turkey



Documents and Visa Requirements

- Passport valid for at least 6 months from the date of entry into Turkey.
- Visa requirements vary by country; check [Turkey's e-Visa portal](#) for specific information based on your nationality.
- Medical reports and any previous surgical records related to your Tummy Tuck and Liposuction.
- Clinics in Turkey may provide diagnostics and tests if certain medical documents are lacking.



Accommodation Options

Most clinics offer accommodation options for international patients. This may include:

- Hospital stays for the duration of the medical procedure, typically free of charge.
- Partner hotels offering discounted rates for patients; prices may vary, but expect to pay an average of \$50-\$100 per night.
- Self-booking options are available if you prefer to arrange your own accommodation.



Transfer Services

- Many clinics offer free airport-hotel-clinic transfers.
- Popular taxi services like BiTaksi and iTaksi operate in major cities, with trips starting from approximately 10-20 TRY (\$0.55-\$1.10).



Interpreter Services

Interpreter services are often available through the clinics, sometimes free of charge, to ensure clear communication between patients and medical staff.



Payment Methods

- Cash and credit card payments are widely accepted.
- The local currency is the Turkish Lira (TRY), and having some cash on hand is recommended for smaller expenses.
- Many places also accept payment in dollars or euros, but it's advisable to have local currency for convenience.



Pre-Op Tummy Tuck and Liposuction Tips

- Follow a balanced diet and maintain a stable weight prior to surgery.
- Avoid smoking and alcohol consumption for at least two weeks before the procedure.
- Discontinue any blood-thinning medications or supplements after consulting with your doctor.
- Stay hydrated and get plenty of rest before your surgery.
- Arrange for someone to assist you post-surgery during your initial recovery period.
- Pack loose, comfortable clothing that is easy to put on and take off.
- Prepare your home for post-surgery recovery with essentials within easy reach.
- Remember that your surgeon will provide specific instructions tailored to your individual needs.



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Prepared by Medical Coordinator

[Yan Matsiievskiy](#)

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