

Your Guide to Prepare for Breast Augmentation Trip to Spain



Documents and Visa Requirements

- Valid passport or travel document with at least six months remaining validity.
- Visa requirements vary by country. Check Spain's official visa website or consult the nearest Spanish embassy or consulate.
- Medical records detailing your medical history and any relevant tests or treatments.
- Spanish clinics may provide diagnostics like CT scans, Complete Blood Count (CBC), electrocardiograms, and consultations with an anesthesiologist if needed.



Accommodation Options

Patients are responsible for their accommodation. Clinics in Spain often partner with local hotels to offer discounted rates. Hospital stays are typically included in the medical procedure package, while hotel stays are not. The average hotel price per night can range from €50 to €200, depending on the location and standard of the hotel.



Transfer Services

- Clinics in Spain may not offer free airport transfers; it's advisable to confirm with the clinic or arrange your transport.
- Popular taxi services include Taxi Madrid, Taxi Barcelona, and local apps like Free Now, with approximate prices ranging from €20 to €50, depending on distance.



Interpreter Services

Interpreter services are usually provided by the clinics, either free or at an additional cost. It is essential to confirm with the clinic beforehand.



Payment Methods

- Payments can be made using cash or credit/debit cards.
- The local currency in Spain is the Euro (€). It is advisable to have local currency for smaller expenses, though major expenses can often be paid in euros or dollars at clinics and hotels.



Pre-Op Breast Augmentation Tips

- Consult with your doctor about medications and supplements you should avoid before surgery.
- Stop smoking at least a few weeks before the procedure to promote better healing.
- Avoid consuming alcohol for at least a week before the surgery.
- Arrange for someone to accompany you on the trip or to be available for support post-surgery.
- Prepare a recovery area at your accommodation with essentials within easy reach.
- Follow a healthy diet and keep well-hydrated in the days leading up to the surgery.
- Pack loose and comfortable clothing that does not need to be pulled over your head.



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