

RH ROVERS

HEALTH TOURISM

“Rediscover Your Beauty”

About Us

Rovers Health is a health tourism brand designed for each individual to discover their potential and perform at their highest level. Our name embodies the energy, determination, and dedication of rovers. As a leading team in health tourism, we work meticulously with our extensive experience in the sector. Touching the lives of our guests and enhancing their health and happiness is our top priority.

The difference of Rovers Health lies in unlocking the power within each of our guests through the experiences we provide. Our guests are encouraged and supported to discover their own potential. With our customer-focused approach, we carefully focus on the individual needs of each guest. Professional trainers and health consultants guide our guests and accompany them on their journey to health and happiness. Rovers Health invites its guests to a life full of health and happiness, offering them the opportunity to discover their potential and reach their best version.



WHY CHOOSE US?



Comprehensive Experience:

With a lot of experience in health tourism, we guarantee a high-quality service suited to your requirements.



State-of-the-Art Facilities:

Our advanced medical equipment and expert staff provide you with the highest quality care.



Seamless Travel Experience:

We handle everything from vacation planning to post-treatment support, ensuring a stress-free experience.

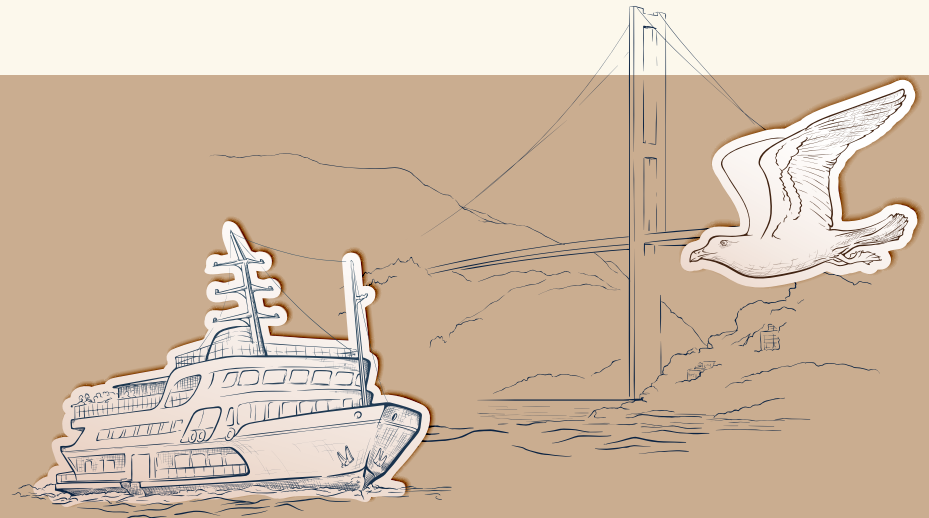


Exceptional Care

Enjoy personalized attention and support from our dedicated team throughout your health journey.

MEDICAL TOURISM IN TURKEY

Experience the best of Turkey with Rovers Health. We offer top-quality health tourism services, combining expert medical staff and cutting-edge technology for a comfortable and effective treatment process.



ISTANBUL



STEP-BY-STEP JOURNEY TO HEALING



CONSULTATION

Reach out to our customer service for any inquiries. We're here to help!



TRAVEL PLANNING

Relax while we handle all travel arrangements for a smooth journey.



ARRIVAL IN TURKEY

Enjoy warm hospitality and world-class medical care.



TREATMENT

Experience our streamlined treatment process, from detailed consultations to comprehensive follow-ups, ensuring your satisfaction and optimal results.



EXPLORE ISTANBUL

Immerse yourself in Istanbul's rich culture and vibrant atmosphere.



RETURN HOME

Go home with renewed health and confidence, carrying the memories of your successful treatment.

Our Treatments

Hair Treatments

Hair Transplant in Turkey:

Treatment options and scope for hair loss can vary depending on individual needs. Hair transplantation is a recommended solution for hair loss, involving the transfer of hair follicles from the back of the scalp or any other body area to areas with thinning or baldness.

An Overview of Hair Transplantation:

This procedure is performed in a sterile environment by experts in a surgical setting. After local anesthesia, healthy hair follicles from stronger regions, typically the crown and forehead, are individually harvested and meticulously transplanted to the recipient sites. The procedure is not painful and can take approximately 4-6 hours, depending on the size of the transplantation area.



Hair Transplantation Operation Overview

1. Duration of Procedure
6-8 Hours

2. Hospitalization Duration
0 Days

3. Mobility
3 Nights 4 Days

4. Return to Activities
2 Days

5. Complete Recovery

6. Anticipated Results
7 Days

Beard Transplant

Beard Transplant in Turkey:

Beard transplant is a surgical procedure that aims to restore or enhance facial hair growth. It involves harvesting hair follicles from the donor area, typically the back of the scalp, and implanting them onto the beard area.

An Overview of Beard Transplantation:

This procedure can address patchy or thin beards, helping individuals achieve a fuller and more desirable facial hair appearance. Beard transplants offer a long-lasting solution for those seeking to improve their facial aesthetics and boost self-confidence.



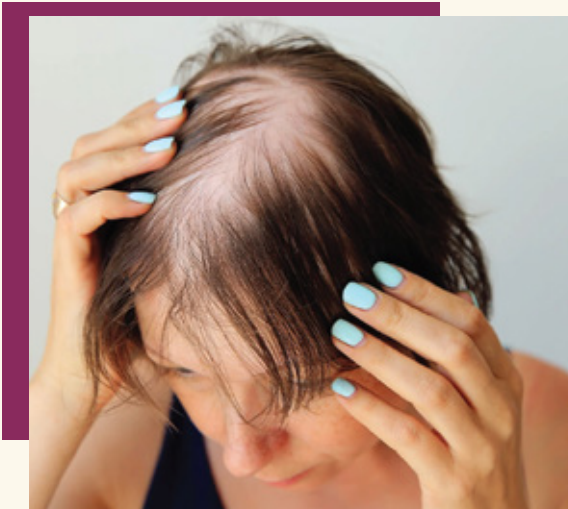
Beard Transplantation Operation Overview

1.Duration of Prodecure 6-8 Hours	2.Hospitalization Duration 0 Days	3.Mobility 3 Nights 4 Days
4.Return to Activities 2 Days	5.Complete Recovery	6.Anticipated Results 7 Days

Female Hair Transplantation

Female Hair Transplant in Turkey:

Female hair transplantation is a growing solution for women experiencing hair loss due to genetics, hormonal changes, or medical conditions. This procedure involves transplanting hair follicles from a donor area, usually the back of the head, to the thinning or balding regions.



