

Prepare for Your Septoplasty Trip to Spain



Documents and Visa Requirements

- Valid passport and a copy of your passport's data page.
- European Health Insurance Card (EHIC) or private health insurance documents, if applicable.
- Check visa requirements for Spain at the official Spanish consulate or embassy website based on your country of origin.
- Medical referral for Septoplasty, medical history, and any previous diagnostic test results.
- Clinics in Spain, such as Teknon Medical Center, may provide diagnostics and tests if certain medical documents are unavailable.



Accommodation Options

Most clinics do not provide free accommodation but may have partnerships with nearby hotels offering discounted rates. Hospital stays are typically included in the medical treatment package. Self-booking options such as Airbnb and hotels are widely available. Average hotel stay per night is around €100 to €200.



Transfer Services

- Some clinics may offer free airport transfers; otherwise, transfers can be arranged for a fee.
- Popular taxi services include Taxi Barcelona and Cabify with approximate prices starting from €30 for a trip within the city.



Interpreter Services

Interpreter services are usually available for a fee, with costs varying depending on the language and duration of the service. Some clinics may provide this service for free or include it in their medical package.



Payment Methods

- Cash and credit card payments are widely accepted.
- The local currency is the Euro (EUR), and it's advisable to have local cash for smaller expenses.
- Payment in dollars or euros is possible at most places, but having Euros is recommended for convenience.



Pre-Op Septoplasty Tips

- Stop smoking at least 2 weeks before the surgery to promote better healing.
- Avoid taking aspirin, ibuprofen, and other blood-thinning medications for 2 weeks before surgery.
- Arrange for someone to drive you home after the procedure, as you will not be able to drive yourself.
- Prepare a recovery area at your accommodation with essentials within reach.
- Stay hydrated and maintain a healthy diet before the surgery.
- Discuss any concerns or allergies with your doctor during the pre-op consultation.
- Follow your surgeon's instructions regarding fasting before the surgery.



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Prepared by Medical Coordinator

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