

8 Things I Wish I Knew Before Booking My

HAIR TRANSPLANT

in Turkey



By Jonathan.

Real Patient, Real Results

Visit [HairTransplantTurkey.Guide](https://hairtransplantturkey.guide/) <https://hairtransplantturkey.guide/>



1. YOU'RE NOT ALONE (LIKE, REALLY NOT ALONE)

Before I went, I imagined I'd be doing something unusual — maybe even embarrassing. I pictured awkward conversations at the airport or friends quietly judging me for being "that vain."

The reality hit me the moment I landed in Istanbul. Walking through the airport, I saw a guy with a bandaged head. Then another and another. At the hotel, people were casually chatting about their procedures in the lobby like they were comparing holiday itineraries.

It's *completely* normal there. The staff have seen thousands of people do this. It feels less like "medical tourism" and more like checking in for a routine appointment.

Back home, the reactions surprised me even more. Nobody mocked me. Most people didn't even realise until I told them, thinking I'd just grown my hair or changed hairstyles. Then it was always: "*It looks great!*" or "*Oh nice, my mate did that too.*" Turns out, people either don't think you've had a hair transplant, or they quietly admire you for doing something about it.

If you're worried about what people will think — honestly, save that mental energy for something else.



2. THE LOGISTICS ARE EASIER THAN YOU THINK

One of my biggest fears was getting lost in a huge foreign city, dealing with language barriers, or not knowing where I was supposed to be.

I'm not the most organized traveller at the best of times.

But from the moment I landed, everything just... worked.

A driver met me at arrivals. He drove me to the private hospital for a quick blood test. Then to the hotel (which was included in the package).

The hotel was modern, clean, and literally 200 meters from the clinic. The next morning, after a delicious breakfast, someone collected me for the procedure. After, they drove me back to the hotel. The following day, they collected me again for a scalp wash.

Everything was scheduled via WhatsApp. I always knew where to be and when.

I'd built it up in my head as this complicated travel experience, but it felt more like staying at a nice hotel with a very attentive concierge service.

If you choose a proper clinic (more on that later), they do this every single day. They've got it down to a well-oiled machine.



3. THE PROCEDURE ITSELF? HONESTLY FINE.

This was the part I built up most in my head.

I imagined pain. Needles. A long, uncomfortable day strapped to a chair.

The reality: it's one of the most relaxed medical experiences I've ever had.

The worst bit is the numbing injections at the start — maybe 30 seconds of stinging in the donor area (back of your head), and a bit more at the front. After that? You genuinely don't feel anything.

The procedure took about 7 hours total, but you get breaks. They give you a bit of lunch (typical hospital food!). You can stand up, stretch, use the bathroom. I even chatted with the team during parts of it.

It's long, yes. But it's not painful or scary once you're actually in the chair.

The fear beforehand is 10x worse than the day itself.

TIP: Take headphones so you can listen to music or a podcast to help pass the time.



4. NOBODY WARNS YOU ABOUT MONTHS 2-4 (BUT YOU'LL SURVIVE)

Here's the thing nobody really emphasizes: **results take time.**

I knew this intellectually. But because I'm an impatient person, I wanted to see progress *immediately*.

For some people, new hair starts growing quickly. For me, months 2-4 were the hardest part of the entire process.

Most people go through "the shedding phase" where the transplanted hair falls out (this is normal — it's supposed to happen). But knowing it's normal doesn't make it less frustrating when you're staring at yourself in the mirror thinking, "*Did I just waste two grand?*"

I bought a couple of nice hats. I went out with friends wearing them. It wasn't the end of the world, but it also wasn't fun.

Then, around month 4, little sprouts started coming through. By month 6, I could style it differently. Now at 7 months? I genuinely love how it looks.

But I won't lie: those middle months test your patience.

If you're the type who wants instant results, prepare yourself⁵ mentally. The payoff is *absolutely* worth it — but it's a waiting game.



5. CHOOSING A CLINIC IS THE MOST IMPORTANT DECISION YOU'LL MAKE

When I first started researching, I looked at price.

Turkey has clinics at every price point — from €1,500 "bargain packages" to €5,000+ premium hospitals. At first glance, they all sound similar: "5,000 grafts! FUE technique! Airport transfers included!"

But the difference is in the details.

Here's what actually matters:

- Where is it located? Is it operating from a rented office space, or an actual certified hospital? This was huge for me — I wanted to know I was in a proper medical facility with real standards.
- What's the team's reputation? Don't just look at their website testimonials. Check Google reviews, Trustpilot, and forums. Look for hundreds (or thousands) of verified 5-star reviews. If a clinic has 50 reviews or keeps their feedback hidden, that's a red flag.
- How experienced is the team? Even if technicians perform parts of the procedure (which is standard in Turkey), you want a team that's done thousands of procedures and has serious expertise in-house. Experience matters more than anything.
- What's the aftercare like? Do they just hand you shampoo and wish you luck, or do they check in regularly and provide real support?



I can't tell you which clinic to choose (that's your decision), but I will say this: the clinic I used operates inside a certified private hospital, has over 5,000 verified 5-star reviews, and provided support for months after I got home.

That peace of mind was worth every penny.

Don't pick a clinic because it's the cheapest. Pick it because you trust them with something this personal.



6. THE WHOLE EXPERIENCE FELT... PROFESSIONAL

Before I went, I had a dozen "what if" scenarios playing in my head:

- What if nobody meets me at the airport?
- What if I can't communicate properly?
- What if the clinic looks dodgy in person?
- What if something goes wrong?

None of that happened.

The communication was excellent throughout. The hotel was comfortable. The clinic was spotless and modern. The staff were calm, friendly, and clearly experienced.

It's easy to build up big fears when booking something abroad, but once you're actually there, you realize how routine it all is *for them*. They do this every day.

As long as you choose a reputable clinic (seriously, spend time on this decision), the actual experience is far smoother than you'd expect.



7. IT'S NOT JUST ABOUT HAIR — IT'S ABOUT HOW YOU FEEL

I thought I was just fixing my hairline.

What I didn't expect was how much it would change how I felt about *myself*.

I look in the mirror now and I just feel... better. Not in an arrogant way. Just quietly more confident.

I enjoy taking photos again. I style my hair differently. I don't avoid certain angles or lighting anymore.

The real benefit isn't just more hair — it's getting back that sense of confidence you didn't even realize you'd lost.

I didn't expect that. But honestly? That's the best part.



8. I WISH I'D DONE IT SOONER

Looking back at all these points, what they really add up to is this:

I was overthinking it.

Yes, it's important to choose a good clinic. Yes, recovery takes patience. But the fear of something going wrong, or people judging you, or making a huge mistake? That was all in my head.

I feel amazing now. Genuinely better about myself in every way.

If I could go back, I'd tell my past self: stop scrolling forums and just book it.

The only thing I regret is waiting so long.

If this is something you've been thinking about for months (or years), maybe this is your sign to finally go for it.



WANT TO SEE MY FULL JOURNEY?

I've created a completely free members area where I share:

- My month-by-month results timeline (with real photos and videos)
- Honest answers to the questions people ask me most
- Which clinic I used and why
- Travel tips, cost breakdowns, and what to pack
- What to expect during recovery (the good and the frustrating parts)

It's all free. No credit card, no upsells — just everything I learned, so you don't have to figure it out alone.

👉 [Join the free members area here](#)

Wishing you all the best in your hair restoration journey!

Jonathan

7 months post-transplant, Istanbul 2025