

# Prepare for Your Neck lift

## Trip to Spain



### Documents and Visa Requirements

- Valid passport and possibly a visa depending on your country of origin.
- Check visa requirements for Spain on the official Spanish consulate website or at [Schengen Visa Info](#).
- Medical documents including health history, any previous surgery records, and details of current medications.
- Clinics in Spain can provide diagnostics and tests if you lack certain medical documents.



### Accommodation Options

Hospital stays are typically included in the surgery package. Partner hotels may offer discounts, and self-booking is also an option. Free accommodation is not standard and average hotel prices per night range from €50 to €200.



### Transfer Services

- Clinics may offer free or paid airport transfers.
- Popular taxi services include Taxi Meridian, Radio Taxi, and Uber, with prices varying based on distance and city.



### Interpreter Services

Interpreter services are available and may be free or have a cost depending on the clinic. Bookimed provides 24/7 assistance with a personal medical coordinator who can help with language and communication.



### Payment Methods

- Payments can be made using cash or card.
- Spain's local currency is the Euro (€), and it is recommended to have it for convenience.
- Some places may accept dollars or euros, but it's not guaranteed.



### Pre-Op Neck lift Tips

- Consult with Dr. Pietro di Mauro at Quironsalud Marbella to finalize your surgery plan.
- Stop smoking and avoid alcohol at least two weeks before surgery to promote better healing.
- Discontinue blood-thinning medications and supplements after consulting with your doctor to reduce the risk of bleeding.
- Stay hydrated and maintain a healthy diet to strengthen your immune system.
- Arrange for someone to assist you after the surgery during the initial recovery phase.
- Prepare comfortable clothing that is easy to put on and remove without straining your neck area.
- Finalize travel and accommodation arrangements with the help of Bookimed for a stress-free trip.



Connect with a Bookimed coordinator for clinic search and trip planning assistance

 Get in touch

### Bookimed's Accreditation and Expertise Certificates



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Prepared by Medical Coordinator

[Yan Matsiievskiy](#)

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