

Your Guide to Prepare for Liposuction Trip to Spain



Documents and Visa Requirements

- Passport valid for at least three months beyond the date of planned departure from Spain.
- European Health Insurance Card (EHIC) for EU residents or travel insurance for non-EU residents covering medical expenses.
- Check visa requirements based on your country at the official Spanish consulate website or [Spain Visa Information](#).
- Medical documents: referral from a doctor, medical history records, and any previous treatment details related to the liposuction procedure.
- Spanish clinics can provide diagnostics and tests such as blood work, chest X-rays, or an electrocardiogram if you lack certain medical documents.



Accommodation Options

Patients are generally offered an individual chamber in the hospital as part of the medical procedure package. For additional nights or for accompanying guests, clinics may partner with local hotels to provide discounted rates. Self-booking options are also available. Accommodation is not typically included for free, and hotel stays per night average around €100 to €200, depending on the location and hotel standard.



Transfer Services

- Clinics in Spain may not offer airport transfers included in the medical package.
- Popular taxi services can be used, such as Taxi Barcelona or Madrid Airport Taxi, with approximate fares starting from €30, depending on the distance.



Interpreter Services

Interpreter services are available in Spain but are generally not included for free. The cost varies based on language and duration of services. It's recommended to arrange these services in advance through the clinic or a third-party provider.



Payment Methods

- Payments can be made using cash or credit/debit card.
- The local currency is the Euro (€), and it is advisable to have some local currency for small expenses.
- Major establishments may accept payments in dollars or euros, but it is not a standard practice.



Pre-Op Liposuction Tips

- Maintain a healthy diet and avoid alcohol at least a week before the procedure.
- Stop smoking well in advance to improve recovery and surgical outcomes.
- Discuss all your medications with your surgeon, as some may need to be paused.
- Arrange for someone to accompany you for support and assistance after the procedure.
- Wear loose, comfortable clothing on the day of surgery.
- Follow all pre-operative instructions provided by your liposuction doctor.
- Prepare your home for post-operative care for a comfortable recovery.



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Prepared by Medical Coordinator

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