

# Your Guide to Prepare for Tummy Tuck Trip to Spain



## Documents and Visa Requirements

- Valid passport: Your passport must be valid for at least three months beyond the period of stay.
- Schengen Visa: Depending on your country of origin, you may need a Schengen Visa. Check requirements at the official Spanish embassy website or use the Schengen Visa Info portal.
- Medical documents: Include a referral from your local doctor, medical history, and any previous surgery records.
- If you lack certain medical documents, clinics in Spain usually provide diagnostics and necessary preoperative tests.



## Accommodation Options

Most clinics have partner hotels that offer discounts, or they may assist in booking suitable accommodation. Hospital stays are generally included in the medical procedure package. However, post-discharge hotel stays are typically not free. The average price for a hotel stay per night in Spain is approximately €80-€120 for a double room with breakfast.



## Transfer Services

- Clinics may offer free or paid airport transfers. It is important to confirm this service when booking your procedure.
- Popular taxi services like Taxi España or MyTaxi operate in major cities, with prices starting from €4 plus €1-€2 per kilometer.



## Interpreter Services

Interpreter services are often available either for free or at an additional cost. Ensure to request this service in advance if needed.



## Payment Methods

- Payment options typically include cash and credit/debit cards.
- The local currency is the Euro (€), and it's recommended to have some for minor expenses.
- While prices may be quoted in euros, some places may accept dollars; however, it's less common and not guaranteed.



## Pre-Op Tummy tuck Tips

- Follow a balanced diet and avoid smoking for at least two weeks before surgery.
- Discuss all your medications with your surgeon, as some may need to be stopped before the procedure.
- Arrange for someone to accompany you after the surgery for at least the first night.
- Prepare loose and comfortable clothing that does not need to be pulled over your head.
- Stay hydrated but do not eat or drink anything after midnight before your surgery.
- Carry all personal identification and medical documents with you to the hospital.
- Rest well the day before your surgery to be in the best physical and mental state.



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**Prepared by Medical Coordinator**

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