An Overview of Female Hair Transplantation:

Female Hair Transplant is a specialized procedure designed to restore hair in women experiencing thinning or loss. Utilizing advanced techniques, hair follicles are harvested from a donor area and transplanted to the thinning or balding regions. The procedure aims to achieve natural-looking results, enhancing the density and appearance of the hair and boosting self-confidence.



Female Hair Transplant Operation Overview

1.Duration of Prodecure
6-8 Hours

2.Hospitalization Duration
0 Days

3.Mobility
3 Nights 4 Days

4.Return to Activities
2 Days

5.Complete Recovery

6.Anticipated Results
7 Days

Dentistry

Hollywood Smile

Hollywood Smile Transplantation in Turkey:

With advancing technology, anyone can now have a much more aesthetic smile. Hollywood Smile involves cosmetic procedures aimed at achieving the perfect shape, color, and size of teeth. It is also an aesthetic smile design that allows you to have a smile similar to Hollywood stars.

An Overview of Female Hollywood Smile:

The most common cosmetic procedure is the use of porcelain veneers, which are designed to cover the surface of your teeth. These porcelain veneers can effectively enhance the appearance of teeth by improving their shape, alignment, and overall aesthetics. Hollywood Smile offers a transformative solution for individuals seeking a dazzling and confident smile.



Hollywood Smile Operation Overview

1. Duration of Procedure
6-8 Hours

2. Hospitalization Duration
0 Days

3. Mobility
3 Nights 4 Days

4. Return to Activities
2 Days

5. Complete Recovery
-

6. Anticipated Results
7 Days

Dental Implants

Dental Implants in Turkey Cost & Travel Guide:

Dental implants are titanium screws that are placed into the jawbone to treat missing teeth. A dental prosthesis is then attached to these screws. One advantage of implant treatment over other options is that neighboring teeth are not damaged. Implants function as tooth roots, allowing you to eat, speak, and smile naturally.

An Overview of Dental Implants:

The procedure is usually performed under light sedation. Prior to the procedure, a detailed examination and X-rays are necessary to assess the jawbone and remaining teeth. There are two options for placing dental implants. In a one-stage procedure, a temporary abutment is attached after implant placement. In a two-stage procedure, the implant is covered with gum tissue and left to heal before attaching the abutment. In both cases, a temporary bridge is placed, and a healing period of three months for the lower jaw or six months for the upper jaw is observed. Occasionally, new teeth can be immediately attached to the dental implants.



Dental Implants Operation Overview

1.Duration of Prodecure 6-8 Hours	2.Hospitalization Duration 0 Days	3.Mobility 3 Nights 4 Days
4.Return to Activities 2 Days	5.Complete Recovery -	6.Anticipated Results 7 Days

Dental Crowns

Dental Crowns in Turkey:

Dental crowns are custom-made caps designed to cover a damaged or weakened tooth, restoring its shape, size, strength, and appearance. They are often used to protect a tooth after a root canal, to cover large fillings, to reinforce cracked or worn-down teeth, or to enhance the appearance of discolored or misshapen teeth. Crowns can be made from various materials, including porcelain, ceramic, metal, or a combination, each offering different benefits in terms of durability and aesthetics.

An Overview of Dental Crowns:

The procedure involves preparing the tooth, taking an impression, and fitting a temporary crown while the permanent one is crafted in a dental lab. Once ready, the dentist cements the permanent crown onto the tooth. Dental crowns not only improve the functionality of a damaged tooth but also restore a natural, healthy look, making them a versatile and effective solution for many dental issues.



Dental Crowns Operation Overview

1.Duration of Prodecure 6-8 Hours	2.Hospitalization Duration 0 Days	3.Mobility 3 Nights 4 Days
4.Return to Activities 2 Days	5.Complete Recovery -	6.Anticipated Results 7 Days

Dental Veneers

Dental Veneers in Turkey:

Dental veneers are thin, custom-made shells designed to cover the front surface of teeth, enhancing their appearance. Made from porcelain or composite resin, veneers are bonded to the teeth to correct a variety of cosmetic issues such as discoloration, chips, gaps, or misalignment.

An Overview of Dental Veneers:

The process typically involves removing a small amount of enamel from the tooth surface, taking an impression of the teeth, and then crafting the veneers in a dental lab. Once ready, the veneers are bonded to the teeth with a special adhesive. Porcelain veneers are favored for their durability and natural appearance, closely mimicking the light-reflecting properties of natural teeth. Composite resin veneers, while less expensive, can be applied in a single visit and are easier to repair if damaged. Dental veneers offer a minimally invasive option to dramatically transform the smile, providing long-lasting aesthetic improvements with proper care.



Dental Veneers Operation Overview

1.Duration of Prodecure	2.Hospitalization Duration	3.Mobility
	0 Days	7 Days
4.Return to Activities	5.Complete Recovery	6.Anticipated Results
2 Days	-	7 Days

Face Aesthetic

Rhinoplasty

Rhinoplasty in Turkey:

Rhinoplasty, commonly known as a nose job, is a surgical procedure aimed at reshaping the nose. It is performed to improve the appearance of the nose or correct structural issues that may impact breathing and overall facial harmony.

An Overview of Rhinoplasty:

During the procedure, the surgeon makes incisions and carefully sculpts the nasal cartilage and bone to achieve the desired shape and proportion. Rhinoplasty can address concerns such as a hump on the bridge, a drooping or wide nasal tip, asymmetry, or nostril size. The procedure is highly customizable to the individual's unique needs and goals. Rhinoplasty can provide a more balanced and aesthetically pleasing nose, enhancing facial features and boosting self-confidence. It is essential to consult with a qualified plastic surgeon to discuss expectations, potential risks, and the realistic outcome of the procedure.



Rhinoplasty Operation Overview

1.Duration of Prodecure
3 Hours

2.Hospitalization Duration
1 Days

3.Mobility
7 Days

4.Return to Activities
7 Days

5.Complete Recovery
3-6 Months

6.Anticipated Results
-

Eyebrow Lift

Eyebrow Lift in Turkey:

An eyebrow lift, or forehead lift, is a cosmetic procedure aimed at raising and reshaping the eyebrows to create a more youthful and alert appearance. This surgery addresses sagging brows, forehead wrinkles, and frown lines.

An Overview of Eyebrow Lift:

The procedure involves making incisions either along the hairline or within the natural creases of the forehead. Through these incisions, the surgeon lifts the skin and underlying tissues, removing any excess and tightening the remaining skin. Recovery typically involves mild swelling and bruising, with most patients returning to normal activities within a week or two. The results are long-lasting, offering a refreshed and rejuvenated look.



