



Fly 2 Health&Beauty
fly2hnb.com



CONTENT

1- HAIR TRANSPLANT

- FOR MAN
- FOR WOMAN
- BEARD / EYEBROW TRANSPLANT

2- TEETH

- DENTAL IMPLANT
- SMILE DESIGN
- ZIRCONIUM CROWN

3- LIPOSUCTION

4- FACIAL AESTHETICS

- NOSE
- LIPS
- EARS

5- STOMACH REDUCTION

6- ABDOMINAL AESTHETICS

FOR YOUR INQUIRIES:

0090 555 285 5337

0090 212 909 5342



HAIR TRANSPLANT

What is Hair Transplant?

Today, many people resort to hair transplantation methods because of their hair loss problems. Hair loss; It can occur due to stress, malnutrition and various health problems. Hair transplantation methods are used to get rid of the results of hair loss that causes baldness, which we call masculine shedding. Hair loss; It can be stopped by different methods such as hair laser and PRP. However, in some hair types, successful results cannot be obtained with these applications and baldness occurs. So, how is hair transplantation performed?

HOW IS HAIR TRANSPLANTATION PERFORMED?

Hair transplantation operation occurs by performing 3 basic stages. These stages are collecting the hair follicles, opening the channels in the skin and placing the hair follicles in the opened channels.

1 Stage:

Hair transplant operation is performed under local anesthesia. After applying local anesthesia to the area, hair follicles are collected one by one and the process is carried out. It is very important for the success of the operation that the hair follicles called 'grafts' are not damaged. Usually the nape area is one of the best areas for 'grafts' to be collected.

2 Stage:

After the 'grafts' are collected, channels are opened in sizes sufficient for 'grafts' in the area with baldness problem. At this stage, the dimensions and angle of the channels are very important to obtain a natural appearance.

3 Stage:

In the last stage of hair transplantation, 'grafts' are placed in the opened channels at a 45 degree angle in line with the determined plan and the operation is completed.

METHODS USED IN HAIR TRANSPLANTATION

FUE Hair Transplant

FUE hair transplantation, hair follicles are separated one by one using a micro motor and placed in the opened channels. A very natural appearance occurs due to the manual placement of hair follicles in the canals.

Sapphire FUE Hair Transplantation

Sapphire The main difference of hair transplantation compared to normal FUE hair transplantation is that a special sapphire tipped pen is used instead of metal slits during the grooving process. This sapphire tip pen speeds up the healing process. Therefore, it can be preferred by people.

Robotic Hair Transplant

Robotic hair; In transplantation, hair follicles are transplanted by robots. Other procedures proceed in the same way as the classical hair transplant method.

DHI Hair Transplant

The difference of this procedure from other methods is the medical pen used when opening the canal. In this method, the channel opening process and the planting process are performed simultaneously.

FUT Hair Transplant

The main difference of FUT hair transplantation from other methods is that the hair follicles are not collected individually but in groups with the help of a band.

Non-Surgical Hair Transplantation

Unlike the hair transplant methods mentioned above, it is possible to talk about non-surgical hair transplantation. Unlike other methods, no needles are used in the non-surgical hair transplantation method. Two different methods are used in non-surgical hair transplantation. These are hair transplantation with stem cells and hair mesotherapy.

In the stem cell method, hair follicles are collected by micro motors. The most important advantage of the stem cell method is that the hair follicles are nourished and the hair becomes much stronger.

Hair mesotherapy is an application that helps to stop hair loss and to replace the lost hair with a new one. The person's scalp is loaded with vitamins, proteins and other nutrients from the outside. In hair mesotherapy, all the nutrients are injected into the scalp with an injection that feels very little pain.

Things to Consider Before Hair Transplantation

Hair transplant operation is a very sensitive operation. Therefore, alcohol consumption should be stopped at least 3 days before the hair transplant operation. Because alcohol; causes the blood to become watery. In addition, the use of blood thinners should be stopped. Otherwise, an intense blood flow may occur during the operation.

Things to Consider After Hair Transplantation

It is possible to list the things to be considered after hair transplantation as follows.

Washing The Hair

It is beneficial to do the hair washing process on the 3rd day after the operation. Special lotions and shampoos should be used when washing the hair after hair transplantation. After the scalp is softened with a special lotion, the hair should be cleaned by gently massaging it with shampoo. For 8 days after the 3rd day, the hair should be washed every day as mentioned.

Sun

After the hair transplant operation, it should not be exposed to the sun until the hair grows completely and has a healthy appearance.

Controls

It is necessary to go to control on the 2nd and 10th days after hair transplantation. After 8 washes, the redness should be reduced by up to 80%.

Hair Spill

From the 3rd week after hair transplantation, a little shedding may occur. The hair loss that occurs indicates that the operation was performed successfully.

Frequently Asked Questions

Is hair transplant operation a painful operation?

During the hair transplant operation, local anesthesia is applied and the patient does not feel any pain. However, it is normal to feel mild pain after the anesthesia wears off.

How long does a hair transplant operation take?

