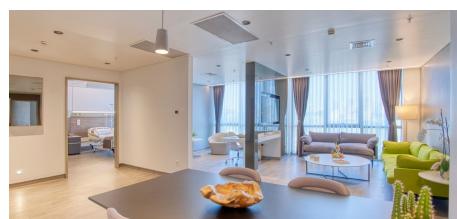
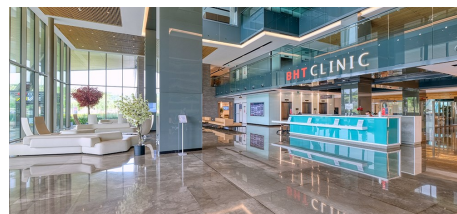


GASTRIC SLEEVE

ALL-INCLUSIVE SURGERY + 6 MONTHS OF DIETETIC CARE



COMPLETE PACKAGE

Surgery at BHT + six monthly nutrition sessions

€3,250

MEDICAL & SURGICAL CARE

- Gastric sleeve surgery at BHT Clinic Istanbul Tema Hospital.
- Preoperative assessment and tests, including blood tests and ECG; cardiac monitoring.
- Bariatric surgeon and anaesthetist consultations; anaesthesia, operating room and hospital fees.
- Medication during hospitalisation, postoperative checks and fitness-to-fly assessment.

STAY & PATIENT SUPPORT

- 3 nights in hospital + 1 night at Park Inn by Radisson; one accompanying person during the stay.
- VIP airport-hospital-hotel transfers, English-speaking coordination and interpretation.
- Complication insurance for 6 months, issued in Türkiye, with cover up to €30,000, subject to policy terms.

CONTINUED CARE

- Postoperative reviews at days 30, 60 and 90, with longer-term checks at days 180 and 360.
- 6 months of personalised nutritional follow-up with Zsuzsanna Mezei: one session per month.

Treatment suitability and included services are confirmed following medical assessment.

SUPPORT BEYOND SURGERY

Six months of dietetic care with Zsuzsanna Mezei, MSc

6 MONTHS

Six individual sessions, included in the €3,250 package.

1 SESSION PER MONTH

PERSONALISED NUTRITION PLAN

A practical plan tailored to your country, region, local food availability, culture and personal preferences, alongside your postoperative needs.

PROGRESS MONITORING

Regular reviews of your eating routine, hydration, food tolerance and progress, with adjustments to your nutrition plan as recovery develops.

SUPPORT THROUGH WEIGHT-LOSS PLATEAUS

Help understanding periods of slower progress, reviewing habits and setting realistic next steps without losing motivation.

PSYCHOLOGICAL WELLBEING & MOTIVATION

Support with emotional eating, confidence and adjustment to new routines within nutritional care; guidance towards specialist psychological care when needed.

SUPPORT FOR A SMOOTHER RECOVERY

Guidance through postoperative food stages and practical strategies for building sustainable eating habits in line with your surgical team's advice.



Zsuzsanna Mezei, MSc

YOUR DIETETIC FOLLOW-UP PARTNER

Personalised guidance to help you feel supported, informed and confident as you build your new routine after surgery.

Recovery and weight-loss outcomes vary. Nutritional sessions complement your medical follow-up.