

Your Guide to Prepare for Blepharoplasty (Eyelid correction) Trip to Spain



Documents and Visa Requirements

- Valid passport or travel document with at least three months beyond your planned date of departure from Spain.
- Check visa requirements based on your country of origin at the official website of the Spanish Ministry of Foreign Affairs (<https://www.exteriores.gob.es>).
- Medical records related to your eye health, including previous surgeries if applicable.
- Clinics in Spain may provide diagnostics and tests if you do not have all the necessary medical documents.



Accommodation Options

Accommodation is not included in the treatment package. Patients can opt for hospital stays, partner hotels with discounts through medical travel arrangements, or self-booking. An average hotel stay per night in Spain can range from 50 to 200 euros depending on the location and the hotel's standard.



Transfer Services

- Transfer services from the airport to the clinic or hotel are not included and may be arranged for an additional cost.
- Popular taxi services like Taxi Barcelona and Cabify operate in major Spanish cities, with airport transfers starting around 30 euros.



Interpreter Services

Interpreter services are available upon request for an additional fee, ensuring clear communication between you and your medical team.



Payment Methods

- Payments can be made using cash or credit/debit cards.
- The local currency is the Euro (EUR), and while some places may accept dollars or euros, it is advisable to have local currency for smaller expenses and convenience.



Pre-Op Blepharoplasty (Eyelid correction) Tips

- Discuss any medications you're taking with your surgeon, as some may need to be stopped before surgery.
- Avoid smoking and drinking alcohol at least two weeks prior to the procedure to promote better healing.
- Get plenty of rest and maintain a healthy diet to strengthen your immune system for recovery.
- Arrange for someone to accompany you on the day of surgery and assist you afterward if needed.
- Plan to stay in Spain for the recommended 5 days post-treatment for follow-up and recovery monitoring.
- Wear comfortable, loose-fitting clothing on the day of surgery, preferably with buttons or zippers that do not require pulling over the head.
- Prepare a recovery area at your accommodation with essential items within easy reach.



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Prepared by Medical Coordinator

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