It can take between 6 and 9 hours depending on the baldness of the region.

What is the most used method in hair transplant operation?

FUE method is the most preferred method in hair transplantation operation.

Will the hair have a natural appearance after the hair transplant operation?

6 months after the hair transplant, the hair will have a very natural appearance.



HAIR TRANSPLANT FOR WOMEN

Female hair loss is an embarrassing experience for many women, but it doesn't have to be. Features hair restoration experts who specialize in treating female hair loss and helping women regain their confidence to face each day with beautiful, bold hair.

Although hair loss may seem like a man's problem rather than a woman's problem, women are almost equally susceptible to hair loss – or thinning hair at any age – and for a variety of reasons.

One in three women suffer from hair loss. There can be several reasons for hair loss in women. There are a handful of contributing factors that can interfere with the natural hair growth cycle – medications, diseases, infections or chemicals – all of which have the potential to prevent hair from completing its natural growth cycle.

FUE Women Hair Transplants in Türkiye

The shape of the female hairline differs markedly from that of the opposite sex. Instead of a frontal-temporal receding hairline like in men, a woman's hairline slopes downward and is rounded.

Our female hair transplant specialists meticulously and compassionately recreate every angle of the recipient site to ensure that the female hair transplant model created complements the appearance of youthful female hair.

Additionally, they take important factors into consideration – patient's age, ethnicity, head shape, facial features, stage of hair loss – to develop the most effective hair restoration technique.

Female Hair Transplant Recovery

After a female hair transplant, your scalp may be sore and sensitive. Your hair transplant surgeon may ask you to take painkillers for several days. You will also need to wear bandages on your scalp for at least a day or two. The doctor may also prescribe an antibiotic or an anti-inflammatory to be taken for several days.

Most patients can return to work 2-5 days after their female hair transplant. The transplanted hair will fall out – within 2-3 weeks after the surgery – which is completely normal. You should start noticing new hair within a few months. Some hair transplant surgeons prescribe minoxidil (Rogaine) to promote hair growth after hair transplant.

What is the cost of a female hair transplant operation?

The price can be determined after the medical consultation as hair transplant prices vary depending on hair type and technique.

FREQUENTLY ASKED QUESTIONS

When can I dye my hair?

Generally, it is possible to dye the hair within 3 months. However, patients who do not want to take the risk can wait 6 months.

Does female hair transplantation hurt?

Since hair transplantation is a procedure performed under local anesthesia, the patient does not feel any pain.

Will the transplanted hair loss?

Hair roots that will be transplanted, usually taken from the nape area. The hair roots in this region are generally known not to fall out. For this reason, the transplanted hair should not fall out after successful hair transplantation.

Is there an age limit for hair transplantation?

Medically, there is no age limit. However, experts recommend acting once the natural discharge has stopped or slowed down. People between the ages of 20 and 65 can benefit from hair transplantation.



BEARD TRANSPLANT

Beard transplantation is a procedure that has started to see greater demand in recent years. This is done by transplanting the hair follicles taken from the scalp to the places where the hair is thinning in the men's beard and mustache.

Beard transplantation can be performed in hairless areas which are thus due to genetic factors or traumas, burns and infections. The beard is not like the hair. Everyone has a different density. Therefore, beard transplantation is done differently for everyone. This procedure is performed in a few hours under local anesthesia. Patients can achieve a natural looking beard without feeling pain. When planning the beard transplant, the patient's condition is assessed, and the hair roots taken from the nape region are separated and implanted in the beard region.

FREQUENTLY ASKED QUESTIONS

How much hair follicle is needed for a beard transplant?

Beard transplantation is done according to individual needs. Beard density is different for everyone. For this reason, the quantity of hair follicles needed for the transplant is determined according to the needs of the person. This ratio is between 300-500 hair roots for the mustache area, 600-700 hair roots on the chin, 200-250 hair roots on the sideburns, and 300-700 hair roots on the cheeks.

Is every hair follicle suitable for beard transplant?

Hair roots to be used in beard transplantation should be straight forward. Therefore, the hair follicles taken from the neck should be individually separated and planted in the beard area in this manner. It is also important not to wait for the hair follicles to remain without oxygen when performing these procedures.

Will there be scars after the beard transplant?

The appearance of the face is important for everyone. Therefore, for those considering a beard transplant, the scars that may remain on the face after the transplant can be a big problem. However, scarring is no longer a problem in beard transplantation with the FUE method. When the beard transplant is complete, small, inconspicuous scabs may form around the transplanted hair follicles. These scabs in the area kept clean and dry during the healing process heal spontaneously. In a short time, there will be no more visible marks on the face. More specifically, there is no trace to suggest that the person had a beard transplant.



EYEBROW TRANSPLANT

Eyebrows are crucial for women in creating clear and meaningful expressions. It is possible to achieve the volume and thickness of the previous eyebrows with the eyebrow transplant. Eyebrow transplantation is a 3–4-hour procedure performed under local anesthesia. It is commonly done using the Sapphire FUE method. In this method, after the follicles are extracted from the donor area, the transplant process is carried out in the desired regions. After an average of 7-8 months, the results appear.

