




Medical
TOURIST GUIDE
IN TURKEY



MOBILE FRIENDLY GUIDE

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Medical Tourist Guide in Turkey

Medical Tourism in Turkey

Everytime you search about cosmetic operations or treatments you see one country immediately pop up: Turkey! Turkey is known not just for its natural beauty, harmonious season of cultures, and delicious foods but over the years it has come to be also known for the booming industry of medical tourism. Patients all around the world visit Turkey for the top of the notch medical services that it provides. You may be thinking “Wow, I must know more!” and don’t worry, we got you! From services provided and necessary contact information, here is a guide to everything that a medical tourist may need in Turkey!



Categories of Medical Tourism

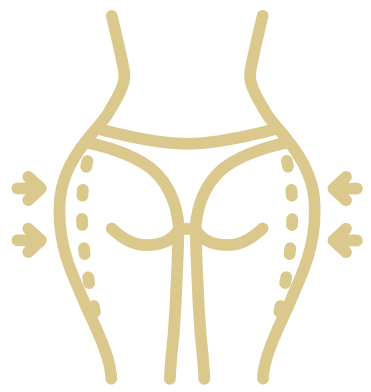
Medical tourism is a term used to categorize travels that focus on services offered in healthcare. When a medical treatment, operation or procedure is unavailable or not budget friendly at home, many patients look for options in other countries. While for some it may be a short visit, these trips may be longer depending on the procedure the patient may need.

Medical tourism can be assorted into two main categories: Cosmetic and Non-Cosmetic.

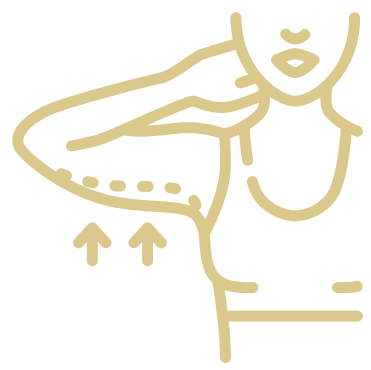
Cosmetic procedures are a range of procedures that include plastic aesthetic surgeries that aim to alter the look of the patient. These procedures include but are not limited to surgeries like plastic surgeries like botox, facial fillers, rhinoplasty and hair transplants. Non-Cosmetic Surgeries consist of operations that may have look-altering results but are usually related to inner complications. These operations include but are not limited to dental care, cancer treatments and orthopedic surgeries.

1. Cosmetic Tourism

Here is a list of cosmetic tourism categories that are available in Turkey:



Liposuction: surgeries that remove excess fat around the abdominal or buttock area via medical suction of the tissues.



Reduction surgeries: (breast, abdomen, buttock, thighs to name a few) surgeries that reduce the size or tissue of the allocated area.



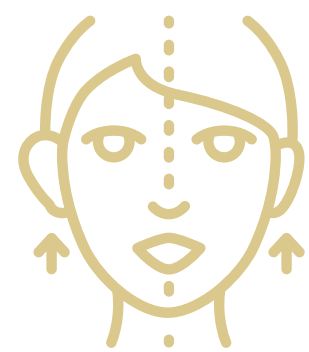
Lifting surgeries: (brast, abdomen, arm, neck, face, brown or cheek to name a few) surgeries that aim to “lift” the appearance of excess tissue. They are also referred to as tucking operations.



Dermabrasion: an operation that removes the outer layer of skin to ensure rejuvenation.



Rhinoplasty: surgeries that change the shape or arch of one’s nose.



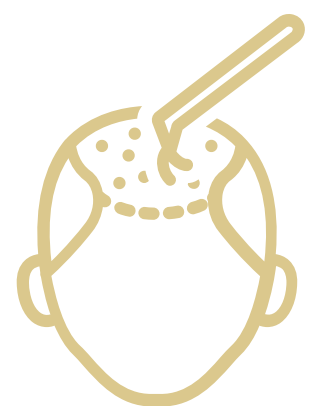
Otoplasty: surgeries that change the shape, size or position of ears.



Botox: a non-surgical procedure that injects a special toxin to smooth out wrinkles and lines.



Recovery of skin traumas: (scars, veins, blemishes or wrinkles) operations to get rid of prior damage to the skin which may or may not be surgical.



Hair transplants: surgeries where hairs are extracted from a donor area and implemented to a target area to improve the health and look of the hair line.

2. Non-Cosmetic Tourism

Non-Cosmetic Medical tourism categories that are available in Turkey are Dental care, orthopedic surgeries and various treatments of cancer.

