

Your Guide to Prepare for Facelift Surgery Trip in Spain



Documents and Visa Requirements

- Passport valid for at least six months beyond your stay.
- Medical insurance covering international travel and medical procedures.
- Check visa requirements based on your country at the official website of the Ministry of Foreign Affairs of Spain or through their consulates.
- Medical documents such as medical history, any previous surgery records, and details of current medications.
- Clinics in Spain may provide diagnostics and tests if certain medical documents are missing, but it's advisable to bring all available medical records.



Accommodation Options

While accommodation is not included in the medical package, Spain offers a wide range of options. Clinics may have partner hotels with discounts, and it's recommended to book in advance. Hospital stays are typically not required for facelift surgery as it is an outpatient procedure. The average hotel stay per night ranges from €50 to €200, depending on the location and the level of luxury.



Transfer Services

- Airport transfers may be arranged by clinics, which can be either free or paid services.
- Popular taxi services like Taxify or local taxis are available, with approximate prices starting from €20 for a trip within the city.



Interpreter Services

Interpreter services for Russian or English during consultations are available. They may be included in the package or have an additional cost depending on the clinic.



Payment Methods

- Payments for medical procedures can be made via cash or credit card.
- The local currency is the Euro (€), and it's recommended to have some for minor expenses.
- While Euro is the preferred currency, some places may accept Dollars or Euros, but it's not guaranteed.



Pre-Op Facelift surgery Tips

- Avoid taking medications that can increase bleeding, like aspirin or anti-inflammatory drugs, for at least two weeks before surgery.
- Stop smoking at least four weeks before and after surgery to promote better healing.
- Keep yourself hydrated and maintain a healthy diet to support recovery.
- Arrange for someone to drive you home after the procedure and help you during the first 24 hours.
- Prepare your home for recovery by having ice packs, gauze, towels, and other recommended items readily available.
- Follow a skincare routine as recommended by your surgeon to improve healing.
- Have realistic expectations and discuss the outcomes and potential risks with your surgeon.



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Prepared by Medical Coordinator

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