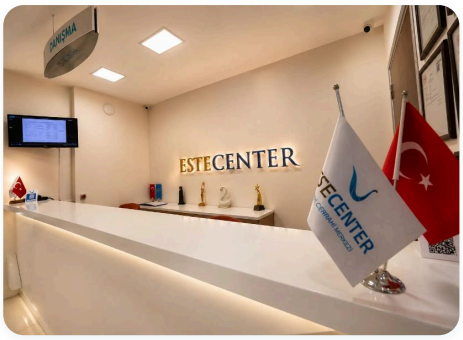
TRAVELLING TOGETHER

The Companion's Guide

For the partner, parent or friend who comes along: what to expect on each day, how to help without hovering, and what to do with the time



For a hair transplant, a companion is a comfort rather than a necessity. For surgery under general anaesthesia we recommend one – and for some operations we ask for it.

BY TREATMENT

TREATMENT	COMPANION	WHY
Hair transplant, PRP	Optional	Local anaesthesia; the patient walks out and manages alone
Rhinoplasty	Recommended	A night in hospital, then a week of swelling and dressings
Breast or body surgery	Strongly recommended	Lifting and reaching are restricted; help at the hotel is genuinely useful
Combined procedures	Asked for	A heavier recovery; we plan around someone being there

TWO TRAVELLERS, ONE PLAN



The companion's role is practical: carrying, fetching, remembering, and noticing.

WHAT A COMPANION ACTUALLY CHANGES

- ✓ **Someone remembers.** Instructions given after anaesthesia are often forgotten; you will have heard them too.
- ✓ **Someone carries.** Bags, water, pharmacy runs – small things that become large when bending is restricted.
- ✓ **Someone notices.** A change in colour, temperature or mood that the patient may not register.
- ✓ **Someone is company.** Hotel rooms are quiet on the second night.

Packages usually include the companion in the hotel room at no extra cost, and in the transfers. Ask your coordinator what applies to your plan.

Ask your coordinator whether a companion is advisable for this particular plan.

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The trip from your side

Your days have a different shape from the patient's. Here is what each one tends to involve for you.

A TYPICAL STAY

ARRIVAL	DAY 1	DAY 2	DAY 3	DAY 4–5	DEPARTURE
Transfer and hotel	**Consultation**	**Procedure**	**First check**	**Quiet days**	**Final check, flight**
Met at the airport; checked in together. An early night helps you both.	You are welcome in the room. Take notes; the patient will be listening differently.	A long wait for you. Ask when to expect news and where to be.	Dressings or first wash. Learn the routine; you may be helping with it.	Short walks, meals, rest. This is when your help matters most.	Documents collected; you handle the bags.

PROCEDURE DAY, SPECIFICALLY

- Ask the coordinator roughly how long the procedure takes and when you will be told it has finished
- You can wait at the clinic or go back to the hotel; the team will call either way
- Have the patient's loose clothing, water and phone charger ready for the return
- The surgeon or coordinator will brief you after; write it down

THE FIRST NIGHT AFTER SURGERY

- **Sleep position.** You may need to help arrange pillows for the raised, back-sleeping position.
- **Medication times.** Keep the schedule; set alarms on your phone, not theirs.
- **Water and small meals.** Little and often; appetite returns slowly.
- **Be reachable.** Keep your phone on and know the clinic's emergency number.

Save the clinic's emergency number in your own phone before procedure day.

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How to help — and what to watch

The most useful companion is calm, practical and observant. You are not a nurse; you are the person who notices and makes the call.

HELPFUL AND LESS HELPFUL

Helpful

Quiet, practical support.

- ✓ Handle bags, doors, pharmacy runs and meals
- ✓ Help with the washing routine if asked
- ✓ Keep track of medication times
- ✓ Encourage short walks; discourage heroics
- ✓ Take the progress photos the clinic asks for

Less helpful

Well-meant, but adds strain.

- ✓ Commenting on how it looks on day two or three
- ✓ Comparing with results seen online
- ✓ Pressing for sightseeing before they are ready
- ✓ Searching symptoms late at night
- ✓ Treating every twinge as an emergency – or none

NORMAL AFTER SURGERY

- ✓ Swelling and bruising that peak around day two to three
- ✓ Tiredness, low mood, poor appetite for a few days
- ✓ Mild oozing at dressings in the first day
- ✓ Numbness in and around the treated area

CALL THE TEAM

- ⚠ Fever, or feeling shivery and unwell
- ⚠ One side suddenly swelling more than the other, or becoming tense
- ⚠ Bleeding that soaks a dressing and does not stop with pressure
- ⚠ Pain that increases rather than eases, or breathlessness, or calf pain

When in doubt, call

The team would far rather answer a question that turns out to be nothing than hear about a problem the next morning. The number works day and night during your stay.

Keep this page to hand on the first three days.

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Your time in Istanbul

There will be hours when the patient is resting and you are free. Şişli sits between Nişantaşı, Taksim and the Bosphorus; most of what follows is a short walk or a ten-minute taxi.

CLOSE TO THE CLINIC

Nişantaşı
Cafés, boutiques and quiet streets, fifteen minutes on foot.

Shopping centres
Several within a short taxi ride; useful for pharmacy, food and a change of scene.

The Bosphorus
Ortaköy and Bebek waterfront, twenty minutes by taxi. Good for a long slow walk.

The old city
Sultanahmet is a half-day; save it for when the patient can come too, or go while they sleep.

USEFUL TO KNOW

- [ ] Taxis are plentiful; ride apps work and show the fare
- [ ] Cards are accepted almost everywhere; carry some lira for small shops
- [ ] Pharmacies (eczane) are marked with a red E; many near the clinic speak English
- [ ] Tap water is safe for washing; bottled is usual for drinking
- [ ] Istanbul airports are far from the centre – allow two hours on departure day

GETTING HOME TOGETHER

- ✓ **The bags are yours.** Lifting restrictions still apply at the airport.
- ✓ **Ask about seating.** An aisle seat and room to stretch help after body surgery.
- ✓ **Carry the documents.** Discharge summary, medication list and the clinic's contact – in hand luggage.
- ✓ **Plan the first days home.** Food in the fridge, follow-up dates in the calendar, the WhatsApp line saved.

YOUR NEXT STEP

Talk to us before you decide anything

Free Consultation
A conversation with a coordinator, with no commitment.

Send Your Photos
Our medical team reviews them and replies with an assessment.

WhatsApp Us
Questions answered in your own language, usually the same day.

✓ Free consultation · Free medical evaluation

WHATSAPP US

READ ONLINE

WHY ESTECENTER?

✓ Experienced medical teams
✓ Personalised treatment planning
✓ International patient support
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This guide is for informational purposes.
Treatment suitability is determined after medical evaluation.