Eyebrow Lift Operation Overview

1.Duration of Prodecure 1 Hours	2.Hospitalization Duration 1 Night	3.Mobility 7 Days
4.Return to Activities 3 Days	5.Complete Recovery 3 Months	6.Anticipated Results -

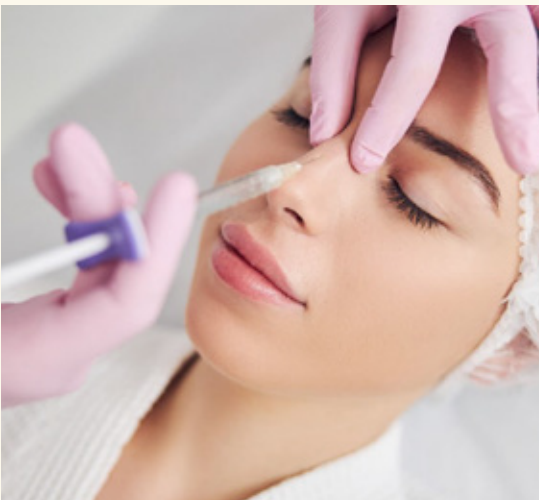
Nose Filler

Nose Filler in Turkey:

Nose filler, or non-surgical rhinoplasty, is a minimally invasive procedure using injectable dermal fillers to alter the shape of the nose. It can address minor imperfections such as bumps, asymmetry, or a drooping tip without the need for surgery.

An Overview of Nose Filler:

The procedure involves injecting hyaluronic acid-based fillers into specific areas of the nose to achieve the desired contour. Results are immediate, with minimal downtime and side effects, typically involving slight swelling or redness. While the effects are temporary, lasting from six months to two years, nose fillers offer a quick and effective way to enhance the nose’s appearance without the risks associated with surgical rhinoplasty.



Nose Filler Operation Overview

1.Duration of Prodecure 30 Minutes	2.Hospitalization Duration 0 Days	3.Mobility 7 Days
4.Return to Activities 3 Days	5.Complete Recovery 3 Months	6.Anticipated Results -

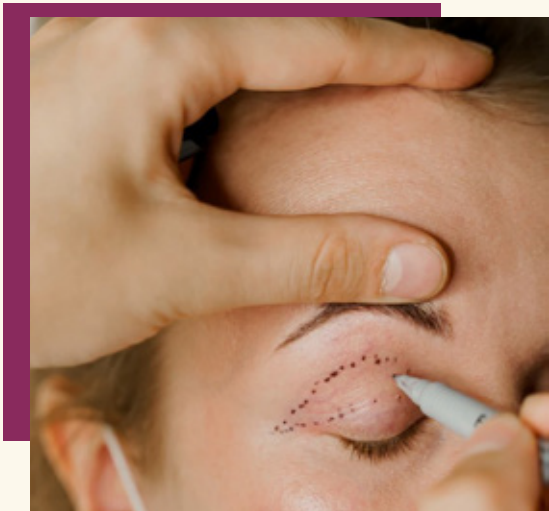
Eyelid Lift

Eyelid Lift in Turkey:

An eyelid lift, or blepharoplasty, is a surgical procedure designed to improve the appearance of the upper or lower eyelids. It addresses issues such as droopy eyelids, puffiness, and under-eye bags. The procedure involves removing excess skin, fat, and muscle from the eyelids to create a more youthful and refreshed look.

An Overview of Eyelid Lift:

Incisions are usually made along the natural creases of the eyelids to minimize visible scarring. Recovery typically involves some swelling and bruising, with most patients resuming normal activities within a week or two. The results of an eyelid lift are long-lasting, offering a significant improvement in the eye area's appearance.



Eyelid Lift Operation Overview

1.Duration of Prodecure 1 Night	2.Hospitalization Duration 1 Night	3.Mobility 7 Days
4.Return to Activities 3 Days	5.Complete Recovery 2 Months	6.Anticipated Results -

Facelift Operation

Facelift Operation in Turkey:

A facelift operation, or rhytidectomy, is a surgical procedure aimed at reducing the signs of aging on the face and neck. It involves tightening loose skin, removing excess fat, and repositioning underlying tissues to create a smoother, more youthful appearance.

An Overview of Facelift Operation:

Incisions are typically made around the hairline and ears, allowing the surgeon to lift and redrape the skin. Recovery can take several weeks, with initial swelling and bruising gradually subsiding. The results are long-lasting, often lasting up to ten years, making a facelift a comprehensive solution for those seeking significant and enduring facial rejuvenation.



Facelift Operation Overview

1.Duration of Prodecure 4 Hours	2.Hospitalization Duration 1 Night	3.Mobility 7 Days
4.Return to Activities 7 Days	5.Complete Recovery 3-6 Months	6.Anticipated Results 6-12 Months

Face Fat Injection

Face Fat Injection in Turkey:

Face fat injection, or fat grafting, is a cosmetic procedure that involves transferring fat from one part of the body to the face to restore volume and contour. Common areas for fat harvesting include the abdomen, thighs, or buttocks. The harvested fat is purified and then carefully injected into areas such as the cheeks, lips, or under-eye regions.

An Overview of Face Fat Injection:

This procedure offers a natural way to enhance facial features and reduce the appearance of wrinkles and hollow areas. Recovery is typically quick, with mild swelling and bruising. The results are long-lasting, as the transferred fat integrates with existing tissues, providing a more youthful and plump appearance.



Face Fat Injection Operation Overview

1.Duration of Prodecure 1 Hours	2.Hospitalization Duration 1 Night	3.Mobility 7 Days
4.Return to Activities 3 Days	5.Complete Recovery 2 Months	6.Anticipated Results -

Forehead Lift

Forehead Lift in Turkey:

A forehead lift, also known as a brow lift, is a cosmetic procedure designed to reduce wrinkles and sagging in the forehead area. This surgery can also elevate drooping eyebrows that can create a tired or sad appearance.



An Overview of Forehead Lift:

The procedure involves making incisions either at the hairline or within the forehead's natural creases, allowing the surgeon to lift and tighten the skin and underlying tissues. Excess skin is removed to create a smoother, more youthful appearance. Recovery usually involves some swelling and bruising, with most patients returning to normal activities within a couple of weeks. The results are long-lasting, offering a refreshed and rejuvenated look.