Brow restoration is a first cosmetic procedure to replace brows or touch up small areas of hair loss resulting from excessive plucking, scarring, or genetic causes. Eyebrow restoration is an artistic procedure in which the brow treatment is individually tailored to your face type, features, and overall goals.

Why perform an eyebrow transplant?

Eyebrows generally lose their shape with age. Dense hair follicles at a young age begin to dilute with advancing age. However, in some cases, there may be a problem with eyebrow loss that is not age-related. The exact cause of this is not known. However, it is predicted that damage to hair follicles could be effective in this regard. Ringworm and thyroid disorders are the main factors that can damage hair follicles. Eyebrow loss is an important aesthetic problem for all women and men. The effect of the eyebrows, which is an element that completes the masculine expression in men and the feminine expression in women, is different at all ages. Using an eyebrow pencil for upturned brows is also far from natural. Eyebrow transplantation provides a permanent solution to this.

Apart from diseases, factors such as burns, and injuries can cause the eyebrows to fall out and open areas in the eyebrows. Eyebrow transplantation is the best solution for lost and thin eyebrows. Since the FUE technique, which is the most advanced technique, is also used during this transplant, you can have aesthetic eyebrows again. Stunning eyebrows can be created with hair roots taken from the nape area. Eyebrow transplantation not only improves the appearance, but also helps the person to feel good psychologically.



DENTAL IMPLANT

Many problems can occur in the teeth due to many reasons which lead to tooth loss. In addition to chewing and appearance problems, tooth loss causes massive jaw disruption and negatively affects people's lives.

Artificial teeth are designed in the form of screws and roots used to treat the problem of tooth loss. These teeth look like natural teeth and fulfill their functions. The part placed in the jawbone is called the implanted tooth. Artificial teeth are implanted in the jawbone by surgery, so the empty spaces that have occurred due to tooth loss are filled. In addition, it is possible to do the procedure after a tooth extraction.

Materials used in dental implants

The materials used vary from each other in properties;

***Titanium:** The most used material and compatible with fabrics. Titanium is the first choice of doctors, it is safe, strong and its results are effective and long lasting.

***Porcelain and Polymer:** It is possible to use these materials for patients who do not want metallic material in their mouth. However, porcelain and polymer implants are not preferred.

***Zirconium:** This material is used instead of titanium, because it contains metal and it is a strong material, but it is part of the ceramic category.

During the examination, your doctor will determine which material is best for your condition.

FREQUENTLY ASKED QUESTIONS

Who Can Undergo Dental Implants?

People whose growth phase has ended.

People in good general health.

People who do not suffer from chronic diseases such as diabetes and blood pressure, or if the levels of these diseases are low.

People whose jaws allow them to have dental implants (people whose jaws do not allow them to have dental implants can use more advanced techniques to treat this problem).

In addition, people who do not have gum disease can undergo dental implants after confirmation from the doctor.

What are dental implants?

A procedure that uses an artificial tooth root placed in the jawbone and is used when teeth are lost.

Does age affect dental implants?

People who are aging, and even if they have moderate chronic diseases, do not have serious gum problems, are in good health, can undergo dental implants.

Do dental implants feel strange in the mouth?

Since dental implants perform the functions of the natural root, they do not give any strange sensation in the mouth.

Is it possible to experience natural chewing with dental implants?

Yes, since dental implants perform the natural functions of teeth and match the tissues, they provide a natural chewing sensation.



SMILE DESIGN - HOLLYWOOD SMILE

Hollywood Smile, Having a shiny, perfect set of white teeth is not about vanity at all. Shown by different studies, healthy-looking teeth make a person look attractive. In any social setting, no one would say that having good looking teeth decreases their chances. Quite the contrary.

Anyone who wants to have a more beautiful smile can achieve that dream thanks to modern technological advancements. As a result, anyone can have a smile known as the Hollywood smile. In simple words, it is the dentist's creative technique of creating a set of perfectly straight and symmetrical teeth.

This type of smile provides a completely natural look. If you want to benefit from the smile design, which is popular in Turkey in recent years, you do not need to take a long leave from work or social life. In the hands of a highly skilled dental team, this well-recognized dental clinic will provide you with a first-class experience.

How Long the Process Lasts

You made an appointment with the dental clinic in Istanbul and said that your teeth are bothering you. If you want a Hollywood smile, Istanbul is one of the best possible choices for you. Here, you will receive the best treatment possible. Your dentist will examine your oral and dental health by sitting in the examination chair before examining your teeth.

This is how you can understand your dental problems and what you need as an aesthetic practice. After the surgery, you will be able to smile with a beautiful smile instead of your old crooked teeth. After the procedure is complete, you will be able to get all the information about your new teeth from your dentist.

Everyone's journey is different. The reason for this is that the processes needed in this regard differ from person to person. To begin with, the patient should be treated if he is having trouble. If they are, their doctors will immediately work on eliminating the problem. Overall, a tough estimate of the total length would depend on what kind of treatment the patient prefers.

