

# Your Guide to Prepare for Hair transplant Trip in Spain



## Documents and Visa Requirements

- Passport valid for at least three months beyond your intended stay in Spain.
- Check visa requirements based on your country of origin on the official Spanish visa portal or the nearest Spanish consulate.
- Medical documents including health history, any previous transplant records, and current hair loss condition.
- Clinics in Spain may provide diagnostics and tests if certain medical documents are lacking.



## Accommodation Options

Most clinics offer partner hotels with discounted rates or can assist in booking accommodation. Hospital stays are typically not required for hair transplants. Average hotel stay per night can range from 50 to 200 euros, depending on the hotel's category and location.



## Transfer Services

- Clinics often offer free airport transfers. Confirm this service with your clinic.
- Popular taxi services include local taxis and ride-hailing apps with approximate prices from 30 to 100 euros depending on the city and distance.



## Interpreter Services

Interpreter services are commonly available. While some clinics offer this for free, others might charge an additional fee. Always check with your clinic beforehand.



## Payment Methods

- Cash and card payments are widely accepted in clinics.
- The local currency is the Euro (EUR), and it's advisable to have some for minor expenses.
- While some establishments accept dollars, it's more common and practical to pay in euros.



## Pre-Op Hair transplant Tips

- Follow any pre-operative instructions provided by your doctor, such as avoiding certain medications or alcohol.
- Get a good night's sleep before the procedure.
- Arrange all travel and accommodation details in advance for a stress-free experience.
- Keep yourself hydrated but follow the guidelines regarding eating and drinking before surgery.
- Wear comfortable clothing on the day of the procedure.
- Plan for a recovery space post-transplant where you can rest and avoid strenuous activity.
- Ensure your passport and any other travel documents are in order and easily accessible.



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**Prepared by Medical Coordinator**

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