



INTERNATIONAL PATIENT GUIDE

Your Surgical Journey

Before, During & After Surgery
Istanbul, Türkiye

Dr. Bülent Demir

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01 — WELCOME

A Calm, Carefully Coordinated Surgical Journey

Dr. Bülent Demir's background in Ear, Nose and Throat surgery enables him to evaluate both facial aesthetics and internal nasal function — an essential combination in rhinoplasty, revision rhinoplasty, and septorhinoplasty, where form and breathing must be planned together.

"The goal is not to create a standard result, but a result that fits your face naturally — a refined change that people notice, without immediately knowing exactly what has changed."

— DR. BÜLENT DEMİR

His surgical philosophy is based on natural-looking facial harmony rather than an exaggerated or operated appearance. Each plan is individualized according to facial proportions, nasal structure, ethnic identity, skin quality, and personal goals.



02 — JOURNEY

Your Journey at a Glance

A sample 8-night pathway: 1 night in hospital and 7 nights at a 5-star hotel in Istanbul. Your coordinator will personalise exact dates, transfers, and appointment times.

Day	Milestone	What Usually Happens
Day 0	Arrival	Airport meet-and-greet, private transfer to hotel, check-in and rest.
Day 1	Surgery Day	Hospital admission, pre-op tests, anesthesia consultation, final briefing, surgery, overnight nursing care.
Day 2	Hospital → Hotel	Medical check and discharge if suitable. Transfer back to hotel. Main luggage remains at hotel.
Days 3-7	Hotel Recovery	Guided recovery, short gentle walks if approved, daily access to coordination support.
Day 8	Follow-up & Departure	Final follow-up, possible suture/cast removal, fit-to-fly decision, airport transfer.

Travel Rhythm

Please do not book an early return flight without approval from Dr. Bülent Demir and the medical team. Your safety and recovery take absolute priority over travel convenience.





PRIVATE AIRPORT TRANSFER · ISTANBUL

03 — TRAVEL

Arrival, Transfers & Recovery Stay

From the moment you arrive in Istanbul, the aim is to keep your journey organised, private, and calm.

AIRPORT GUIDANCE

Istanbul Airport (IST) is usually preferred for easier access to clinic, hospital, and accommodation areas. Sabiha Gökçen Airport (SAW) can also be used depending on your route, though transfer times may be longer during peak traffic.

BEFORE TRAVELLING — CONFIRM

Item	Requirement
Passport	Valid for at least 6 months beyond travel dates
Visa	Check Turkey visa / e-Visa requirements for your nationality
Arrival timing	Arrive at least one full day before surgery unless confirmed otherwise
Medication	Carry essential medication in hand luggage at all times
Clothing	Pack loose front-button or zip-up tops
Comfort items	Sunglasses, sun hat, soft scarf, personal recovery items

04 — PREPARATION

Before You Arrive

A precise consultation starts with clear photographs, complete medical information, and honest personal goals.

PHOTO SET — REQUESTED ANGLES

Photo Set	Requested Angles
Face	Front, right profile, left profile, right/left three-quarter views
Rhinoplasty	Base view with chin slightly lifted, camera below nose level
Area of concern	Close-up: eyelids, neck, jawline, nasal tip, nostrils
Quality	Natural light, relaxed face — no filters, heavy makeup, or edited images

MEDICAL INFORMATION TO SHARE

- Age and country/city of residence
- Previous facial, nasal, or body procedures
- Fillers, thread lifts, laser, energy-based devices, biostimulators, botulinum toxin
- Medications, vitamins, supplements, herbal products, blood thinners
- Allergies, chronic conditions, breathing problems, smoking/nicotine, alcohol use
- Pregnancy, breastfeeding, or recent major weight changes if applicable

Personalised Planning

Reference photos help communicate your taste, but they are not copied. Your final plan is designed around your anatomy, skin quality, ethnic identity, medical suitability, and in-person examination.



05 — PREPARATION

Pre-Operative Instructions

These recommendations support safer anaesthesia, healthier wound healing, and a smoother recovery. Please follow them carefully.

