

Prepare for Your Abdominal Liposuction Trip to Poland



Documents and Visa Requirements

- Valid passport or travel document that remains valid for at least three months past the end of your visit.
- Visa requirements vary based on your country of origin. Check [Schengen Visa Info](#) for specific information.
- Bring all relevant medical history documents, imaging, and test results for your consultation before Abdominal liposuction.
- Clinics in Poland can provide pre-surgery diagnostics and tests if certain medical documents are missing.



Accommodation Options

Accommodation is not included in the medical procedure package. However, many clinics have partnerships with local hotels. For example, Hotel 3* Accor Mercure Jelenia Góra offers a superior room with breakfast at €65/day for a single occupancy and €75/day for double. Patients will need to book their accommodation separately.



Transfer Services

- Transfer services are not included in the medical package. However, a personal driver can be arranged for pick up and drop off from Wrocław airport or train station at €190, Prague airport at €300, and Görlitz train station at €170.
- Popular taxi services like iTaxi and FREE NOW operate in major Polish cities, with approximate prices starting from €0.50/km.



Interpreter Services

Interpreter services are generally available at an additional cost. Some clinics may offer free interpreter services, but it is essential to verify this with your chosen clinic beforehand.



Payment Methods

- Clinics accept payment via cash or card transactions.
- The local currency is the Polish Zloty (PLN), and it is advisable to have some local currency for small expenses.
- While some places may accept payment in dollars or euros, it is generally more practical to use PLN during your stay in Poland.



Pre-Op Abdominal Liposuction Tips

- Maintain a healthy diet and avoid blood-thinning medications and supplements as instructed by your doctor.
- Ensure that you are well-hydrated in the days leading up to your surgery.
- Avoid smoking and alcohol consumption for at least two weeks before the operation.
- Arrange for someone to accompany you on the day of the surgery, if possible.
- Wear comfortable and loose clothing on the day of the procedure.
- Follow any fasting guidelines provided by your surgeon the night before your surgery.
- Have realistic expectations and discuss the potential outcomes and risks with your surgeon.



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