Forehead Lift Operation Overview

1.Duration of Prodecure 3 Hours	2.Hospitalization Duration 1 Night	3.Mobility 7 Days
4.Return to Activities 3 Days	5.Complete Recovery 2 Months	6.Anticipated Results -

Cat Eyes

Cat Eyes in Turkey:

Cat eyes operation, also known as canthoplasty or fox eye surgery, is a cosmetic procedure aimed at creating an almond-shaped, uplifted appearance of the eyes, resembling those of a cat. This surgery is increasingly popular due to its striking, youthful effect and association with certain beauty trends. The procedure involves tightening and repositioning the outer corner of the eye (lateral canthus) to achieve a more elongated, elevated look.

An Overview of Cat Eyes:

During the surgery, small incisions are made at the outer corners of the eyes, and the surgeon adjusts the tendons and ligaments around the eye to lift and elongate its shape. The incisions are then carefully closed with sutures, minimizing visible scarring. The procedure is often performed under local anesthesia with sedation, and recovery typically involves mild swelling and bruising, which subside within a couple of weeks.



Cat Eyes Operation Overview

1.Duration of Prodecure -	2.Hospitalization Duration 0 Days	3.Mobility 7 Days
4.Return to Activities 2 Days	5.Complete Recovery -	6.Anticipated Results 7 Days

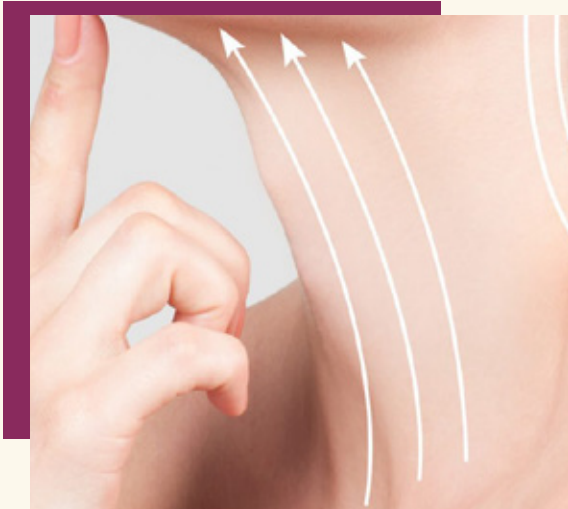
Neck Lift

Neck Lift in Turkey:

A neck lift, or lower rhytidectomy, is a surgical procedure aimed at improving the appearance of the neck and jawline. It addresses issues such as loose skin, excess fat, and muscle banding that contribute to an aged or sagging neck.

An Overview of Neck Lift:

The procedure involves making incisions behind the ears and under the chin, through which the surgeon tightens underlying muscles, removes excess fat, and redrapes the skin. Recovery typically involves swelling and bruising, with most patients returning to normal activities within two weeks. The results of a neck lift are long-lasting, significantly enhancing the neck’s contour and providing a more youthful appearance.



Neck Lift Operation Overview

1.Duration of Prodecure 6-8 Hours	2.Hospitalization Duration 0 Days	3.Mobility 3 Nights 4 Days
4.Return to Activities 2 Days	5.Complete Recovery -	6.Anticipated Results 7 Days

Breast Aesthetic

Breast Augmentation

Breast Augmentation in Turkey:

Breast augmentation is a cosmetic surgery aimed at increasing breast size and achieving a fuller appearance. This procedure typically involves the use of silicone or saline-filled implants. The implants are placed either under the breast tissue or beneath the chest muscle.

An Overview of Breast Augmentation:

The surgery usually requires incisions in inconspicuous areas, such as under the breast, around the areola, or in the armpit, to minimize visible scarring. Recovery involves a few weeks of restricted activity and some swelling and discomfort. The results are long-lasting, providing enhanced breast size and improved symmetry, contributing to a more balanced and attractive silhouette.



Breast Augmentation Operation Overview

1. Duration of Procedure
1.5 Hours

2. Hospitalization Duration
1 Night

3. Mobility
7 Days

4. Return to Activities
3 Days

5. Complete Recovery
3-6 Months

6. Anticipated Results
6-12 Months

Breast Fat Injections

Breast Fat Injections in Turkey:

Breast fat injections, also known as autologous fat transfer, involve using the patient’s own fat to enhance breast size and shape. Fat is harvested from areas like the abdomen, thighs, or buttocks through liposuction, then purified and injected into the breasts.

An Overview of Breast Fat Injections:

This method provides a natural look and feel, with the added benefit of body contouring from the liposuction. Recovery is relatively quick, with some swelling and bruising at both the donor and injection sites. Results can be long-lasting, although multiple sessions might be needed to achieve the desired volume and shape, offering a more natural alternative to implants.



Breast Fat Injections Operation Overview

1.Duration of Prodecure 1.5 Hours	2.Hospitalization Duration 1 Night	3.Mobility 7 Days
4.Return to Activities 7 Days	5.Complete Recovery 3-6 Months	6.Anticipated Results 6-12 Months

Breast Lifting

Breast Lifting in Turkey:

Breast lifting, or mastopexy, is a surgical procedure designed to raise and firm the breasts by removing excess skin and tightening the surrounding tissue. This addresses sagging and reshapes the breasts for a more youthful appearance.

An Overview of Breast Lifting:

The procedure can also reposition the nipples if they point downward or are uneven. Incisions vary depending on the degree of lift needed, but they are typically made around the areola and vertically down to the breast crease. Recovery involves a few weeks of limited activity and some swelling and discomfort. The results are long-lasting, providing a rejuvenated breast contour and improved overall breast appearance.



Breast Lifting Operation Overview

1.Duration of Prodecure 1.5 Hours	2.Hospitalization Duration 1 Night	3.Mobility 7 Days
4.Return to Activities 7 Days	5.Complete Recovery 3-6 Months	6.Anticipated Results 6-12 Months

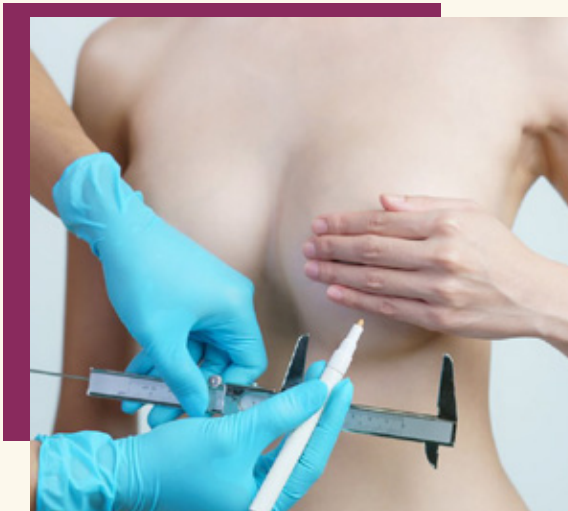
Breast Reduction

Breast Reduction in Turkey:

Breast reduction surgery, or reduction mammoplasty, aims to reduce the size of overly large breasts to alleviate discomfort and improve proportion. This procedure involves removing excess breast tissue, fat, and skin, and often includes repositioning the nipples.

