
Pre-Operative Travel & Surgery Instructions for All Patients

Dear Patient,

Thank you for choosing our clinic. Please find below important information to help you prepare for your upcoming surgery and travel arrangements.

Accommodation Suggestions

Our clinic is located in a central area with many high-quality hotels nearby. We recommend using platforms like hotels.com to find budget-friendly options within walking distance.

Airport Transfers

If you're arriving via Istanbul Airport, we can share contact details of transfer companies that can assist with transportation. Please note that we do not have any formal agreements with these companies, and we recommend confirming prices in advance.

Surgery Timing & Arrival Day

We do not schedule surgeries on the day of arrival. There are two main reasons for this:

1. **Medical Safety:** Many cases of blood clots (deep vein thrombosis) have occurred in patients who underwent surgery directly after traveling. To minimize risk, we strongly recommend:

- Drinking plenty of fluids during your trip
- Wearing medium-compression travel stockings
- Walking and moving your legs during the flight

2. **Pre-Operative Testing:** Comprehensive pre-operative tests and anesthesiologist evaluation are essential. These take time and must be completed prior to surgery.

Bowel Preparation

To avoid constipation before surgery:

- Eat a high-fiber diet
- On the day before surgery, consume only liquid foods (soups, juices)
- If you are prone to constipation, you may begin taking Duphalac syrup 3 days prior (30 ml daily). Adjust the dose if diarrhea occurs, and ensure you stay well hydrated.

Surgery & Anesthesia

- Your surgery will be performed under general anesthesia and may last approximately 4–5 hours.
- Anti-embolism pumps will be used during the procedure to prevent blood clot formation.
- A decrease in blood volume can occur during surgery. In rare cases, a blood transfusion may be necessary. If so, this will incur an additional cost, as it is not included in the surgical package.

Payment Information

- Surgery fees must be paid in cash prior to the procedure.
- Local ATM access may be limited, so we advise bringing the necessary amount with you.
- If you prefer to pay via bank transfer, it must be completed at least one week prior to surgery. All banking fees and charges are the patient's responsibility.
- We recommend bringing extra funds to account for potential additional expenses.

Post-Operative Care & Drains

- Surgical drains may be placed after the operation. If excessive drainage occurs, your hospital stay might be extended.
- Any stay beyond one night will be subject to additional charges.
- If you're well enough but drains remain, and you consent, you may be discharged to your hotel, with follow-up appointments conducted at the clinic.

Flight Clearance

- In most cases, patients are cleared to fly 7 to 10 days after surgery.
 - Stitches used are self-dissolving and will not need to be removed.
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