MEDICAL TRAVEL

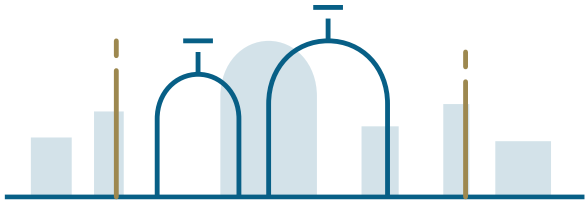
The Istanbul Medical Travel Guide

How the trip is organised, what to bring, and what happens between landing and flying home



A treatment trip is a sequence, not an appointment. Most of it is arranged before you fly, which is what makes the days in Istanbul straightforward.

ISTANBUL



Treatment, accommodation and transfers are coordinated within one city, usually within one district.

THE PATIENT JOURNEY

STEP 1
Assessment
Photographs and history reviewed; options discussed.

STEP 2
Booking
Dates, treatment plan and arrangements confirmed.

STEP 3
Arrival
Airport transfer and hotel check-in.

STEP 4
Treatment
Consultation, then the procedure itself.

STEP 5
Check-up
Review before you travel, with instructions.

STEP 6
Home
Remote follow-up continues for months.

WHAT THE ESTECENTER TEAM HANDLES

Coordination
One point of contact in your own language, before, during and after.

On-the-ground support
Airport transfers and the route between hotel, clinic and hospital.

Medical planning
Assessment, the plan itself, and the check-up before you fly.

THE QUESTIONS PEOPLE ASK BEFORE BOOKING ANYTHING

How long will I be away?
It depends on the treatment, usually between three and seven nights. Your coordinator confirms it before you book flights.

Can someone come with me?
Yes, and for some procedures it is encouraged. Tell your coordinator early so the arrangements include them.

What language is everything in?
Your coordinator works in your language, and written aftercare instructions are given in it too.

Book the treatment before the flights

Dates are set by the medical plan and by theatre availability, not the other way round. Patients who buy non-refundable tickets first are the ones who end up compromising on timing.

Ask your coordinator to walk you through the plan for your own dates.

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

PAGE 2 OF 3

Before you come

Very little preparation is needed, but the little that is needed matters. Most of it can be done in an afternoon.

DOCUMENTS AND INFORMATION

- Passport, valid for your travel dates
- Flight details, shared with your coordinator
- Any relevant medical history or reports
- A list of medication you take regularly

WORTH PACKING

- Comfortable clothing, including tops that button at the front
- Basic toiletries; your team will advise on anything medical
- A travel adapter and a charger
- A loose hat or scarf, depending on your treatment

ACCOMMODATION AND GETTING AROUND

1 Airport
You are met and transferred directly.

2 Hotel
Chosen for its proximity to the clinic.

3 Clinic
Short, arranged transfers on treatment days.

4 Return
A transfer back for your outbound flight.

PRACTICAL NOTES ON THE CITY

Weather
Hot summers, mild wet winters. Pack for the season.

Traffic
Allow more time than the distance suggests.

Staying connected
A local SIM or eSIM is inexpensive and useful.

Distances
Istanbul is large; stay near the clinic, not near a landmark.

WHAT A TYPICAL STAY LOOKS LIKE

	WHAT HAPPENS	YOUR DAY
Day of arrival	Airport transfer and hotel check-in	Rest; nothing is scheduled
Consultation day	Examination, tests, the plan confirmed	A few hours at the clinic
Procedure day	Treatment, then observation	Plan for the whole day
Recovery days	Dressings, washes or checks as needed	Short visits, otherwise free
Departure	Final review and written instructions	Transfer to the airport

Length of stay depends on the treatment. Your coordinator confirms the dates.

Not sure what to bring for your treatment? Ask — the list is short and specific.

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

PAGE 3 OF 3

After treatment and going home

The journey does not end on the day of the procedure. The check-up before you fly and the months of follow-up afterwards are part of the same plan.

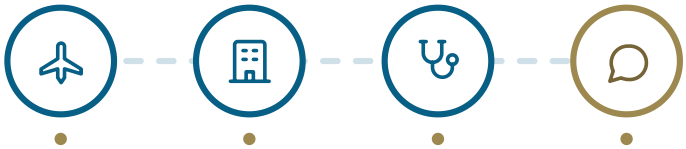
YOUR CHECK-UP APPOINTMENT

- **A review by the medical team.** Before you travel, not after.
- **Written aftercare instructions.** In your own language, to take with you.
- **Time for questions.** This is the easiest moment to ask them.

THE JOURNEY HOME

- **Plan a long trip carefully.** Aisle seat, water, and movement where allowed.
- **Keep to the instructions.** Sleeping position and washing routines continue.
- **Carry medication in hand luggage.** With documentation if needed.

ARRIVAL TO RECOVERY



Arrival, treatment, check-up, and the follow-up that continues long after you land back home.

STAYING IN CONTACT ONCE YOU ARE HOME

Remote follow-up

Your coordinator stays reachable throughout recovery.

Photograph updates

Progress photographs let the team check healing from a distance.

Questions, any time

Nothing is too small to ask during recovery.

WHAT PATIENTS WISH THEY HAD KNOWN

Book the flight home loosely.
A flexible ticket costs a little more and removes the pressure if your team wants one more day.

Keep the written instructions.
They answer most of what you will want to ask in week two, in your own language.

Photograph from day one.
The team can judge healing far better from a series than from a single picture.

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

WHY ESTECENTER?

- ✓ Experienced medical teams
- ✓ International patient support
- ✓ Personalised treatment planning
- ✓ Comprehensive care journey

estecenter.com

WHATSAPP US

READ ONLINE

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