An Overview of Breast Reduction:

Incisions are usually made around the areola, down to the breast crease, and sometimes along the crease. Recovery involves several weeks of restricted activity and some swelling and discomfort. The results are typically permanent, significantly reducing physical discomfort and enhancing the patient’s ability to engage in physical activities, while achieving a more balanced and proportionate breast size.



Breast Reduction Operation Overview

1.Duration of Prodecure
2 Hours

2.Hospitalization Duration
1 Night

3.Mobility
7 Days

4.Return to Activities
7 Days

5.Complete Recovery
3-6 Months

6.Anticipated Results
6-12 Months

Breast Impral Removal

Breast Implant Removal in Turkey:

Breast implant removal is a surgical procedure to take out previously placed breast implants, often due to complications, personal preference, or changes in aesthetic goals.

An Overview of Breast Implant Removal:

The surgery may also involve removing surrounding scar tissue (capsulectomy) and reshaping the natural breast tissue. Incisions are often made in the same locations as the original augmentation to minimize additional scarring. Recovery involves a few weeks of limited activity and some swelling and discomfort. Depending on the patient’s needs, further procedures such as a breast lift may be performed to maintain a natural and aesthetically pleasing breast shape after implant removal.



Breast Implant Removal Operation Overview

1.Duration of Prodecure
1.5 Hours

2.Hospitalization Duration
1 Night

3.Mobility
7 Days

4.Return to Activities
7 Days

5.Complete Recovery
2 Months

6.Anticipated Results
3 Months

Inverted Nipple Surgery

Inverted Nipple Surgery in Turkey:

Inverted nipple surgery is a cosmetic procedure designed to correct nipples that are retracted inward rather than pointing outward. This condition can affect one or both nipples and may cause functional issues or aesthetic concerns.

An Overview of Inverted Nipple Surgery:

The procedure involves making small incisions at the base of the nipple to release the tethered ducts and tissue, allowing the nipple to project outward. It is usually performed under local anesthesia, and recovery is quick, with minimal discomfort and swelling. The results are typically permanent, improving the appearance and function of the nipples and boosting the patient's confidence and comfort.



Inverted Nipple Surgery Operation Overview

1.Duration of Prodecure 1 Hours	2.Hospitalization Duration 1 Night	3.Mobility 7 Days
4.Return to Activities 7 Days	5.Complete Recovery 3-6 Months	6.Anticipated Results 3-6 Months

Body Aesthetic

Labiaplasty

Labiaplasty in Turkey:

Labiaplasty is a surgical procedure designed to reshape or reduce the size of the labia minora or labia majora, the external folds of skin surrounding the vaginal opening. This surgery addresses issues such as discomfort during physical activities, irritation, and self-consciousness about appearance.

An Overview of Labiaplasty:

The procedure involves trimming excess tissue and reshaping the labia for a more aesthetically pleasing look and improved comfort. Recovery typically involves some swelling and discomfort, with most patients resuming normal activities within a few weeks. Labiaplasty can enhance both the functional and aesthetic aspects of the genital area, boosting confidence and comfort.



Breast Enlargement Without Surgery Operation Overview

1.Duration of Prodecure
1 Hour

2.Hospitalization Duration
1 Night

3.Mobility
5 Days

4.Return to Activities
7 Days

5.Complete Recovery
1 Month

6.Anticipated Results
1-2 Months

Vaginal Tightening

Vaginal Tightening in Turkey:

Vaginal tightening, often achieved through a procedure called vaginoplasty, aims to tighten the vaginal canal, which can become loose or stretched due to childbirth or aging. This surgery involves removing excess vaginal lining and tightening the surrounding muscles and tissues.

An Overview of Vaginal Tightening:

The procedure can improve sexual satisfaction, restore muscle tone, and enhance overall vaginal health. Recovery involves avoiding strenuous activities and sexual intercourse for several weeks to allow proper healing. Vaginal tightening can significantly improve physical comfort and sexual function, enhancing quality of life for many women.



Vaginal Tightening Operation Overview

1.Duration of Prodecure
1 Hours

2.Hospitalization Duration
1 Night

3.Mobility
5 Days

4.Return to Activities
7 Days

5.Complete Recovery
1 Month

6.Anticipated Results
1-2 Months

Abdominoplasty

Abdominoplasty in Turkey:

Abdominoplasty, commonly known as a tummy tuck, is a cosmetic surgical procedure that removes excess skin and fat from the abdomen and tightens the underlying muscles.

An Overview of Abdominoplasty:

This procedure is often sought by individuals who have loose or sagging abdominal skin due to significant weight loss, pregnancy, or aging. The surgery involves making an incision from hip to hip, removing excess tissue, and suturing the abdominal muscles for a firmer, flatter appearance. Recovery typically requires several weeks of limited activity and careful monitoring of the incision site. The results are long-lasting, providing a more toned and contoured abdominal profile.



Abdominoplasty Operation Overview

1. Duration of Procedure
4 Hours

2. Hospitalization Duration
2 Night

3. Mobility
7 Days

4. Return to Activities
7 Days

5. Complete Recovery
3-6 Months

6. Anticipated Results
6-12 Months

Six Packs

Six Packs in Turkey:

Achieving six-pack abs often involves a combination of rigorous exercise, diet, and sometimes cosmetic surgery. Abdominal etching is a surgical technique designed to enhance the visibility of the abdominal muscles by removing excess fat and sculpting the muscle contours.



An Overview of Six Packs:

This procedure involves liposuction around the abdominal muscles to create a more defined, chiseled appearance. Recovery includes mild swelling and bruising, with most patients returning to normal activities within a few weeks. While surgery can help achieve a defined look, maintaining six-pack abs requires ongoing commitment to fitness and healthy eating.



Six Packs Operation Overview

1.Duration of Prodecure 3 Hours	2.Hospitalization Duration 1 Night	3.Mobility 7 Days
4.Return to Activities 7 Days	5.Complete Recovery 3-6 Months	6.Anticipated Results 6-12 Months

Arm Lift

Arm Lift in Turkey:

An arm lift, or brachioplasty, is a cosmetic surgery aimed at reducing excess skin and fat from the upper arms to create a more toned and youthful appearance. This procedure is particularly popular among individuals who have lost significant weight and are left with loose, sagging skin.