Timing	Key Instructions
4 weeks before	Stop smoking, vaping, and nicotine. Share a complete medication and supplement list. Inform the team about chronic conditions, allergies, previous surgeries, GLP-1 medications, infections, fever, or dental/skin problems.
2 weeks before	Avoid aspirin, ibuprofen, naproxen, and NSAIDs unless approved. Do not stop blood thinners independently. Avoid or significantly reduce alcohol. Prioritise sleep, hydration, and protein-rich nutrition.
1 week before	Avoid supplements that may increase bleeding risk: garlic extract, turmeric, ginkgo biloba, ginseng, fish oil, vitamin E, St. John's Wort. Avoid aggressive skin treatments and chemical hair procedures.
48 hours before	No alcohol or strenuous exercise. Hydrate well, reduce salty foods, prepare front-button clothing, prescribed medication, transfer details, and companion arrangements.
Night before	Follow anaesthesia fasting instructions exactly. Shower and wash hair. Remove makeup, nail polish, jewellery, piercings, contact lenses, and dental appliances. Pack a small overnight hospital bag.

Medication Safety

Never stop prescribed medication independently. Always consult the team before any change to your regular medication regimen. Bring a complete, up-to-date medication list.



06 — HOSPITAL

Surgery Day

Your surgery day is planned to be calm, structured, and medically supervised from arrival to overnight care.

Stage	What Happens
Admission	You arrive at the confirmed hospital and are guided through registration.
Pre-op tests	Blood tests, ECG if required, and investigations requested by anaesthesia.
Anaesthesia consult	The anaesthesiologist reviews medical history, allergies, medications, and confirms the plan.
Surgical briefing	Dr. Bülent Demir reviews the surgical plan; final photographs and consent completed.
Operating room	General or local anaesthesia/ sedation according to the procedure and medical suitability.
Recovery room	You are monitored until awake, comfortable, and medically stable.
Hospital stay	Most patients stay one night; some procedures may require more according to the medical plan.

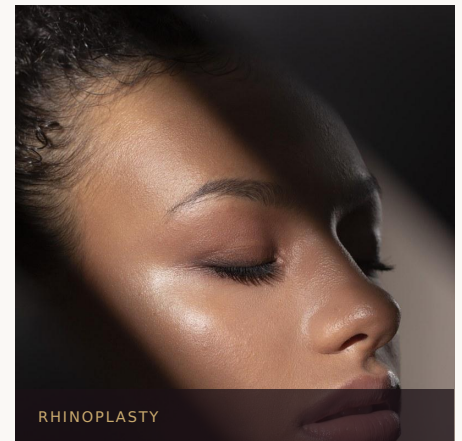
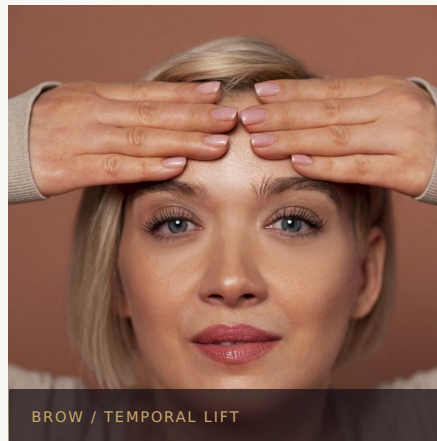
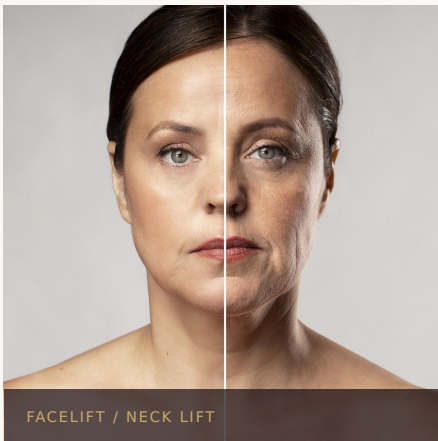


07 — CLINICAL PLAN

Procedures, Anaesthesia & Timing

Final surgical duration and hospital stay depend on procedure complexity, anatomy, revision status, and medical suitability.

Procedure	Anaesthesia	Approx. Duration	Hospital Stay
Rhinoplasty / Septorhinoplasty	General	2-4 hours	1 night
Revision Rhinoplasty	General	3-5+ hours	1 night
Facelift / Neck Lift	General	3-5+ hours	1-2 nights
Upper Blepharoplasty	Local / General	45-90 min	Same day or 1 night
Lower Blepharoplasty	General / Sedation	1-2 hours	Same day or 1 night
Combined Procedures	General (usually)	Varies	Plan-specific



Combined Procedures

Selected facial procedures may be combined when medically appropriate. The final decision depends on medical history, anaesthesia safety, surgical duration, tissue condition, and Dr. Demir's examination.

