

Hair Transplant in Turkey: Pre-Trip Checklist

Pre-Planning

- Research clinics and verify surgeon credentials.
- Check reviews on third-party sites (e.g., Trustpilot, Google, RealSelf).
- Request a consultation (many clinics offer free virtual consultations).
- Confirm what's included in the package (procedure, hotel, transfers, meds).
- Get a detailed quote and payment information.

Travel Documentation

- Apply for a Turkish e-Visa (typically ~\$50, online).
- Ensure passport is valid for at least 6 months after your trip.
- Purchase travel and medical insurance that includes surgical procedures abroad.

Booking Your Trip

- Book round-trip flights to Istanbul (IST) or Sabiha Gökçen (SAW) airport.
- Coordinate with the clinic for airport pickup and hotel check-in.
- Confirm your hotel accommodations (some offer 4- or 5-star hotels).

What to Pack

- Loose-fitting clothes (nothing that touches the scalp when worn).
- Button-up shirts (avoid pulling shirts over your head post-surgery).
- Neck pillow (helps with sleeping upright after surgery).
- Hat with a wide brim (for post-op protection from the sun).
- Any prescription medications or allergy documentation.

Day of Procedure

- Eat a light breakfast (if allowed).
- Avoid caffeine, alcohol, and smoking at least 24 hours before.
- Ensure understanding of the procedure and ask final questions.

Post-Surgery Care

- Clarify post-op instructions before leaving the clinic.
- Obtain post-surgical medication, shampoo, and care kits.
- Ask about when you can resume normal activities (e.g., flying, working out).
- Arrange for local follow-up care in the U.S. in case of complications.