An Overview of Arm Lift:

The surgery involves making an incision along the inner or back side of the arm, removing excess skin and fat, and tightening the underlying tissues. Recovery typically involves some swelling and discomfort, with most patients resuming normal activities within a few weeks. The results are long-lasting, offering a slimmer, more contoured arm appearance.



Arm Lift Operation Overview

1.Duration of Prodecure 2 Hours	2.Hospitalization Duration 2 Night	3.Mobility 7 Days
4.Return to Activities 7 Days	5.Complete Recovery 3-6 Months	6.Anticipated Results 6-12 Months

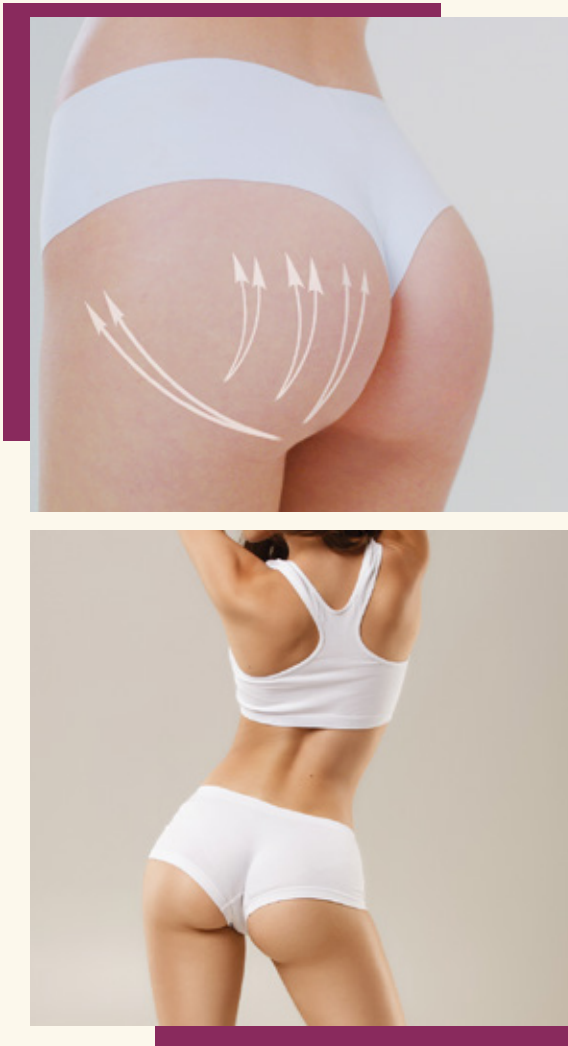
Liposuction

Liposuction in Turkey:

Liposuction is a popular cosmetic procedure that removes excess fat deposits from specific areas of the body, such as the abdomen, thighs, buttocks, arms, and neck.

An Overview of Liposuction:

This procedure involves making small incisions and using a cannula to suction out fat cells, resulting in improved body contours and proportions. Liposuction can be performed alone or in combination with other cosmetic surgeries. Recovery involves some swelling, bruising, and restricted activity for a few weeks. The results are typically long-lasting, provided the patient maintains a stable weight, offering a more sculpted and aesthetically pleasing body shape.



Liposuction Operation Overview

1.Duration of Prodecure 1 Hours	2.Hospitalization Duration 1 Night	3.Mobility 7 Days
4.Return to Activities 7 Days	5.Complete Recovery 3-6 Months	6.Anticipated Results 6-12 Months

Arm Liposuction

Arm Liposuction in Turkey:

Arm liposuction is a targeted cosmetic procedure that removes excess fat from the upper arms to create a slimmer, more toned appearance.

An Overview of Arm Liposuction:

This procedure is ideal for individuals with stubborn fat deposits that do not respond to diet and exercise. The surgery involves making small incisions and using a cannula to suction out fat cells. Recovery includes mild swelling and bruising, with most patients resuming normal activities within a few weeks. The results are long-lasting, provided the patient maintains a stable weight, offering more defined and contoured arms.



Arm Liposuction Operation Overview

1. Duration of Procedure
4 Hours

2. Hospitalization Duration
2 Night

3. Mobility
7 Days

4. Return to Activities
7 Days

5. Complete Recovery
3-6 Months

6. Anticipated Results
6-12 Months

Brazilian Butt Lift

Brazilian Butt Lift (BBL) in Turkey:

The Brazilian Butt Lift (BBL) is a popular cosmetic procedure that enhances the size and shape of the buttocks using the patient’s own fat.

An Overview of Brazilian Butt Lift (BBL):

This procedure involves liposuction to remove fat from areas like the abdomen, thighs, or flanks, which is then purified and injected into the buttocks. The result is a fuller, more lifted buttock contour. Recovery involves avoiding sitting directly on the buttocks for several weeks and wearing a compression garment to minimize swelling. The results are long-lasting, provided the patient maintains a stable weight, offering a more natural and aesthetically pleasing enhancement.



Brazilian Butt Lift (BBL) Operation Overview

1.Duration of Prodecure
3 Hours

2.Hospitalization Duration
2 Night

3.Mobility
7 Days

4.Return to Activities
7 Days

5.Complete Recovery
3-6 Months

6.Anticipated Results
6-12 Months

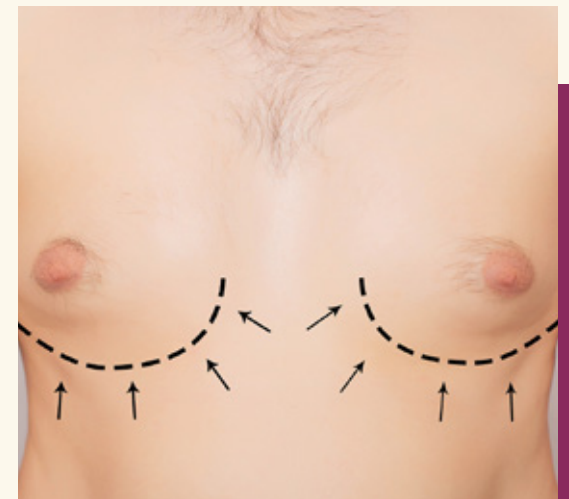
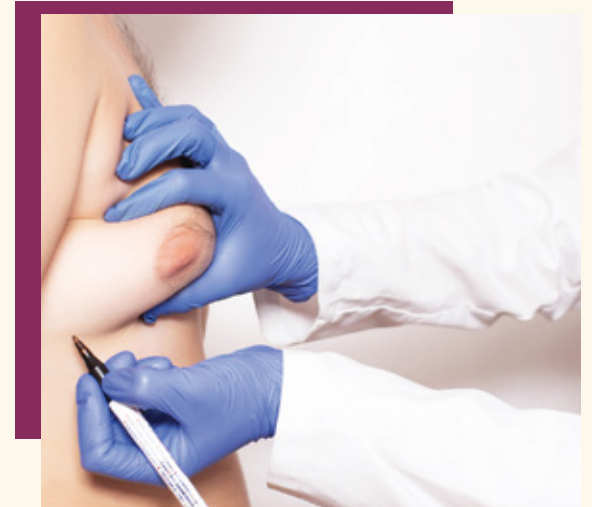
Gynecomastia

Gynecomastia in Turkey:

Gynecomastia surgery is a procedure designed to reduce the size of enlarged male breasts.