• Dental Care

Dental operations are those that have a cosmetic side to them as some patients may want to alter the look of their veneers but it is related to the health of our jaw or teeth which is what makes them non-cosmetic medical procedures. Operations available in this category include but are not limited to implants, root canals, restoration, crowns and extractions.

Implants: fuses to the jawbone to replace missing teeth and aims to replace the missing root of the tooth.

Root Canals: a treatment for rotten or infected tooth where the entire decayed tooth is eradicated. This is usually followed by implants or fillings to replace the missing tooth.

Dental restorations: a filling procedure to restore the integrity of a missing tooth.

Crowns: these are the most common type of dental care operations where cavities are filled and restored.

Extractions: operations where decayed or unviable teeth are extracted from the gums.



• Cancer Treatment

Turkey offers a wide range of treatments when it comes down to cancer treatments and is equipped with medical personnel and facilities to make the patient's recovery journey a success. These treatments include but are not limited to chemotherapy, immunotherapy, marrow transplant, hormone therapy and radiation therapy.

Chemotherapy: a type of treatment that resorts to certain toxin drugs (often referred to as "chemo") to eradicate tumor cells.

Immunotherapy: a type of treatment that aims to use the patient's own immune system to fight off the tumor by boosting or changing how the immune system works to attack cancer cells.

Marrow transplant: operations when a donated healthy stem cell or bone marrow is used to replace and fight off the tumor or cancerous infected area of the body.

Hormone therapy: referring to a specific type of cancer where tumors depend on hormone cells to grow like breast or prostate cancer by systematically blocking and altering the hormone so that it doesn't reproduce cancer cells.

Choosing the Clinic in Medical Tourism

Trusting your health and well-being to a clinic is the most important step to a successful recovery and treatment. In your research of clinics there are a few things you can be mindful of in order to ensure you are choosing the best clinic for your unique and specific needs. Here are some questions you should ask yourself as you research or the clinic directly: Does the clinic in question have the medical certifications necessary for the operation you are contacting them for? Is the clinic up to international health agreement standards? How much expertise does the clinic have in this area?

Never forget that you have a right to know the answer to all of these questions because the matter at hand is your health and well-being. Never shy away from consulting the clinic for any concerns that you may have. Read on to learn more on what qualifications a clinic in medical tourism should have.

Medical Certification

A medical certification is usually a document or statement that consists of the approval of medical professionals such as doctors or hospitals to grant approval and support as healthcare professionals. These may be individual certificates from other medical staff in support of or reference of the clinic but they might also include international certifications like ISO (International Organization of Standardization). For Turkey there is also an additional Ministry of Health Approved International Health Tourism Authorization Certificate that is issued by the ministry in order to officiate a clinic.



International Health Agreements

The World Health Organization (WHO) has a set of requirements for health organizations like hospitals or clinics to fulfill in order to pass through quality checks. These are usually implemented via Local Focal Points that are regularly administered by IHR (International Health Regulations Secretariat) in each member country of WHO. Turkey is an active member of WHO whose administrations are also co-operated by the Ministry of Health. Make sure that you ask if your clinic is up to these standards.

Practice and Expertise

Ever heard the term “Practice makes perfect!” Of course it does, having done something 5 times or 500 times results in totally different experiences and levels of expertise. Ask your clinic to provide proof of expertise. You may ask for patient reviews, or if applicable, before and after photos of the procedure you are contacting them for. In most cases clinics will have a readily available portfolio for potential patients to look at.



Safety and Sterilization

Sterility is a key factor to ensure a successful medical operation no matter cosmetic or not. All medical procedures have to be conducted in a sterile environment to ensure the safety of the patient. When you are inquiring about the clinic ask about their sterilization practices. You may also request a visit to the clinic to see how the sterilization is conducted in their facilities.

Acceptance of Liability and Malpractice

A medical certification is usually a document or statement that consists of the approval of medical professionals such as doctors or hospitals to grant approval and support as healthcare professionals. These may be individual certificates from other medical staff in support of or reference of the clinic but they might also include international certifications like ISO (International Organization of Standardization). For Turkey there is also an additional Ministry of Health Approved International Health Tourism Authorization Certificate that is issued by the ministry in order to officiate a clinic.



Clinic Facilities and Services

Clinics are tasked with providing the utmost level of service to their patients. They have to value the comfort, the care and the safety of the patient. Differently from hospitals, clinics also value a VIP experience for patients who require extra or better care. Ask to see what kind of services the clinic will provide for the patient. What are some in-built facilities that the patient can benefit from? Inquire about potential services that can elevate the patient’s experience and recovery.

Financing Tips for Medical Tourists

As a medical tourist the first you consider is your health and safety but the second thing is the cost. The most important thing to consider when financing this journey is being aware of costs, how much are the services listed for and what additional costs may await you. Knowing which currencies are valid and which payment methods you can opt is also a big plus to make sure that your trip progresses smoothly.

