

# Your Guide to Prepare for Blepharoplasty (Eyelid correction) Trip to Germany



## Documents and Visa Requirements

- Ensure you have a valid passport with at least six months remaining before expiration.
- Check your visa requirements at the German Federal Foreign Office website or contact the German embassy in your country.
- Bring medical documents such as referral from your primary care physician, detailed medical history, and any previous ophthalmological evaluations.
- German clinics may provide diagnostics and tests if certain medical documents are missing or outdated.



## Accommodation Options

Accommodation in Germany is not typically included in medical procedure packages. You may need to book a hotel room independently or through your personal medical coordinator who can arrange stays at special partner prices. Average hotel stays per night range from approximately €50 to €150, depending on the location and standard of the hotel.



## Transfer Services

- Clinics in Germany typically do not include free airport transfers.
- Popular taxi services in Germany include Free Now and MyTaxi, with approximate prices starting from €3 base fare plus €2 per kilometer.



## Interpreter Services

Interpreter services are not usually free and may be arranged through your personal medical coordinator. Costs vary, so it is advisable to discuss and confirm this service beforehand.



## Payment Methods

- Payments can be made with cash or credit card.
- Local currency (Euro, €) is necessary for everyday expenses; however, major expenses for medical services can often be paid in euros or dollars.



## Pre-Op Blepharoplasty (Eyelid correction) Tips

- Stop smoking at least two weeks before the surgery to promote better healing.
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding.
- Arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.
- Prepare a recovery area at home with necessities like ice packs, gauze, and towels within easy reach.
- Follow a healthy diet and stay hydrated to support the healing process.
- Have a pair of sunglasses on hand to protect your eyes from sunlight and wind during the initial recovery period.
- Ensure you understand all preoperative care instructions provided by your surgeon, as these may vary.



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**Prepared by Medical Coordinator**

[Yan Matsiievskiy](#)

Your personal medical assistant will be with you shortly.  
Please stay tuned.