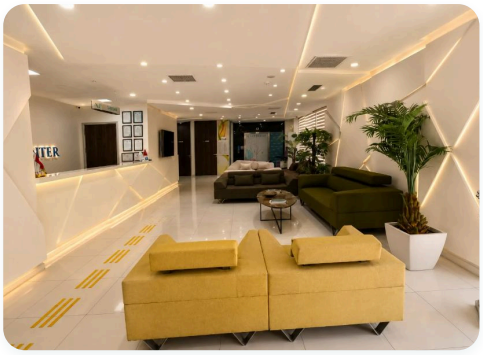
PLANNING YOUR TRIP

From First Message to Final Result

The whole process in order: what happens at each step, who you deal with, how long it takes, and what you need to do – before, during and after your trip



Six stages, with one coordinator as your contact throughout. Most patients go from first message to a written plan within a few days, and from booking to travel in a few weeks to a few months, depending on their dates.

THE JOURNEY



Message, assessment, plan, booking, trip, follow-up. The same path for every treatment; only the lengths differ.

THE SIX STAGES

STAGE 1
First message
You describe the concern; we ask for photographs.

STAGE 2
Assessment
A surgeon reviews; a video call if useful.

STAGE 3
Written plan
Procedure, surgeon, inclusions, price.

STAGE 4
Booking
Dates, deposit, pre-travel checklist.

STAGE 5
The trip
Consultation, procedure, checks, departure.

STAGE 6
Follow-up
Milestones by photo until the final result.

WHO YOU DEAL WITH

Your coordinator
One person, in your language, from the first message to the last follow-up. Handles logistics, questions and scheduling.

Your surgeon
Assesses, plans and operates. Named in the written plan and available for a call before you travel.

The clinical team
Anaesthetist, nurses and aftercare staff you meet in Istanbul, and who answer clinical questions afterwards.

Start with a message on WhatsApp or email. Your coordinator replies, usually the same day.

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Stages 1–3: message, assessment, plan

Everything before you book happens remotely and costs nothing. The aim is that you know the procedure, the surgeon, the price and the inclusions before any money changes hands.

THE PHOTOGRAPHS WE ASK FOR



Daylight, plain background, no filters. The set depends on the treatment; your coordinator sends a simple diagram.

WHAT GOOD PHOTOGRAPHS LOOK LIKE

- ✓ **Hair.** Front, top, crown, both sides and the back of the head; hair dry and not styled.
- ✓ **Nose.** Front, both profiles, both three-quarter views and from below, with a neutral expression.
- ✓ **Breast and body.** Front, both sides and back from the neck to the hips, in plain underwear.
- ✓ **All.** Daylight, a plain wall, phone held at your level, no filters or mirrors.

WHAT HAPPENS WITH THEM

1. **Coordinator receives**
   Checks the set, asks for medical history and your goals.
2. **Surgeon reviews**
   Assesses candidacy, technique and extent; flags anything to examine in person.
3. **Video call if useful**
   For surgical cases, or whenever you want to speak to the surgeon.
4. **Written plan sent**
   Procedure, surgeon's name, nights, inclusions, price, next steps.

What the written plan contains

The recommended procedure and why; the surgeon who will perform it; the number of nights and the hospital stay; every inclusion; the total price in euros; the deposit and rescheduling terms; and what remains to be confirmed at the in-person examination.

The plan is free and carries no obligation. Compare it with others if you wish.

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Stages 4–5: booking and the trip

Once you accept the plan, the coordinator fixes your dates and sends a pre-travel checklist. From then on, the details are handled; your job is to prepare and arrive.

BEFORE YOU FLY

- [ ] Deposit paid; dates confirmed in writing
- [ ] Flights booked; flight details sent to your coordinator
- [ ] Pre-operative instructions read (medication, smoking, alcohol, fasting)
- [ ] Blood-thinning medication and supplements discussed with the surgeon
- [ ] Time off work arranged; help at home for surgical recovery
- [ ] Travel insurance covering elective treatment abroad
- [ ] Passport valid; visa checked for your nationality

WHAT WE DO MEANWHILE

- Book your hotel for the planned nights
- Arrange airport pick-up and every appointment transfer
- Schedule the consultation, procedure and checks
- Prepare your consent documents in your language

A TYPICAL SURGICAL STAY

DAY 0
Arrive
Met at the airport; hotel.

DAY 1
Consultation
Examination, tests, plan confirmed, consent.

DAY 2
Procedure
Hospital; overnight for surgery.

DAY 3
Discharge
Surgeon's round; back to the hotel.

DAY 4–6
Checks
Dressings, first wash, questions.

DAY 7
Final check
Documents, aftercare, flight home.

Hair transplant stays are shorter – three nights, with the procedure on day one and the first wash on day three. Combined body surgery is longer. Your plan gives the exact shape.

Send your flight details as soon as you have them; the rest is arranged around them.

This guide is for informational purposes.
Treatment suitability is determined after medical evaluation.

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Stage 6: follow-up until the final result

Results take months to appear – twelve for hair, six to twelve for surgery. Follow-up is scheduled at the milestones where something can be judged, and the line stays open in between.

FOLLOW-UP MILESTONES

WHEN	HAIR TRANSPLANT	RHINOPLASTY	BREAST AND BODY
Week 1–2	Crusts clearing; wash routine checked	Splint off; first swelling check	Wounds and drains checked; garment review
Month 1	Shedding phase explained; scalp check	Swelling settling; breathing	Activity resumed; scar care begins
Month 3	First new growth	Tip still swollen; shape emerging	Shape settling; scar maturation
Month 6	Density building	Most swelling gone	Result largely visible
Month 12	Final result assessed	Final result assessed	Scars matured; final result

Follow-up is by photographs and, where useful, video. Send the same views in the same light each time.

HOW TO GET THE MOST FROM FOLLOW-UP

- Photograph on the milestone dates, same angles, same light
- Ask small questions early rather than large ones late
- Keep the written aftercare and refer to it before searching online
- Judge the result at the milestone, not between them

IF SOMETHING CONCERNS YOU

- ✓ **Message your coordinator.** With a photograph. Most concerns are answered within hours.
- ✓ **Clinical questions reach the team.** The surgeon or nurse replies through the coordinator or directly.
- ✓ **Urgent symptoms: local care first.** Then tell us; we will speak to your doctor if asked.

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
- ✓ Comprehensive care journey

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