Advantages of a Hollywood Smile

Because of the benefits of having a Hollywood smile, the application is very popular recently. Communication between patient and doctor is crucial when it comes to matching expectations with this smile. The physician should be able to evaluate the treatment outcome and the patient's expectations and understand the patient's expectations.

Fortunately, the specialist doctors of our clinic can perform this surgery effectively. The design is determined in advance, the patient's approval is obtained, and the design is applied continuously. It is possible to get perfect results with this method.

Thank to this practice, both visually appealing and symmetrical teeth is achievable. Your teeth and gums will have a fresh healthy look. Choose the right smile for your face type and facial shape to give you a youthful look. As long as the program takes the user's wishes into account, it is feasible to be 100% happy. It is no longer a cause of self-doubt when it comes to dentistry and dental difficulties.

FREQUENTLY ASKED QUESTIONS

Is Hollywood Smile suitable for me?

It depends on a dentist's diagnosis, yet usually hollywood smile is a treatment accessible for everyone at anycase. During the diagnosis, the dentist will determine if you need treatment such as gingivectomy, filling, root canal treatment, implant/All in 4 to get the results that you are looking for.

Why Should I Get A Hollywood Smile in Türkiye?

Dental treatment in Türkiye is common for multiple factors such as the ratio quality/price is suitable and accessible for anyone, laboratories in Turkey are dedicated to inleach new techniques and solutions for any aesthetic problem and last, Türkiye is a touristic destination so why not enjoy the country while getting Hollywood smile?

Does the Hollywood Smile Treatment Hurt?

The answer is no. It is a complete free-pain procedure. Our dentists are well experienced and the procedures go smoothly every time. Additionally our hospital offers a luxurious service that includes transfert, Hotel and customer care.



ZIRCONIUM CROWN

Zirconia, or Zirconium, is a chemical element of ceramic nature. It is known for its toughness and durability. Hence, crowns are mostly made of zirconia. Due to its malleability, it needs very few sessions to shape it. Thus, one or two dental appointments is what it takes to fit it in the patient.

Zirconia crowns match up the colour of the teeth very well. Furthermore, they have long lifespans and surpassing porcelains. The material is also 100% biocompatible since it has no allergies result.

What are the Advantages of Veneers?

Veneers are esthetically pleasing, protect the surface of damaged teeth and may eliminate the need for more extensive treatments, such as crowns. They provide a natural tooth appearance. Other advantages of veneers include durability, an improved appearance to your smile and the need for little-to-no removal of tooth structure, compared to crowns.

What Veneers are Right For You?

Veneer selection involves choosing the appropriate length, shape, width and color for your restorations. Your dentist will use a color chart to help you select the best veneer shade. If your veneers are to be made in a dental laboratory, your dentist will make an impression of your teeth and create a model of your mouth for use by the laboratory when customizing your restorations to the correct size and shape.

How Long Does Zirconium Crown Treatment Take?

The most distinctive feature of zirconium coating application in distinguishing it from other treatment methods is that the treatment process is quite short. Dentists and specialist doctors say that the zirconium crown treatment will be completed in a few days. There is no need to wait long to have an aesthetic tongue. Since light transmittance is very low in metal-supported tooth coatings, it causes a dark color in the teeth and gums over time. Zirconium tooth coating, which has an important place in oral and dental health thanks to its superior medical technology, does not cause darkening of the teeth over time due to its warm passage feature.

The aesthetic appearance is not a common situation in tooth coatings made with metal support, it is observed that the tooth is treated and restored to its health. However, thanks to its light transmission feature, zirconium tooth coating prevents the formation of matte appearance on the teeth over time. The fact that the teeth are close to their original shape provides a healthier, more transparent and natural appearance.



LIPOSUCTION

During the development phase of the person, the increase in fat cells in the body increases with the correct rate. After the completion of the development phase, while the number of developing fat cells remains constant, an increase in volume is seen, resulting in weight gain on the body index. Fat removal is the method of absorbing excess fat deposits under the skin using vacuum or specially prepared injectors. With this method, excess fat can be removed easily and safely. Today, more comfortable techniques that require minimal surgery for the patient have started to replace the classical liposuction method in liposuction operations. Laser liposuction, on the other hand, now makes a point shot since it is performed using a much different and advanced technology than vacuum. The place to be liposuction is first drawn by the specialist doctor with the help of a special pen and the target is completely determined. After determining the place where liposuction will be done, laser laser operation is performed and liposuction fat removal surgery is started. Liposuction is a method of removing fat collected in certain areas using large diameter cannulas. This method causes large gaps in the skin and contour disorders. Therefore, in our hospitals; Laser Lipolysis (SlimLipo) method is used instead of the classical liposuction method. Studies have shown that fat cells cannot function with laser energy and are dispersed. Meanwhile, it was determined that the laser energy affecting the lower skin increases the tissue quality by affecting the collagen and elastic fibers.

Why is liposuction done?