Turkey is a popular destination for medical tourism because of how budget friendly options are. Not only are top of the notch medical services being offered but the after-care is also very patient-friendly. As a hub of cultures with good food and beautiful sights Turkey becomes an irresistible choice for a medical trip.

Valid Currencies in Turkey

Turkey has its own money currency, the Turkish lira which is accessible both as cash and as debit via exchange offices that are scattered around in large cities. However most tourists will also see businesses and clinics offering prices in USD and Euro for their foreign patients. Make sure to ask your clinic with which currencies you may pay with and whether you might need Turkish Lira for other services you might require.



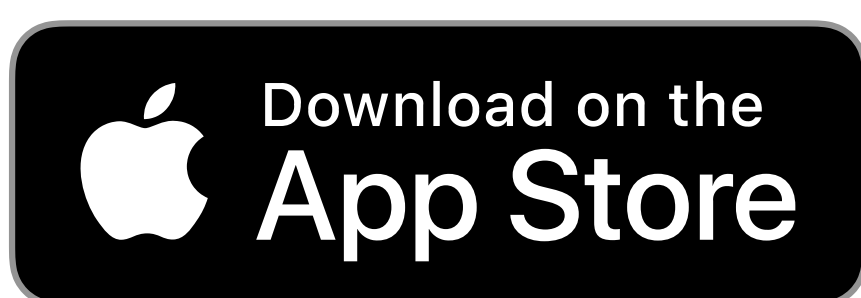
Valid payment Methods in Turkey

Credit cards, debit cards and cash-pay are available options in Turkey. However some establishments also accept digital wallets, QR-codes and bank transfer as viable methods of payment in Turkey.

Currency Converter

Calculating foreign currency can be a nightmare and lead to undesired consequences. That is why most tourists use currency converters to calculate and make sense of the numbers they come face to face with. Here is a list of applications loved by iOS and Android users.

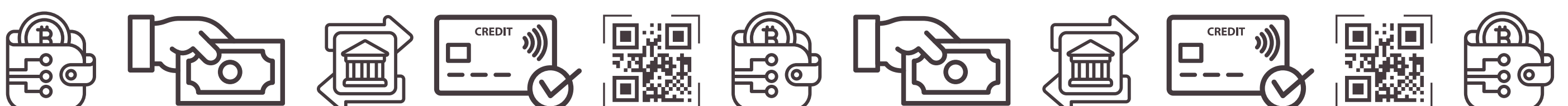
Xe Money Transfer and Converter: This app has been ranked highly with more than 10 millions downloads both for iOS and Android users. It is easy to use and also has an in-built wallet to transfer money internationally. **DOWNLOAD APPS: [CLICK FOR IOS](#) | [CLICK FOR ANDROID](#)**



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Calculating the Total Amount of Medical Tourism

The total of your medical trip depends on a lot of factors. Along with some staples like the plane-ride or accommodation the total cost heavily depends on the cost of operation, treatments or medication that the patient may need and after-care. Depending on the length of the treatment or operation these costs may go up. However, depending on the clinic accommodation costs may be included in a package that they might be offering for patients.

Let's give an example: Patient A from Brazil wants to have a 3000 hair graft operation in Istanbul, Turkey.

Here is the rundown of what their budget may look like:



- **Plane tickets:** A round trip from Sao Paulo to Istanbul costs 650-800 USD (on avg.) depending on the season.
- **Cost of the procedure:** On average, a 3000 hair graft operation costs somewhere between 1500 USD to 3500 USD in Turkey depending on the clinic. These prices may include accommodations too so let's include 2000 USD for the procedure for this example.
- **Pocket money:** some daily spending for food or sightseeing may also be included in this budget. Depending on what you want to do, a pocket money of 30-50 USD will be more than enough. For example's sake, let's add 50 USD for our pocket money into this budget. (This will include the journey to and from the airport as well.)

- **Accommodation:** a 3000 hair graft operation is a very short operation with only a day of patient-observation for unlikely complications. So a 3-4 day trip will be optimal as there is a resting and acclimation period too. An average cost of a hotel per day is somewhere between 55-85 USD in Istanbul. (Beware that this may change from hotel to hotel depending on the services offered or resorts.) So, for example's sake let's opt for 65 USD per day and add 260 USD for accommodations. Note that some clinics will have accommodation packages added to the procedures they offer. For example non-medical operations may require a longer stay so most clinics will have a built-in quality accommodation system. This will be reflected in the procedure packages.

