

# Your Guide to Prepare for Breast Augmentation Trip to Germany



## Documents and Visa Requirements

- Valid passport or travel document, with at least three months validity beyond your planned date of departure from the Schengen area.
- Visa requirements for entering Germany depend on your country of origin. Check the current visa requirements at the official website of the German Federal Foreign Office ([www.auswaertiges-amt.de](http://www.auswaertiges-amt.de)).
- Medical documents including medical history, details of any medications you are taking, and any previous surgeries.
- Clinics in Germany typically offer diagnostic services prior to breast augmentation if you lack certain medical documentation.



## Accommodation Options

Some clinics may offer accommodations or partner with local hotels to provide discounted rates. In most cases, accommodation is not free. Patients can also choose to book accommodations independently. Average hotel stay per night ranges from 70 to 150 euros.



## Transfer Services

- Clinics may offer free or paid airport transfers. It's essential to confirm with your clinic before arrival.
- Common taxi services like Free Now and MyTaxi operate in major German cities, with approximate prices starting from 3 euros per kilometer.



## Interpreter Services

Interpreter services are usually available either through the clinic or independent providers, though they may incur additional costs. Some clinics might offer these services for free, so it's advisable to check beforehand.



## Payment Methods

- Cash and card payments are widely accepted.
- The local currency is the Euro (EUR), and it's recommended to have some for small expenses. ATMs are widely available.
- Paying in dollars or euros is generally accepted, but it's more convenient to use euros.



## Pre-Op Breast Augmentation Tips

- Discuss with your surgeon any medications or supplements you're currently taking.
- Avoid smoking and alcohol consumption for at least two weeks before the surgery to promote better healing.
- Maintain a healthy diet and stay hydrated to support your recovery process.
- Arrange for someone to accompany you on the day of the surgery and assist you during the initial recovery period.
- Prepare a recovery area at your accommodation with essentials within easy reach.
- Follow your surgeon's specific pre-operative instructions regarding fasting or adjusting your medication routine.
- Bring comfortable, loose-fitting clothing that zips or buttons up the front to wear after the surgery.



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**Prepared by Medical Coordinator**

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