

Your Guide to Prepare for Knee Replacement Trip to Spain



Documents and Visa Requirements

- Valid passport and/or national ID card for international travel.
- Visa may be required depending on your country of origin. Check requirements and apply at the nearest Spanish embassy or through the official Spanish visa website.
- Medical referral, history, and records relevant to knee replacement.
- Clinics in Spain may provide diagnostic tests if you lack certain medical documents.



Accommodation Options

Your accommodation in Spain includes an individual chamber during your hospital stay. Partner hotels may offer discounts, but it's advisable to check with the clinic for specific arrangements. Self-booking is also an option. Hospital stays are included in the medical package, while hotels are not. The average hotel stay per night may range from €50 to €150.



Transfer Services

- Clinics in Spain may not offer free airport transfers; please check with the clinic prior to arrival.
- Popular taxi services with approximate costs from €30 to €100 depending on the distance.



Interpreter Services

Interpreter services are usually available either through the clinic or external providers. The cost varies, and it may or may not be included in your medical package, so please confirm with your clinic.



Payment Methods

- Payment options typically include cash, credit, or debit cards.
- The local currency in Spain is the Euro (€), and having local cash is recommended for small expenses.
- Paying in dollars or euros is common, but it's best to have Euros for convenience.



Pre-Op Knee Replacement Tips

- Follow your doctor's instructions regarding medication and diet before surgery.
- Arrange for someone to assist you post-surgery during your initial recovery.
- Conduct research on knee exercises that may be beneficial post-surgery.
- Plan for adequate time off work for surgery and recovery.
- Prepare your home for post-surgery accessibility (e.g., remove tripping hazards).
- Consider freezing meals or arranging meal delivery for the recovery period.
- Organize all personal and medical documents for easy access.
- All postoperative instructions will be given by your knee replacement doctor.



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Prepared by Medical Coordinator

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