Total cost of Patient A would be 3210 USD give or take some certainties. You can use the info given above to guess the estimated cost of your operations in Turkey.

Care After in Medical Tourism

The success of an operation not only relies on the capable hands of the surgeon, but on the after-care as well. The patient must follow the after-care instructions provided to them by the clinic staff very well. It is recommended that patient's inquire about these after-care steps ahead of the surgery to know exactly what awaits them after their operations and make the necessary plans.

Some clinics in Turkey offer after care for almost all procedures for patients that may not be able to take care of themselves for various reasons. These will be reflected in the cost of the operations and patient's are recommended to inquire about the services clinics provide.

Returning Home After Medical Tourism

Alas, both the operation and the trip was a success and you've made it back home. What next? The answer is simple: you take care of yourself and continue being your best self! Make sure that you know how to take care of yourself and what medication you should use. Observe yourself as you acclimate to the post-op you. If you feel like something is not right, contact the clinic immediately and do not hesitate to consult them.



Potential Risk Factors in Medical Trips

There are risk factors in all trips let alone medical trips. A place where you don't speak the language or know the culture might be even scarier when the trip is a medical one. The patient may pick up some viral diseases on the way or during their journey. This is when your choice of clinic matters. Your clinic will be responsible for you and help to take care of you.

Helpline After Medical Tourism

Since returning to the clinic after the operation may be difficult, the next best mode of communication is calling the clinic. The clinic should make themselves available to you for any inquiries that you may have. Most clinics will offer consultations where you get to talk to your doctor if need be. Make sure that you know the way to reach your clinic before you even make the trip.



Medical Tourism Benefits and Advantages in Turkey

What more can one want: The procedures are professional and up to the latest standards, the costs are budget friendly and the clinics prioritize the patients well-being and safety. There are many benefits to making a medical trip to Turkey which can be categorized into 4 main clauses.



Healthcare Quality

The Turkish healthcare system has become top-notch in the world. According to the National Library of Medicine (NIH) Turkey has shown great growth over the years in the medical industry proving that there is a reason why people think of Turkey when medical tourism is concerned.



Travel Opportunities

Turkey is located truly at the heart of the world, connecting what can be considered as the East and the West. Not only it is one of the destinations that connects the world but also a hub of cultures where the food is great and the scenery is not for the lighthearted. Not only will you get the medical help you will need but you will also do it in a country that is beautiful and has a lot of natural charms to offer.



Cost Effectiveness

Turkey offers budget-friendly operations and is a believer in affordable health care. Not only will you get the best medical staff with experience and know-how but also the premium service for the service you pay.



Communication Services

The communication services offered in Turkey are also up to par with the clinics. You will find that most clinics prioritize open communications and value patient awareness. Most clinics have in-hour translators that have specifically worked in the medical field and thus will be able to communicate clearly with the patients and explain the process better.

Important Contact Information in Turkey

Here are key contact information for Turkey in case of emergencies.

Emergency Hotlines

In Turkey all emergency hotlines can be reached from **112**. Just like 911, you can dial **112** for all emergencies concerning health, security, gendarmerie, fire brigade, disaster, forest fire. However for non-Turkish speakers there is also another hotline tourists can use. YIMER is the emergency help and reporting line available 24/7 and can be reached from **157**.



Transportation Contact Information

Applications are used for non-Turkish speaking patients which can see the cost and enter the address they would like to go to. Bitaksi or Uber Taksi are such applications. Alternatively if you are visiting big cities like Istanbul there is an impressive public transportation line. DO not hesitate to visit “<https://iett.istanbul/en>” for more information on routes and how to use these vehicles.

Consulates in Turkey and Contact Information

Here is the contact information of some need to know consulates in Istanbul.

US. Consulate General: +90 (212) 335 90 00
British Consulate General: +90 (212) 334 64 00
Consulate General of Germany: +90 (212) 334 61 00
Consulate General of India: +90 (212) 296 21 31
Consulate General of South Korea: +90 (212) 368 83 68
Consulate General of Brazil: +90 (212) 252 00 13
Consulate General of Argentina: +90 (212) 243 11 70
Consulate of New Zealand: +90 (212) 244 02 72
Russian Consulate: +90 (212) 292 51 02
Consulate General of Poland: +90 (212) 290 66 30
Consulate General of Italy: +90 (212) 243 10 24
Consulate General of Netherlands: +90 (212) 393 21 21
Consulate General of the State of Qatar: +90 (212) 229 99 55
UAE Consulate: +90 (212) 317 92 57
Consulate General of the Islamic Republic of Pakistan: +90 (212) 324 58 27
Honorary Consulate of the Republic of South Africa: +90 (212) 484 04 64