An Overview of Gynecomastia:

This condition, often caused by hormonal imbalances, genetics, or certain medications, can cause physical discomfort and emotional distress. The surgery involves liposuction to remove excess fat and, if necessary, excision techniques to remove glandular tissue and skin. Recovery typically involves some swelling and discomfort, with most patients returning to normal activities within a few weeks. The results are usually permanent, providing a flatter, more masculine chest contour and improving self-confidence.



Gynecomastia Operation Overview

1.Duration of Prodecure
1 Hours

2.Hospitalization Duration
1 Night

3.Mobility
7 Days

4.Return to Activities
7 Days

5.Complete Recovery
3-6 Months

6.Anticipated Results
6-12 Months

Hyperhidrosis

Hyperhidrosis in Turkey:

Hyperhidrosis surgery is aimed at treating excessive sweating, a condition that can affect the hands, feet, underarms, and other areas.

An Overview of Hyperhidrosis:

One common surgical treatment is endoscopic thoracic sympathectomy (ETS), which involves cutting or clamping the nerves that trigger sweating. Another option is localized excision of sweat glands. Recovery depends on the procedure but generally involves a few weeks of limited activity. The results can significantly reduce or eliminate excessive sweating, improving the patient's quality of life and confidence in social and professional settings.



Hyperhidrosis Operation Overview

1.Duration of Prodecure -	2.Hospitalization Duration -	3.Mobility 5 Days
4.Return to Activities 5 Days	5.Complete Recovery -	6.Anticipated Results -

Inner Thigh Lift

Inner Thigh Lift in Turkey:

An inner thigh lift is a cosmetic procedure designed to tighten and reshape the inner thighs by removing excess skin and fat.

An Overview of Inner Thigh Lift:

This procedure is often sought by individuals who have lost significant weight and are left with loose, sagging skin. The surgery involves making incisions in the groin area and sometimes along the inner thigh, removing excess tissue, and tightening the remaining skin. Recovery typically involves some swelling and discomfort, with most patients resuming normal activities within a few weeks. The results are long-lasting, offering a smoother, more contoured inner thigh appearance.



Inner Thigh Lift Operation Overview

1.Duration of Prodecure 3 Hours	2.Hospitalization Duration 2 Night	3.Mobility 7 Days
4.Return to Activities 7 Days	5.Complete Recovery 3-6 Months	6.Anticipated Results 6-12 Months

Otoplasty

Otoplasty in Turkey:

Otoplasty, or ear surgery, is a cosmetic procedure aimed at reshaping or repositioning the ears to improve their appearance.

An Overview of Otoplasty:

This surgery can correct protruding ears, asymmetry, or deformities. The procedure involves making incisions behind the ears to remove or reshape cartilage, then suturing the ears closer to the head. Recovery involves wearing a headband to support the ears and minimize swelling, with most patients returning to normal activities within a week or two. The results are permanent, providing a more natural and balanced ear appearance, boosting self-esteem and confidence.



Otoplasty Operation Overview

1. Duration of Procedure
1 Hours

2. Hospitalization Duration
1 Night

3. Mobility
7 Days

4. Return to Activities
7 Days

5. Complete Recovery
3 Months

6. Anticipated Results
6–12 Months

Vaser Liposuction

Vaser Liposuction in Turkey:

Vaser liposuction is an advanced form of liposuction that uses ultrasound technology to break down and remove fat cells more precisely.

An Overview of Vaser Liposuction:

This procedure involves making small incisions and using a specialized probe to emit ultrasound waves, liquefying the fat before suctioning it out. Vaser liposuction is effective for contouring areas like the abdomen, thighs, arms, and flanks. Recovery typically involves less swelling and bruising compared to traditional liposuction, with most patients resuming normal activities within a few weeks. The results are long-lasting, providing enhanced body contours and definition.



Vaser Liposuction Operation Overview

1. Duration of Procedure
3 Hours

2. Hospitalization Duration
2 Hours

3. Mobility
7 Days

4. Return to Activities
7 Days

5. Complete Recovery
3-6 Months

6. Anticipated Results
6-12 Months

J-Plasma

J-Plasma in Turkey:

J-Plasma, or Renuvion, is a cutting-edge cosmetic procedure that uses cold plasma energy to tighten and rejuvenate the skin.

An Overview of J-Plasma:

This technology can be used on various body areas, including the face, neck, and abdomen, to improve skin laxity and texture. The procedure involves making small incisions and applying the plasma energy beneath the skin, causing immediate contraction and long-term collagen production. Recovery is relatively quick, with minimal swelling and bruising. The results are long-lasting, offering significant skin tightening and rejuvenation without the need for extensive surgery.



J-Plasma Operation Overview

1. Duration of Procedure
1 Hour

2. Hospitalization Duration
1 Night

3. Mobility
7 Days

4. Return to Activities
7 Days

5. Complete Recovery
3-6 Months

6. Anticipated Results
6-12 Months

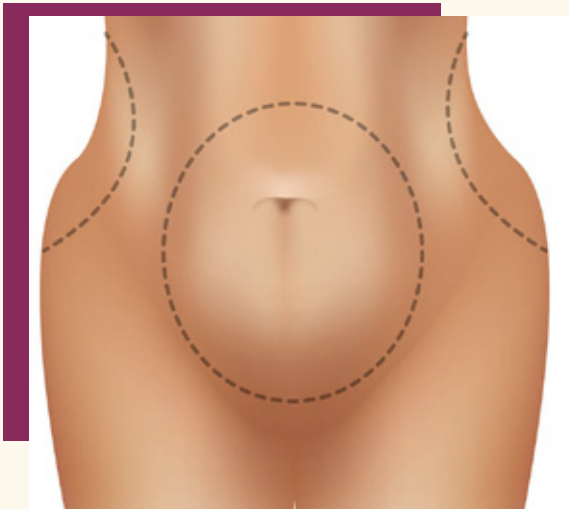
Mommy Makeover

Mommy Makeover in Turkey:

A mommy makeover is a customized combination of cosmetic procedures designed to restore a woman’s body after pregnancy and childbirth.

