

BEFORE



RESULTS



STOPS 01 TO 04

Getting *ready*

Your 30-day planner for the weeks before you fly to Istanbul. Tick as you go and bring it with you.

NAME

SURGERY DATE

START HERE

My *details*

Fill this in once. Our team uses the same details for your pick-up, hotel and surgery day.

FULL NAME _____

SURGERY DATE _____

FLIGHT NUMBER _____

ARRIVAL DATE & TIME _____

AIRPORT ☐ Istanbul Airport (IST) ☐ Sabiha Gökçen (SAW)

HOTEL _____

TRAVELLING WITH _____

MY COORDINATOR _____



Clinic WhatsApp · +90 536 595 72 33

Save it now. You will send us photos every day for the first 10 days after surgery.

4 WEEKS BEFORE Set the plan

- ☐ Send us a full list of your medicines and supplements
- ☐ If you smoke, start cutting down now. Nicotine narrows blood vessels and slows healing
- ☐ Plan the month after surgery: sea after day 10, gym after day 20, sauna after month 1
- ☐ Book flights so you can stay until your day 3 or 4 check

MY NOTES

2 WEEKS BEFORE

Protect your skin

- ☐ Pause blood-thinning supplements (vitamin E, fish oil, ginkgo) only on your doctor's approved list
- ☐ Never stop a prescribed blood thinner without the doctor who prescribed it
- ☐ Do not cut, shave or colour your hair. Our team prepares it on the day
- ☐ Note any cold, fever or new medicine and tell us

MY NOTES

I WEEK BEFORE Pack & settle

- ☐ Stop alcohol
- ☐ Pack button-up shirts and a wide, loose cap (you can wear it from day 4)
- ☐ Download WhatsApp and save the clinic number
- ☐ Check passport, travel insurance and transfer details

MY NOTES

THE NIGHT BEFORE

Rest *well*

You arrive the day before surgery. Keep the evening calm and simple.

DO

- ☐ Eat a normal dinner
- ☐ Wash your hair as usual
- ☐ Lay out a button-up top for the morning
- ☐ Sleep early

SKIP

- ☐ Alcohol
- ☐ Gel, wax or hairspray
- ☐ Energy drinks
- ☐ Late nights

ARRIVAL DAY

01
Land

Turn your phone on and open WhatsApp.

02
Meet your host

Your host waits at the arrivals meeting point.

03
Check in

A private car takes you to your hotel.

PICK-UP TIME TOMORROW

FOR YOUR DOCTOR

My medicines & *supplements*

List everything you take, even vitamins. Your doctor tells you what to pause and when.

NAME	WHY I TAKE IT	HOW OFTEN	DOCTOR SAYS
			☐ continue ☐ pause
			☐ continue ☐ pause
			☐ continue ☐ pause
			☐ continue ☐ pause
			☐ continue ☐ pause
			☐ continue ☐ pause
			☐ continue ☐ pause
			☐ continue ☐ pause
			☐ continue ☐ pause

Health conditions (diabetes, blood pressure, thyroid, allergies):

PACK LIGHT

My packing *list*

- ☐ Passport & travel insurance
- ☐ Phone, charger, headphones
- ☐ 2–3 button-up or zip tops
- ☐ Wide, loose cap
- ☐ Comfortable trousers

- ☐ Slip-on shoes
- ☐ Your regular medicines
- ☐ Neck pillow for the flight home
- ☐ Copy of this planner

Your aftercare kit (spray, lotion, medicines and supplement) is prepared by the clinic. You do not need to bring any of it.

QUESTIONS FOR MY DOCTOR



FOUNDER

Dr. Servet Terziler

DR. TERZILER EXCLUSIVE
CLINIC

A NOTE FROM YOUR DOCTOR

Dear Guest,

The service we provide is not limited to a single operation; it is a journey to open a brand-new chapter in your life. We are a team passionate about our work, paying attention to every detail with utmost care.

Our goal is not only a physical transformation, but to help you feel stronger, happier and more confident when you look in the mirror. Remember, you are not alone. We will stay in touch and be by your side every step of the way.

Thank you for trusting us with this new beginning.

With my warmest regards,

Servet Terziler

P.S. Bring this planner to your consultation. We will go through your questions together before we begin.



We are one message away

Scan to reach the clinic on WhatsApp
+90 536 595 72 33