

Prepare for Your Breast Reduction Trip to Spain



Documents and Visa Requirements

- Valid passport or travel ID recognized by Spanish authorities.
- Visa, if required, for entry into Spain. Check the official Spanish Visa website or consulate for specific requirements based on your country: [Spanish Visa](#).
- Medical insurance covering international travel and medical procedures abroad.
- Medical referral letter detailing the necessity of the breast reduction procedure.
- Previous medical records and mammogram results, if available.
- Spanish clinics may offer diagnostic services and tests in case certain documents are missing or need updating.



Accommodation Options

While accommodation is not included in the medical package, clinics often assist with booking hotel rooms at special partner prices. Options include hospital stays for the duration of the procedure, partner hotels offering discounts, or self-booking services. The average price for a hotel stay per night in Spain ranges from €50 to €150, depending on the location and standard of the hotel.



Transfer Services

- Clinics may offer free or paid airport transfers; it's important to confirm these details beforehand.
- Popular taxi services in Spain include Taxi Madrid, Taxi Barcelona, and MyTaxi app, with approximate costs ranging from €20 to €50 for city transfers.



Interpreter Services

Interpreter services are often available through the clinic or independent providers. While some clinics may offer this service for free, others may charge additional fees. It is advisable to confirm the availability and cost of interpreter services in advance.



Payment Methods

- Payment can be made via cash or credit/debit card.
- The local currency is the Euro (€), and it's recommended to have local currency for smaller expenses.
- It is possible to pay in dollars or euros at most places, but having local currency is advisable for a comfortable trip.



Pre-Op Breast Reduction Tips

- Follow all pre-operative instructions provided by your surgeon.
- Avoid smoking and alcohol at least two weeks before the surgery to promote better healing.
- Maintain a stable weight before the procedure to ensure the best results.
- Arrange for someone to accompany you on the trip or be available for support.
- Prepare a recovery area at your accommodation with essentials within easy reach.
- Bring comfortable, loose-fitting clothing that opens in the front for post-surgery wear.
- Plan for sufficient recovery time in Spain before returning home, typically around 4-7 days post-surgery.



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Prepared by Medical Coordinator

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