

Your Guide to Prepare for

Rhinoplasty (nose job)

Trip to Spain



Documents and Visa Requirements

- Valid passport and possibly a visa, depending on your country of origin. Check the current visa requirements for Spain at the official website for the Ministry of Foreign Affairs of Spain or your local Spanish consulate.
- Medical documents such as referral notes from your doctor, previous medical records related to your nasal condition, and any imaging that you have had done (X-rays, MRIs, etc.) that are relevant to the procedure.
- Clinics in Spain may provide diagnostic tests such as blood work and physical examinations if you lack certain medical documents or need updated information for the surgery.



Accommodation Options

While some clinics may partner with local hotels to provide special rates, accommodation is not typically included free of charge. Options vary from 4* hotels to individual chambers depending on the clinic and package chosen. The average price for a 4* hotel stay per night can range from €80 to €200.



Transfer Services

- Transfers between the airport and clinic are not generally included and will need to be arranged separately.
- Popular taxi services include local taxi companies, and ride-sharing apps like Uber, with prices depending on the distance traveled. An airport transfer in a major city may cost around €30 to €50.



Interpreter Services

Interpreter services are often available for non-Spanish speaking patients, but these may come at an additional cost. It's advisable to inquire about the fees and availability directly with the clinic.



Payment Methods

- Payment for medical procedures can typically be done using cash or credit/debit card.
- The local currency in Spain is the Euro (€). It's recommended to have local currency for smaller expenses, although larger payments such as medical fees can often be paid in euros or sometimes in dollars.



Pre-Op Rhinoplasty (nose job) Tips

- Stop smoking at least 2 weeks before the surgery to promote better healing.
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding.
- Establish a reliable support system for the post-operative recovery period.
- Stay hydrated and maintain a healthy diet to support recovery.
- Discuss any medications you are taking with your surgeon to ensure they won't affect the surgery.
- Plan for enough time off work to recover, typically at least 2 weeks.
- Prepare your home for your return from the procedure with items such as ice packs, ointments, and comfortable pillows for elevation.



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Prepared by Medical Coordinator

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