

Your Guide to Prepare for Herniated disc surgery Trip in Germany



Documents and Visa Requirements

- Ensure you have a valid passport with at least six months remaining from the date of entry into Germany.
- Check the visa requirements for Germany at the official Visa Navigator (<https://visa.diplo.de/en/#/vib>) based on your country of origin.
- For the surgery, bring your medical history, imaging results (like MRI), and any previous treatment records.
- Clinics in Germany can provide additional diagnostics and tests if certain medical documents are lacking.



Accommodation Options

Accommodation varies by clinic: some offer full board in individual chambers, while others provide a two-bed ward. Partner hotels may offer discounts, but booking on your own is also an option. Hospital stays are typically included in the surgery package, but hotel stays are usually not. Average hotel prices per night range from €80 to €150.



Transfer Services

- Clinics may offer paid airport transfers.
- Popular taxi services include Taxi Deutschland and MyTaxi, with approximate prices starting from €25 for a basic fare.



Interpreter Services

Interpreter services are available in Germany, often at an additional cost. Some clinics may include this service within their surgery package, but it is important to confirm beforehand.



Payment Methods

- Germany accepts various payment options including cash and credit/debit cards.
- The local currency is the Euro (€), and having local currency can be necessary for smaller establishments or taxis.
- While some places may accept dollars or euros, it is advisable to exchange some amount into the local currency for convenience.



Pre-Op Herniated disc surgery Tips

- Follow any fasting instructions given by your doctor prior to surgery.
- Avoid blood-thinning medications or supplements as advised.
- Prepare a list of medications you are currently taking to share with your medical team.
- Discuss any concerns or allergies with your surgeon before the procedure.
- Arrange for someone to assist you post-surgery during your recovery phase.
- Pack comfortable clothing and personal items for your hospital stay.
- Establish a communication plan with family or friends back home.
- Remember, detailed postoperative instructions will be provided by your Herniated disc surgery doctor.



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Prepared by Medical Coordinator

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