We can say that Laser Lipolysis (SlimLipo) surgery is very effective in removing the resistant fat and cells that remain locally despite diet and exercise. The main purpose of the surgery is to remove fat cells rather than fat. This method not only eliminates the oil accumulated under the skin, but also increases the production of collagen in the skin, making the skin look more tense and younger.

Laser Lipolysis Plus (Slimlipo) is used for three main purposes;

- *In order to remove regional fat excess and shape the body
- *In order to provide tightness in loose skin
- *It can be applied under the armpit to prevent sweating.

What Is The Age Of Operation For Liposuction?

The candidate must be in good general health. It is not a method applied to weaken obese people with obesity problems. It is applied to remove fat deposits that create deposits in certain parts of the body and disrupt body lines. The aim is not to weaken the patient, but to make the body contours smoother and more proportional by removing the fat deposits that create a protruding appearance in the body lines. One of the suitable candidate criteria is the properties of the leather. The results obtained in younger people will be more efficient. In people with impaired skin elasticity, stretching surgeries that remove excess skin are often required.

What is the Anesthesia Method and Duration in Liposuction?

Depending on the condition of the area to be operated, the operation can be performed under general anesthesia at Easter. The surgery is performed in hospital conditions under local or general anesthesia. The operation time is variable depending on the number and size of the areas to be made. In SlimLipo surgery, small incisions of 3-4 mm are made and fat is removed from the planned areas.

Recovery Process After Liposuction

A bandage is applied to the treated area after the operation. This bandage stays for about 4-5 days. The first dressing is usually done on day 3. There may be some swelling and bruising in the early period. These resolve spontaneously quickly. You can return to work after an average of 3-7 days, depending on the width and number of the areas to be made. It is necessary to wait 3 months for the result to be seen more clearly.

Postoperative Considerations

*After the laser lipolysis application, sports activities and excessive physical activities should be avoided for 3 to 4 weeks.

*You should use the compression bandage and the corset to be applied by the physician for the specified periods of time, thus allowing the skin to adapt more smoothly to the new place.

*In order to relieve the edema more easily after the operation, the patient is recommended to eat protein-based nutrition away from salt, sugar and fat and drink plenty of water.

*As with any method, there may be regreasing in the same area. Fat cells destroyed during the application do not come back. However, if the patient takes more calories than necessary, there is a possibility that the remaining fat cells may increase in volume. For this reason, it is always recommended that our patients maintain the result obtained by doing sports after the application and reducing them if there are excesses in food intake.

*Soft massage application, which will be started 10 days after the operation and provides lymphatic drainage and reduces edema, will make the results even more perfect.

FREQUENTLY ASKED QUESTIONS

When is recovery seen after liposuction?

After the 3rd day, the first examination day, rapid recovery is seen. Sensitivity decreases in about 7 days, and the whole process ends in 10 days.



NOSE AESTHETICS

With nasal aesthetics, a natural and aesthetic appearance to the nose in harmony with facial features; By eliminating the deformations that constrict the respiratory tract, a “comfortable breath” is provided. Recovery is achieved in a short time after rhinoplasty operations, and the person has a healthy nose that performs both aesthetic and functions. The operations that will give the nose a natural and beautiful appearance by making it proportional to the face are defined as nose aesthetics. Purpose of nasal aesthetics; It is to provide the natural and beautiful appearance that the person dreams of by correcting the nasal structure, which is disproportionate for any reason. Rhinoplasty with various types such as nose tip lift, nose filing, nose reduction; It takes place by choosing the most appropriate treatment in line with the needs of the person. Rhinoplasty surgeries; It is performed by Plastic Surgery Specialists. The nose is a whole and the important thing is that the specialist who will operate you is experienced in rhinoplasty and has a good aesthetic vision. Nose structure, which is directly related to health as well as aesthetic concerns; It also provides treatment for issues such as nasal surgery, nasal bone curvature, nasal congestion.

Why Is Nose Aesthetic Appearance Important?

The nose is an organ located in the center of the face, giving the face its third dimension and highly affecting the aesthetic appearance of the face. Anyone who complains about the appearance of their nose, has realistic desires, and has a health condition can undergo rhinoplasty. In addition, the nose shape can be changed while the airway is opened in people who have difficulty in breathing through the nose. Just as everyone's face shape is different, so is the ideal nose shape. The most important criteria determining the aesthetic appearance of the nose; nasal symmetry is the ratio of the nasal parts to each other and the harmony of the nose with the facial features:

Symmetry: "Symmetry" comes first among the criteria sought for the aesthetic appearance of the nose. When viewed from the nose, the right half and the left half should be symmetrical. Curvatures in the nose and deviations to the right or left, mostly caused by trauma, disrupt the symmetrical appearance.

Proportion: The width of the nose wings should be equal to the distance between the two eyes. The tip of the nose should not be raised enough to allow the inside of the nostrils to be seen or low enough to cover it completely. The angle between the tip of the nose and the upper lip is considered to be between 90-95 ° in men and 95-105 ° in women.