Anaesthesia

The anaesthesia plan is decided by the anaesthesiologist and surgical team according to the procedure, medical history, medications, allergies, and overall safety profile.

08 — RECOVERY

Early Recovery at Your Hotel

Days 3–7 are about rest, hydration, gentle movement, and clear communication with the team.

Day	What To Expect	What To Do
Days 2–3	Tiredness, swelling, bruising, mild discomfort or congestion may increase.	Rest with head elevated. Take medication as prescribed. Eat light, soft, nutritious meals.
Days 4–5	Swelling and bruising often peak around this time and begin to improve.	Continue elevation, short walks, hydration, reduced salt. Avoid bending forward.
Days 6–7	You may feel more mobile; bruising may fade or change colour.	Continue light walking. Avoid heavy lifting, sudden movements, side/face sleeping.
Day 8	Follow-up check with Dr. Bülent Demir.	Healing checked. Sutures/cast removed if appropriate. Fit-to-fly may be confirmed.

GENERAL POST-OPERATIVE RULES

- Do not stay completely alone during the first night after surgery or hospital discharge.
- Keep your head elevated and sleep on your back until approved otherwise.
- Take only prescribed or approved medication.
- Do not smoke, vape, use nicotine, or drink alcohol during early recovery.



- Avoid strenuous activity, bending, heavy lifting, sauna, pool, spa, massage, or gym unless approved.
- Do not judge your final result in the first days or weeks — healing takes time.



09 — SAFETY

Normal vs. Not Normal

Mild swelling, bruising, tightness, numbness, and temporary asymmetry are common and expected. Severe, rapidly worsening, or unusual symptoms should be reported immediately.

✓ NORMAL — EXPECTED

- Mild to moderate swelling and bruising
- Mild oozing from wound edges or dressings
- Nasal congestion after rhinoplasty
- Mild discomfort, pressure, or tightness
- Numbness, tingling, or reduced sensation
- Temporary asymmetry due to uneven swelling
- Skin tightness after facelift or neck lift
- Tiredness and low energy in the first days

! NOT NORMAL — CONTACT US IMMEDIATELY

- ! Bleeding that does not stop or continues to increase
- ! Sudden or rapidly increasing one-sided swelling
- ! Shortness of breath, chest pain, or fainting
- ! Fever above 38°C / 100.4°F
- ! Severe or worsening pain despite medication
- ! Foul-smelling, yellow-green, or unusual discharge
- ! Vision change, severe eye pain, or pressure
- ! Confusion, disorientation, difficulty waking up

When To Seek Help

For non-urgent concerns, contact the team via WhatsApp with a clear photograph. For any emergency symptom, contact local emergency services immediately and simultaneously notify the team.

WhatsApp / Emergency: +90 530 292 2290

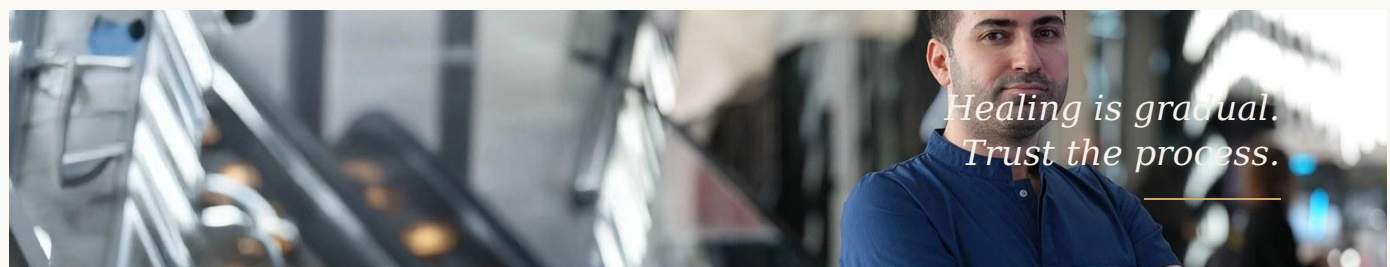


10 — RECOVERY

Recovery Timeline

Every patient heals differently. Your recovery speed depends on procedure, skin quality, tissue response, medical condition, lifestyle habits, and how closely instructions are followed.

