# **Prepare for Your**

## **Vaginoplasty Trip to**

# **Turkey**



#### **Documents and Visa Requirements**

- Valid passport and return ticket are mandatory for international travel to Turkey.
- Visit the Turkish Ministry of Foreign Affairs website or check with your local Turkish consulate to understand visa requirements, as these vary by country: Visa Information for Foreigners.
- Bring medical records related to your health history and any previous treatments.
- · Clinics in Turkey may provide diagnostics and tests if certain medical documents are missing, usually at an additional cost.



#### **Accommodation Options**

Most clinics partner with local hotels to offer discounted rates for their patients. While some may provide free accommodation, it is not a standard practice, and you should verify with the clinic beforehand. Hospital stays are typically included in the procedure package. The average hotel stay per night ranges between \$50 and \$100, depending on the hotel's category and location.



#### **Transfer Services**

- · Clinics often offer free airport transfers, but it's important to confirm this service when scheduling your procedure.
- Popular taxi services like BiTaksi and iTaksi operate in major Turkish cities, with average prices starting at around 1.5 TL per kilometer (approximately \$0.10 USD).



#### **Interpreter Services**

Interpreter services are available and can be arranged through your clinic, usually for a fee. Some clinics may include it as part of their package, so it's essential to inquire about this when planning your trip.



#### **Payment Methods**

- · Clinics accept payments in cash and by card.
- Turkey's local currency is the Turkish Lira (TL), and having local cash is recommended for small expenses.
- Many places may accept dollars or euros, but it's advisable to have some local currency for convenience.



#### **Pre-Op Vaginoplasty Tips**

- Follow any preoperative instructions provided by your surgeon, such as fasting before the surgery.
- Arrange for someone to accompany you, if possible, for support during your recovery period.
- Consider staying near the clinic to minimize travel after the procedure.
- Bring comfortable, loose-fitting clothes for your postoperative comfort.
- Stay hydrated and maintain a healthy diet to aid in recovery.
- Prepare a list of questions or concerns to discuss with your surgeon during consultations.
- Inform your surgeon of any medications or supplements you are taking, as they may affect the surgery or recovery.
- Ensure you have a reliable means of communication with your medical team after the procedure.



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Prepared by Medical Coordinator Yan Matsiievskiy

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