Harmony: It is also an important criterion that the nose is in harmony with the facial features that support the aesthetic appearance of the face. Carrying the ratio between nose width and mouth width and the ratio between nose length and width to ideal standards provides a natural appearance that contributes to the golden ratio of the face.

Why Is Rhinoplasty Performed? Who Are Eligible For Rhinoplasty?

Rhinoplasty operations:

- *Removing deformities in the nose
- *Changing the shape of the nose arch or tip of the nose
- *Shrinking or enlarging the nose
- *Shrinking the nostrils
- *Changing the angle between the root of the nose and the forehead or between the tip of the nose and the lip
- *It is applied to remove deformities such as concha growth, nasal bone curvature (septum deviation) and structures that should not normally be in the nose (polyp) that make breathing difficult.

What Should Be Considered After Nose Aesthetics?

After rhinoplasty surgery;

- *Should pay attention to traumas,
- *You should avoid situations that may increase blood pressure in the head area.

Rhinoplasty completed on the same day; It requires a one-day hospital stay. After the nasal aesthetics, mild pain may occur around the nose of the person. This situation is perfectly normal. Pain relievers can be taken under doctor's control. Swelling and bruises around the nose and under the eyes increase within two days, and the following week begins to regain its normal appearance. After an average of seven days, all tampons and molds are removed by the doctor and the healing process begins to regain its natural structure. Then, it can be kept bandaged for another 7-10 days. After about 3 weeks, the swelling is greatly reduced and the patient's operative appearance

Frequently Asked Questions

Will my breathing problem be solved at the same time while having rhinoplasty?

*When our plastic surgery physicians start the nose surgery, they first solve your breathing problem and then provide visual aesthetics in the nose.

Should close nose surgery or open nose surgery be preferred?

*Our doctors prefer the surgery method according to the intervention to be made on your nose after the examination. However, this situation does not make any positive or negative difference for the preference of our patient either during or after surgery.

Can nose surgeries be done in summer?

*It is an operation that can be applied in four seasons in operational terms. The right time is the time the patient plans.





LIP AESTHETICS

Having full and attractive lips is a privilege that every woman wants. Lips are indispensable for attractiveness, fertility, femininity and, most importantly, beauty. Lip aesthetics; One of the most important elements that complement the beauty of the face is the aesthetic operations performed due to having full lips.

Why Is Lip Aesthetics Performed?

It is preferred to strengthen the beauty approach on the face of people with thin lip structure or with excessively thick lip structure. As a result; While the lip shape preserves its naturalness, the wrinkles on the lips are reduced and the age-related lip lines regain their former shape. By stimulating the collagen production in the lip tissue, the lip is restructured and its quality is increased.

What are the Types of Lip Aesthetics?

We can examine the lip aesthetic operation in three main groups: filling with foreign filling materials or the person's own tissues, reshaping the lips with surgery and changing the way of laughing.

***Lip Injections:** It can be with filling materials or using one's own adipose tissue. The aim is to make the lip fuller without losing its naturalness.

***Lip Operations:** Two basic techniques are applied. The first is to fill the fleshy part of the lip massively with incisions made inside the mouth and to provide visibility. The second method is to move the upper lip frame up, which is applied to people with thin lips and people with long nose and lip distance. There is no scar after both techniques.

***Changing the way you laugh:** the way you laugh is actually the most important signature of a person. It is a sign of sincerity, trust and joy. For a good smile, the lips and teeth should be in the appropriate position. In the form of a laugh, called a Kanin smile, the upper lip is pulled up and the gums appear. This is not preferred by most people, even if it may seem very sympathetic to some people. In the form of a Mona Lisa smile, the edges of the lip extend to the cheek, giving a calm and friendly air, and can be done using the botox method. In addition, patients who appear to have too much gum are consulted with dentists who practice aesthetics and offer a solution.

Anesthesia Method and Duration Used in Lip Aesthetics

General or local anesthesia is applied according to the technique of the operation to be performed. In some operations that do not require surgical intervention, even local anesthesia is not applied.

Healing Process After Lip Aesthetics

The lip is one of the most sensitive points in the human body. Due to its easy swelling and excessive blood circulation, it is usual to see bruising and swelling actions after the operation. Within 7-10 days, bruising and swelling will disappear.

FREQUENTLY ASKED QUESTIONS

How long does full recovery take after lip aesthetics?

Complete recovery will be seen in about 7-10 days.



EAR AESTHETICS

Prominent ear; It is when the angle of the head and ear is wider than normal. When these people are viewed from the opposite side, the auricle is more prominent and the “Y” shaped natural folds of the auricle are usually less pronounced than normal. Prominent ear or big ear is not actually a physical disease but an aesthetic problem. In people with remarkable prominent ears, this can lead to psychological and social problems that reduce the person’s quality of life. Being ridiculed among friends usually begins at school age; It can lead to the need to cover their ears with their hair, lack of self-confidence, anxiety, impaired body perception and even depression.

How is Prominent Ear Surgery Performed?