An Overview of Mommy Makeover:

Common procedures included in a mommy makeover are breast augmentation or lift, tummy tuck, liposuction, and sometimes vaginal rejuvenation. The goal is to address changes such as sagging breasts, loose abdominal skin, and excess fat deposits. Recovery time varies depending on the procedures performed but generally involves several weeks of limited activity. The results are long-lasting, providing a more youthful, contoured appearance and boosting confidence and self-esteem.



Mommy Makeover Operation Overview

1.Duration of Prodecure 4–5 Hours	2.Hospitalization Duration 2 Night	3.Mobility 7 Days
4.Return to Activities 7 Days	5.Complete Recovery 3–6 Months	6.Anticipated Results 6–12 Months

Bariatrics

Gastric Sleeve

Gastric Sleeve in Turkey:

Gastric sleeve surgery, also known as sleeve gastrectomy, is a weight-loss procedure that involves removing approximately 75-80% of the stomach, creating a tube-like or sleeve-shaped stomach.

An Overview of Gastric Sleeve:

This significantly reduces the stomach's capacity, leading to earlier satiety and reduced food intake. Additionally, the surgery decreases the production of the hunger hormone ghrelin, helping to reduce appetite. The procedure is performed laparoscopically, which involves small incisions and a camera for guidance. Recovery typically involves a few days in the hospital and several weeks of restricted activity. Gastric sleeve surgery offers significant and sustained weight loss, improving obesity-related health conditions and enhancing quality of life.



Gastric Sleeve Operation Overview

1. Duration of Procedure
1 Hour

2. Hospitalization Duration
2 Night

3. Mobility
2 Night

4. Return to Activities
Nutritional Program

5. Complete Recovery
3-6 Months

6. Anticipated Results
6-12 Months

Gastric Bypass

Gastric Bypass in Turkey:

Gastric bypass surgery, specifically Roux-en-Y gastric bypass, is a weight-loss procedure that combines restriction and malabsorption techniques.

An Overview of Gastric Bypass:

The procedure involves creating a small stomach pouch and bypassing a portion of the small intestine, reducing the amount of food that can be eaten and decreasing nutrient absorption. This dual approach leads to significant weight loss and improvement in obesity-related conditions like diabetes, hypertension, and sleep apnea. The surgery is performed laparoscopically, with recovery involving a few days in the hospital and several weeks of restricted activity. Gastric bypass offers substantial long-term weight loss and health benefits, but it requires lifelong dietary adjustments and supplementation.



Gastric Bypass Operation Overview

1.Duration of Prodecure 1 Hours	2.Hospitalization Duration 2 Night	3.Mobility 7 Days
4.Return to Activities Nutritional Program	5.Complete Recovery 3-6 Months	6.Anticipated Results 6-12 Months

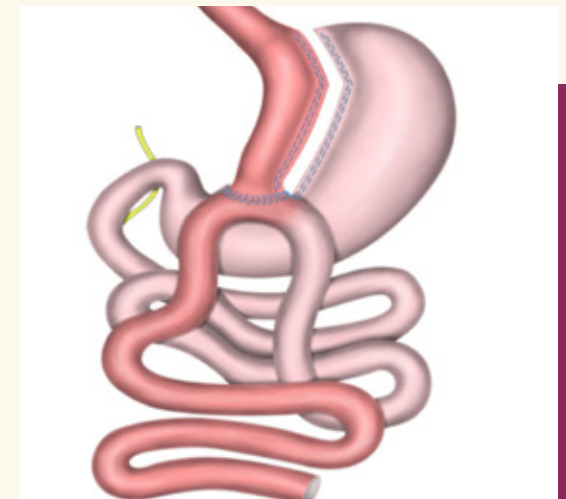
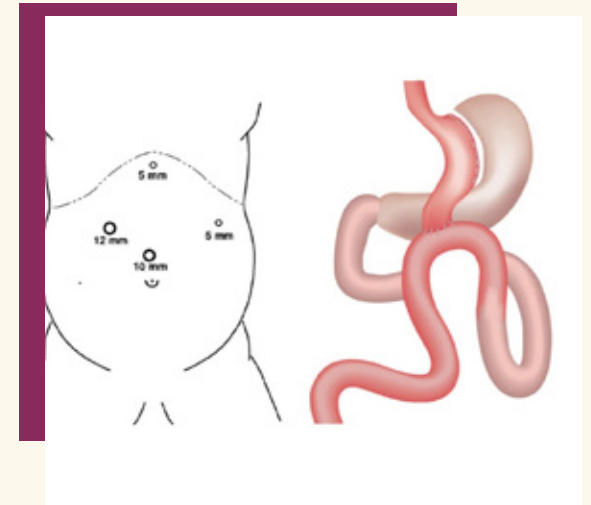
Mini Bypass

Mini Bypass in Turkey:

The mini gastric bypass, also known as the one-anastomosis gastric bypass (OAGB), is a simplified version of the traditional gastric bypass. This procedure involves creating a small stomach pouch and attaching it directly to a loop of the small intestine, bypassing a significant portion of the stomach and small intestine.

An Overview of Mini Bypass:

This reduces the volume of food intake and decreases nutrient absorption, leading to significant weight loss. The surgery is performed laparoscopically, resulting in smaller incisions, less pain, and quicker recovery compared to open surgery. Recovery involves a few days in the hospital and several weeks of restricted activity. The mini bypass offers substantial weight loss and improvement in obesity-related conditions, with fewer complications and a simpler surgical process compared to the traditional gastric bypass.



Mini Bypass Operation Overview

1. Duration of Procedure
1 Hour

2. Hospitalization Duration
2 Night

3. Mobility
7 Days

4. Return to Activities
Nutritional Program

5. Complete Recovery
3-6 Months

6. Anticipated Results
6-12 Months

Rovers in Numbers

25+
Countries

98%
Positive Feedback

1000+
Plastic Surgery

Frequently Asked Questions



What is Hair Transplant?

A hair transplant is a procedure where hair follicles are moved from one part of the scalp to thinning or bald areas, usually under local anesthesia, resulting in natural, permanent hair growth.



What is Plastic Surgery?

Plastic surgery improves or alters appearance and includes reconstructive surgery (for trauma or congenital issues) and cosmetic surgery (for aesthetic enhancement).



What is Dental Care and Why is it Important?

Dental care involves regular maintenance of teeth and gums to prevent issues like cavities and gum disease, positively impacting overall health.



What is Medical Tourism and How Does It Work?

Medical tourism is traveling abroad for healthcare, often for cost savings or better quality care. It involves researching providers, planning treatment, and arranging travel.



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