

Prepare for Your Gynecomastia Surgery Trip to Spain



Documents and Visa Requirements

- Passport valid for at least three months beyond your stay.
- Proof of return or onward travel.
- Health insurance coverage for the duration of your stay.
- Check visa requirements for Spain at [Schengen Visa Info](#) website, as they vary by country.
- Medical records including details of your gynecomastia condition.
- Clinics may provide diagnostics and tests if you lack certain medical documents.



Accommodation Options

Accommodation is not included with the surgery package. Clinics may suggest partner hotels offering discounts. Hospital stays are not required for the described surgery technique. Self-booking options such as Airbnb and Booking.com are available. Average hotel stay per night is approximately €100-€200.



Transfer Services

- Clinics may offer paid airport transfer services.
- Popular taxi services like Taxi Barcelona and Taxi Madrid offer rides with an approximate price of €30-€50 from the airport to the city center.



Interpreter Services

Interpreter services may be available, generally for a fee. It is advisable to arrange this service in advance through your clinic or personal medical coordinator to ensure language support during your visit.



Payment Methods

- Payment can usually be made with cash or card.
- The local currency is the Euro (€), and it's recommended to have some for minor expenses.
- Major expenses, such as the surgery, can often be paid in euros or sometimes in dollars.



Pre-Op Gynecomastia Surgery Tips

- Abstain from smoking and alcohol at least two weeks prior to surgery to aid healing.
- Discuss all medications and supplements you're taking with your surgeon as some may need to be stopped before the procedure.
- Arrange for someone to accompany you on the day of surgery and to stay with you for at least the first 24 hours post-op.
- Wear loose, comfortable clothing on the day of surgery for ease of dressing post-procedure.
- Prepare your recovery area at home or at your accommodation with essentials within easy reach.
- Stay hydrated and maintain a healthy diet before the surgery.
- Ensure you understand all pre-operative instructions provided by your medical team.



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Prepared by Medical Coordinator

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