Timeframe	What You May Experience	What You Should Do
First 24 hours	Sleepiness, tiredness, mild nausea, swelling, discomfort.	Rest, keep head elevated, take medication as prescribed, do not stay completely alone.
Days 2-3	Swelling and bruising may increase.	Continue elevation, gentle walks if well, hydration, maintain medication schedule.
Days 5-7	Follow-up may occur; sutures, dressings, or nasal cast may be removed if appropriate.	Attend check-up. Do not remove dressings, cast, tape, or sutures yourself.
Day 8	Many international patients may be medically cleared to travel.	Fly only if Dr. Bülent Demir confirms fit-to-fly. Keep medications in hand luggage.
Week 2	You may feel more comfortable and socially presentable.	Light daily activities may be possible. Avoid strenuous exercise, pool, sauna unless approved.
Weeks 4-6	Bruising usually improves significantly; swelling continues reducing.	Gradually return to activity with approval. Continue sun protection.
Months 3-6	Facial contours become more settled.	Continue scar care, sun protection, and remote follow-up if planned.
12 months+	Final result continues to mature — especially rhinoplasty, revision, and thick-skin cases.	Be patient. Healing and refinement are gradual processes.



11 — FREQUENTLY ASKED QUESTIONS

Your Questions, Answered

General answers may vary according to your procedure, medical history, surgical plan, and recovery progress.

Question	Guidance
Which airport should I fly into?	Istanbul Airport (IST) is usually preferred. Sabiha Gökçen (SAW) may also be suitable, though transfer times may be longer.
Will someone meet me at the airport?	Yes, if airport transfer is included in your package. Meeting point, driver information, and hotel destination are shared before arrival.
How many days do I need in Istanbul?	Most international patients are advised to plan approximately 8 days. Do not book an early return without medical confirmation.
Do I need general anaesthesia?	It depends on the procedure. Rhinoplasty, revision rhinoplasty, facelift, neck lift, lower eyelid, and most combined procedures typically use general anaesthesia.
Can multiple procedures be combined?	Yes, in selected patients. The final decision depends on medical history, anaesthesia safety, surgical duration, tissue condition, and examination.
Will I be in pain?	Most facial aesthetic procedures are not described as severely painful. Pressure, tightness, swelling, congestion, and mild discomfort are more common. Medication is provided.
Will there be visible scars?	Incisions are planned in natural creases or hidden areas when possible. Scars fade gradually over 12-18 months with sun protection and scar care.
Can I be alone at the hotel?	You should not be completely alone during the first night after surgery or discharge. A companion is helpful for extensive procedures.
When will I see my final result?	Blepharoplasty may show within weeks; facelift settles over 3-6 months; rhinoplasty and revision cases may refine for 12 months or longer.



12 — FINAL CHECKLIST

Before You Fly Home

Your final departure timing and fit-to-fly decision may vary depending on the procedure, healing process, and medical condition.

CONFIRM EACH ITEM BEFORE DEPARTURE

- ☐ Post-operative check completed with Dr. Bülent Demir
- ☐ Sutures removed, if applicable
- ☐ Cast / nasal splint removed, if applicable
- ☐ Fit-to-fly confirmation received
- ☐ Medication packed in hand luggage
- ☐ Wound care and dressing plan confirmed
- ☐ Coordinator WhatsApp saved: +90 530 292 2290
- ☐ Follow-up communication plan confirmed
- ☐ Sun protection, sunglasses, loose clothing prepared

Flight Home — In-Flight Tips

Hydrate regularly. Walk gently every 60–90 minutes when safe. Perform ankle movements. Wear compression socks if recommended. Avoid alcohol. Keep medications and documents in hand luggage at all times.



*Until we meet again,
Istanbul awaits your return.*

YOUR RECOVERY RESPONSIBILITIES

Do not smoke, vape, or use nicotine. Do not drink alcohol during early recovery. Attend all follow-ups. Do not judge the result early. Protect skin from sun. Send clear photographs when requested by the team.



Your Surgical Journey Begins Here

ENT · FACIAL AESTHETIC SURGERY — ISTANBUL

WhatsApp / Emergency Line

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Istanbul, Türkiye

This guide helps you prepare for surgery and recovery. It does not replace personalised medical instructions. Final surgical plan, medication regimen, anaesthesia type, hospital stay, travel timing, and post-operative care are determined by Dr. Bülent Demir and the medical team according to your individual condition. Individual results vary.