

Your Guide to Prepare for Mammoplasty Trip to Germany



Documents and Visa Requirements

- Ensure you have a valid passport with at least six months remaining before expiration.
- Check visa requirements for Germany based on your nationality at the German Federal Foreign Office website or consult with the German embassy or consulate in your country.
- Prepare your medical records, including previous mammograms, biopsy reports, and any other relevant medical history documents.
- Clinics in Germany can provide diagnostics and tests if you lack certain medical documents, but having them in advance will expedite your care.



Accommodation Options

Accommodation is not included with your medical procedure. You will need to book your own stay. German hospitals may have partner hotels that offer discounts for patients, so be sure to inquire with the clinic. The average hotel stay per night can vary widely but expect to pay anywhere from 80 to 200 euros depending on location and level of comfort sought.



Transfer Services

- Transfer services from the airport to the clinic are not typically included. Confirm with your clinic if they offer this service, either free or at an additional cost.
- Popular taxi services like Free Now, and MyTaxi operate in major German cities. Approximate prices start at 3 euros per kilometer.



Interpreter Services

Interpreter services are available but are generally not free. The cost can vary depending on the language and duration of the service. It is advisable to arrange these services in advance through the clinic or a third-party provider.



Payment Methods

- Most clinics accept cash and card payments.
- It is advisable to have local currency (Euros) for minor expenses, although major expenses at the clinic can often be paid by card.
- While some places may accept dollars or euros, using the local currency, the Euro, is necessary for a seamless experience in Germany.



Pre-Op Mammoplasty Tips

- Follow any pre-operative instructions given by your surgeon, including fasting guidelines.
- Avoid smoking and drinking alcohol at least one week before surgery to improve recovery.
- Discuss any medications you're taking with your surgeon as some may need to be stopped before surgery.
- Arrange for someone to accompany you on the trip if possible, for support during your recovery.
- Wear loose-fitting, comfortable clothing on the day of surgery.
- Prepare your home for post-operative care by having ice packs, comfortable pillows, and any necessary medical supplies ready.
- Ensure you understand post-operative care instructions before the day of surgery. Ask your doctor any questions you may have.



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Prepared by Medical Coordinator

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