The only treatment for the removal of prominent ears, big ears and deformities in the ears is surgery. Since ear development is completed around the age of 5-6, the best time for prominent ear treatment in children is the preschool period. When prominent ear surgery is performed in preschool period, psychological traumas and social problems that the child may experience in school life will be prevented. Performing prominent ear surgery in the preschool period also allows the child to adapt to his social environment with his new appearance without deteriorating his body perception and prevents self-confidence problems. Performing prominent ear surgery in the preschool period also allows the child to adapt to his social environment with his new appearance without deteriorating his body perception and prevents self-confidence problems. It is important to know that early treatment prevents psychological and social traumas in the light of the data that people with prominent ears often consult a doctor during adolescence and youth. Prominent ear surgery, known as otoplasty in medicine, is one of the surgical procedures with high satisfaction. Surgical intervention; It is an ear shaping operation applied to eliminate the prominent ear appearance, the big ear appearance and the insufficient curves in the natural ear.

How is Prominent Ear Aesthetics Performed?

Prominent ear operation is generally based on removing excess tissue through small incisions made behind the ear. These incisions made in the folds behind the ear hardly leave any marks. Aesthetic and plastic surgery specialists make a personalized prominent ear surgery plan. The most common method is to reduce the excess cartilage in the ear by rasping, remove it if necessary, and give the ear a new shape that is curved backwards with special stitches that are not absorbed by the body. Prominent ear surgery is performed in plastic surgery units.

How Many Hours Does Ear Aesthetic Surgery Take?

Our guest can stand up a few hours after the operation, which is performed under local anesthesia in operating room conditions and lasts about 1 hour. General anesthesia may also be preferred, as it is more difficult to keep children still during the operation. The ears are wrapped to protect the ear tissue and to facilitate healing. After 2-4 days, this dressing is removed and the head of our guest is wrapped with a lighter dressing. Unless self-dissolving stitches are used, the stitches are usually removed within a week. After removing the dressings, it is recommended to use a band that covers the ears for 6-8 weeks, especially at night. You can fill out the form below for more detailed information about prominent ear surgery, to consult our experts and for a pre-interview.

FREQUENTLY ASKED QUESTIONS

Will a scar be left after scoop ear surgery?

No. Since the operations are performed with very small scratches and aesthetic stitches, there will be no scars.



STOMACH REDUCTION SURGERY

Gastric sleeve surgery is a surgical method with very low complications (unwanted developments after surgery) and side effects. In this surgery, which is known as sleeve gastrectomy or stomach reduction surgery, the large edge of the stomach is cut and removed, a tube-shaped stomach with a volume of 60 – 120 ml (about 1 tea glass) is created. In this surgery, which lasts for an average of 1.5 hours, since the large side of the stomach secreting hunger hormone is removed and the stomach volume is reduced, appetite decreases, more easily satiated and weight is lost.

All Stomach Surgery Advantages

- *Approximately 40% of their weight is permanently lost within a year
- *Significant improvements are also observed in other obesity-related diseases.
- *Although the stomach volume is reduced, stomach functions are not impaired. Anything can be eaten, but is satiated with small portions.
- *The region of the stomach that secretes hunger hormone is removed. Lowering the hunger hormone is an important factor in the long-lasting feeling of fullness and in maintaining weight loss.
- *It does not cause nausea, vomiting, palpitations and fainting as the muscle at the stomach outlet is protected and works actively.
- *Ulcer formation is almost never seen.
- *Since it does not interfere with the small intestines, it does not cause malabsorption. Intestinal obstruction, intestinal wounds, anemia, vitamin and mineral deficiency, osteoporosis (osteoporosis), malnutrition and diarrhea are not observed after sleeve gastrectomy. Gastric sleeve surgery is the first choice for people who are afraid of the obligations of surgeries that cause malabsorption by removing some of the small intestines. It does not require lifelong or long-term medication use.
- *It is the first treatment option for people who are overweight (BMI > 30 kg / m²).
- *It is the surgery that has become highly preferred as the main treatment option for people below the limit of obesity (BMI 30-50 kg / m²).
- *It is the first choice in cases of excessive liver fat.
- *With its fast and easy application laparoscopically, it provides the advantage of short operation time and rapid recovery in people who have severe heart and lung problems due to excessive obesity.

FREQUENTLY ASKED QUESTIONS

Will there be any incision marks left after the operation?

No. After the operation, there will be no scarring.



ABDOMINAL AESTHETICS

A tummy tuck, that is, abdominoplasty, is a surgical procedure in which excess fat and saggy skin tissue present in the middle and lower abdomen are removed and the abdominal muscles are stretched and strengthened. Obese people should lose the amount of weight they can lose before this operation. This surgery corrects the appearance of the fat belly and abdomen with a stretching operation.

Why does the abdomen get fatty and sag?

