

## Preoperative and Postoperative Care Protocols for All Procedures

At Dr. Berat Clinic, we prioritize patient safety and meticulous preparation to ensure optimal surgical outcomes. Our comprehensive preoperative and postoperative care protocols are designed to provide a safe and effective experience for all our patients. Here is an overview of the care measures we follow for all procedures:

### Preoperative Care:

#### 1. Comprehensive Preoperative Assessments:

- **Blood Tests:** We conduct a series of blood tests, including Complete Blood Count (CBC), Chem7 (basic metabolic panel), Infectious disease panel, INR (International Normalized Ratio), and aPTT (Activated Partial Thromboplastin Time) to assess your overall health and detect any underlying conditions.
- **Chest X-Ray:** A chest x-ray is performed to evaluate lung health and ensure there are no underlying issues that could affect anesthesia or surgery.
- **EKG:** An electrocardiogram (EKG) is conducted to check for any cardiac abnormalities, ensuring your heart is in good condition for surgery.

#### 2. Specific Preoperative Imaging:

- **Paranasal CT:** For rhinoplasty procedures, a Paranasal CT scan is performed to provide detailed images of the nasal and sinus structures, aiding in precise surgical planning.
- **Breast Ultrasound (USG):** Before breast surgeries, a Breast USG is conducted to examine breast tissue and identify any abnormalities.

#### 3. Surgical Facility:

- **A+ Hospitals:** All surgeries are performed in A+ hospitals like Medikalpark and Medipol Hospital, which are equipped with cutting-edge technology, all necessary medical and surgical departments, and Intensive Care Units (ICUs). These hospitals also hold Health Tourism Certificates, ensuring they meet the highest standards of care.

#### 4. Anesthesia Evaluation:

- **Anesthesiologist Review:** One day before the surgery, the anesthesiologist reviews all preoperative test results and conducts an examination to approve the surgery, ensuring you are fit for anesthesia.

#### 5. Pre-Surgery Consultations:

- **Video Consultation:** Before traveling to Antalya, patients have a video consultation with Dr. Berat to discuss their medical history, surgical goals, and suitability for the procedure.

- **In-Person Consultation:** Upon arrival, an in-person consultation and examination are conducted at the clinic one day before the surgery. This helps finalize the surgical plan and ensures you are fully prepared.

#### 6. Patient Selection:

We carefully select patients based on their photos, preoperative evaluation forms, and the video consultation process to ensure they are suitable candidates for the surgery.

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### Postoperative Care:

#### 1. Hospital Stay:

- **Face and Breast Surgeries:** Patients stay one night in the hospital for close monitoring.
- **Body Surgeries:** Patients stay two nights in the hospital to ensure a smooth recovery.

#### 2. Postoperative Monitoring:

Dr. Berat visits patients on the day of surgery, the next day, and the second day before discharge to ensure proper recovery and address any concerns.

#### 3. Follow-Up Care:

- **Control Visits:** Scheduled at the clinic on day 5 and the day before your return flight to ensure all is well.
- **Fit-to-Fly Certificate:** If all check-ups are normal, we provide a fit-to-fly certificate signed by Dr. Berat and the clinic.

#### 4. Ongoing Support:

- **Patient Coordinator:** Each patient is assigned a patient coordinator who is available 24/7 for support and assistance, including all transfers between the airport, clinic, hotel, and hospital.
- **Post-Return Follow-Up:** We continue to monitor your progress through online video consultations at 1 month, 3 months, and 1 year after surgery to ensure ongoing health and satisfaction.

These comprehensive preoperative and postoperative care protocols reflect our unwavering commitment to patient safety and excellence in surgical outcomes. At Dr. Berat Clinic, we ensure that every step of your surgical journey is meticulously planned and executed for your health and peace of mind.