

Your Guide to Prepare for Mommy Makeover Trip to Spain



Documents and Visa Requirements

- Passport valid for at least six months beyond your stay.
- Proof of medical insurance coverage for international travel.
- For visa requirements, check the official Spanish visa portal or contact the nearest Spanish consulate.
- Medical documents: referral from a doctor, medical history, and any previous surgery reports.
- Teknon Medical Centre in Barcelona provides diagnostics and tests if certain medical documents are missing.



Accommodation Options

Teknon Medical Centre may offer assistance with accommodation arrangements. Options include partner hotels with discounts or self-booking. Hospital stays are typically part of the treatment package. Average hotel stay per night ranges from 80 to 150 euros.



Transfer Services

- Some clinics offer free airport transfers, while others may charge a fee.
- In major Spanish cities, popular taxi services like Uber, Cabify, and local taxis are available. Prices vary depending on the distance and company, starting from approximately 20 euros from the airport to the city center.



Interpreter Services

Interpreter services are available upon request and may incur additional costs. Clinics like Teknon Medical Centre often provide interpreters, but it is advisable to confirm this service and its cost in advance.



Payment Methods

- Clinics typically accept cash and card payments.
- The local currency is the Euro, and it's recommended to have some for minor expenses.
- Large expenses like medical fees can often be paid in euros or potentially US dollars.



Pre-Op Mommy Makeover Tips

- Consult with your doctor about any medications you're currently taking.
- Stop smoking at least six weeks before surgery to promote better healing.
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding.
- Maintain a healthy diet and stay hydrated before the surgery.
- Arrange for someone to drive you to and from the surgery and stay with you for at least the first night following the surgery.
- Follow your surgeon's pre-operative instructions carefully.
- Have a bag packed with loose, comfortable clothing and basic toiletries for your hospital stay.
- Prepare your home for post-operative care, ensuring you have easy access to everything you will need during 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.