When gaining weight for any reason, the same amount of fat is not observed all over the body. The human body stores most of its fatty tissue in the abdomen and waist area. For this reason, many people may experience unwanted fat in the abdominal area. Fatty and sagging abdomen is most common in women and after pregnancy. People who lose high levels of weight due to the diet or obesity surgery can often experience abdominal loosening, sagging and cracks. The anatomical structure, called the anterior abdominal wall, keeps the internal organs in place and determines the shape of the abdomen. The anterior abdominal wall keeps the abdominal muscles in its normal anatomical position, making the abdominal area look straight and taut. When the abdominal area is fattened, tears occur in the tissues between the abdominal muscles and due to this tear, the muscles that keep the abdomen flat begin to separate. With the pressure applied by the internal organs, the abdominal area turns outward; Due to the weight of the adipose tissue, loosening, sagging and cracks occur in the abdomen. It is almost impossible to eliminate the tears in the abdominal muscles and the deformations in the abdominal skin with exercise and diet.

What is Abdominal Tension Surgery and How Is It Applied?

Abdominoplasty, called abdominal stretching, aims to restore the anterior abdominal wall. It is a body shaping operation applied to eliminate fat, bulging, loosening, sagging and cracking in the abdominal area. In line with today's aesthetic values, tummy tuck surgery is not just as removing excess fat; It is considered as a healthy, dynamic, fit and stretched abdominal design. Aesthetic and plastic surgery specialists evaluate the adipose tissue and excess skin in the abdomen and finalize the surgical intervention by making a personalized tummy tuck surgery plan. In tummy tuck surgery performed under general anesthesia, surgical incisions are made in the area under underwear and around the navel. Excess tissues that are cracked, deformed, sagged, visible from under the clothes, causing sweating and nappy rash are removed. Healthy tissues are stretched down to renew the abdominal skin. In addition to renewing the abdominal skin, the relaxed muscles in the anterior abdominal wall are also tightened.

Tightening the abdominal muscles makes the person seem to have sucked in after the operation. If necessary, liposuction is also applied to the upper and lateral parts of the abdomen. Stretching down with the abdominal tissues, the belly button moves to its normal anatomical position.

Abdominal Aesthetics Operation Methods

Shaping the abdominal wall, depending on the existing fat, sagging and skin elasticity; It can be performed by fat removal (liposuction – laser lipolysis plus) or abdominoplasty methods. Abdominoplasty can be performed in conjunction with operations for body contour correction (aesthetic breast surgery, liposuction, etc.) or some other operations. These surgeries are; uterus, ovarian surgery, etc. surgeries. In abdominoplasty operations; Two main methods such as full tummy tuck (fullabdominoplasty) and mini tummy tuck (mini abdominoplasty) can be applied.

***Mini Tummy Tuck:** It is the process of removing excess fat and excess skin only in the lower abdomen and under the belly. It is a method that is frequently preferred by people who are not diagnosed with obesity because its effect is more pronounced.

***Full Tummy Tuck:** Excess fat is removed from the entire abdomen and waist area of the body, excess skin under the belly is removed and the relaxed abdominal muscles are restructured. It can be said that the stretching operation is a solution to stubborn fat that resists in this area.

Anesthesia Method and Duration Used in Abdominal Stretching Surgery

Abdominal stretching operations are performed in the operating room and under general anesthesia. Aspirin and smoking should be stopped 2-3 weeks before the operation. The duration of the operation is determined by the procedures to be performed. If liposuction will not be applied to a very large area, the full tummy tuck surgery takes between 2-3 hours.

Recovery Process After Abdominal Stretching

In the first few days, there may be swelling and pain in the abdomen that can be controlled with painkillers. Drains are removed after 1-3 days, and stitches are removed after 1-3 weeks. You need to stay in the hospital for an average of 1-3 days. It may take several months for you to feel the same. You can return to work after 2-4 weeks. The scar may seem to worsen for the first 3-6 months, but this is normal, it may take 9 months to 1 year for the scars to flatten and fade. Although it does not disappear completely, the scar can be easily hidden even under this bikini. In most patients, the results can be maintained for years with regular exercise and diet.

FREQUENTLY ASKED QUESTIONS

When To Have Sexual Intercourse After Abdominal Stretching?

Since the operation area is close to the genital area, it is beneficial to avoid traumas related to that area. In order not to increase the edema of the region, problems related to pain, wound healing problems and any separation related to the repaired abdominal muscles, it is generally important to do sexual abstinence for 1 month

What should be done before and after abdominal stretching?

Classically, as in all surgery, smoking, blood thinners, aspirin, etc. Things, herbal products, vitamin supplements should be discontinued about 1 week before. Birth control pills should be stopped about 20 days in advance. After the surgery, if the life order is based on diet and exercise, the patient will benefit from the result of the surgery we have performed in a much better way.

Tummy tuck surgery Is crack treatment done with?

One of the biggest problems of women especially after pregnancy is cracks in the abdominal area. And there are many types of treatments that are tried and applied for these cracks. These are laser treatment etc. things can happen. All of these have some limited benefit. But today, the most effective method of removing stretch marks in the abdominal region is abdominoplasty.

FOR YOUR INQUIRIES:

0090 555 285 5337

0090 212 909 53 42

