

Prepare for Your Tummy tuck Trip to Poland



Documents and Visa Requirements

- Valid passport or travel document for entry into Poland.
- Check visa requirements for Poland at schengenvisa.info.com/poland-visa based on your country of origin.
- Medical documents: referral from your GP, medical history, any previous surgery records.
- Clinics in Poland may provide necessary diagnostics and tests if certain medical documents are missing.



Accommodation Options

For your stay, a 4* hotel accommodation is available. The hotel offers a comfortable environment conducive to recovery, with options for a single room. Clinics may have a partnership with hotels to offer discounted rates. The average price per night in a hotel can range from 55 to 60 Euros. Accommodation at the clinic's partner hotel is not included in the surgery cost and is optional.



Transfer Services

- Airport and local transfers are offered as optional extras for 170/190 Euros.
- Popular taxi services in Polish cities can be used, with prices varying depending on distance and city.



Interpreter Services

Should you require assistance in communication, interpreter services can be arranged. Depending on the clinic's policy, this may be a free service or could incur additional costs. It is advisable to confirm this with your medical coordinator.



Payment Methods

- Payment options include cash and cards.
- The local currency is the Polish Złoty (PLN). It is recommended to have local cash for smaller expenses.
- Some establishments may accept payment in dollars or euros, but it's more common to use the local currency.



Pre-Op Tummy tuck Tips

- Follow a balanced diet and avoid smoking for at least 2 weeks prior to surgery.
- Discuss all medications and supplements with your surgeon as some may need to be stopped before the procedure.
- Arrange for someone to assist you post-surgery, especially for the first few days during your recovery.
- Prepare loose, comfortable clothing that does not need to be pulled over your head.
- Stay hydrated, but do not consume any food or drink after midnight before your surgery day.
- Ensure you have all necessary post-operative supplies ready, such as compression garments.
- Confirm all travel arrangements and have a copy of all your medical documents easily accessible.



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Prepared by Medical Coordinator

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