

# Your Guide to Prepare for Rhinoplasty (nose job) Trip to Germany



## Documents and Visa Requirements

- Passport with at least six months of validity beyond your planned departure date from Germany.
- Visa requirements vary by country; check the German Federal Foreign Office website or contact your local German consulate.
- Medical documents: medical history, any previous rhinoplasty operations, and a letter from your local doctor.
- Clinics in Germany can provide diagnostics and tests, such as blood work and imaging, if necessary.



## Accommodation Options

Clinics typically offer a two-bed ward for patients; however, this is not free of charge. Partner hotels may offer discounts, but self-booking is also an option. The average hotel stay per night in Germany is about €90-€150.



## Transfer Services

- Some clinics offer free airport transfers, otherwise, the service is paid.
- Popular taxi services like Free Now or local services; prices start from around €3 base fare plus €2 per kilometer.



## Interpreter Services

Interpreter services can be arranged by clinics or through independent providers. Costs vary, and while some clinics might include this service for free, others might charge additional fees.



## Payment Methods

- Payment options include cash and credit/debit cards.
- Germany's local currency is the Euro (EUR), and having local cash is recommended for small expenses.
- While some places accept dollars or euros, it's generally advisable to pay with the local currency for the best exchange rates.



## Pre-Op Rhinoplasty (nose job) Tips

- Consult with your surgeon about medications to avoid before surgery, such as blood thinners or NSAIDs.
- Stop smoking at least two weeks before the procedure to promote better healing.
- Avoid alcohol for at least one week prior to surgery.
- Maintain a healthy diet and stay hydrated to support your recovery process.
- Arrange for someone to accompany you on the day of surgery.
- Prepare a comfortable recovery area at home with necessary supplies within easy reach.
- Follow any specific pre-operative instructions given by your rhinoplasty surgeon or clinic.



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**Prepared by Medical Coordinator**

[Yan Matsiievskiy](#)

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