

# Your Guide to Prepare for Mammoplasty Trip to Spain



## Documents and Visa Requirements

- Valid passport or other travel documents recognized by Spanish authorities.
- European Health Insurance Card (EHIC) for EU residents, or private health insurance documents.
- Check Spain's visa requirements by visiting the official Spanish consulate/embassy website or [Ministry of Foreign Affairs of Spain](#) based on your country of origin.
- Medical referral letter, medical history records, and any mammography or breast ultrasound reports.
- Clinics in Spain may provide diagnostics and tests if certain medical documents are not available beforehand.



## Accommodation Options

Many clinics have partnerships with nearby hotels offering discounted rates. While hospital stays are typically included in the medical package, partner hotel stays are not free. For self-booking, options like Airbnb or other hotel booking sites are available. An average hotel stay per night ranges from €50 to €150, depending on the location and hotel rating.



## Transfer Services

- Some clinics offer free airport transfers, while others may charge an additional fee.
- Popular taxi services include Cabify and local taxis; rates vary but start around €20-€30 from the airport to the city center.



## Interpreter Services

Interpreter services are available and can be arranged through the clinic, often for an additional fee. Some clinics may include this service for free as part of their package.



## Payment Methods

- Payment can be made using cash or card.
- The local currency is the Euro (€). It is recommended to have local currency for smaller expenses.
- Major establishments often accept payment in euros or major international credit cards.



## Pre-Op Mammoplasty Tips

- Discuss any medical conditions or allergies with your surgeon prior to the surgery.
- Avoid smoking and alcohol at least a week before the operation, as they can affect the healing process.
- Do not eat or drink anything at least 8 hours before the surgery.
- Prepare loose-fitting and comfortable clothing that doesn't need to be pulled over your head.
- Arrange for someone to accompany you on the day of surgery and assist you during the initial recovery period.
- Ensure you have all necessary post-operative medications and supplies as recommended by your surgeon.
- Follow your surgeon's specific instructions regarding medication, rest, and activity levels before the operation.



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**Prepared by Medical Coordinator**

[Yan Matsiievskiy](#)

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