

Your Guide to Prepare for All-on-4 Dental Implants Trip in Poland



Documents and Visa Requirements

- Passport valid for at least six months beyond the date of return travel.
- European Health Insurance Card (EHIC) for EU residents, or travel health insurance.
- Check visa requirements based on your country of origin at Poland's official travel website or consulate.
- Medical documents: referral from your local dentist, dental records, panoramic X-ray, and any other relevant medical history.
- Polish clinics provide diagnostics like biochemistry blood tests and CT scans if the patient lacks certain medical documents.



Accommodation Options

Clinics in Poland may offer individual chambers for the duration of the hospital stay. Partner hotels with discounts may be available for longer stays. Self-booking options are also possible. Accommodation is typically not included in the medical package, and the average hotel stay per night can range from \$50 to \$150.



Transfer Services

- VIP transfer services may be provided free of charge by some clinics as part of the medical package.
- For other clinics, airport transfers can be arranged but may incur an additional cost.
- Popular taxi services such as iTaxi and MyTaxi operate in major cities, with prices starting from approximately 1.50 PLN/km.



Interpreter Services

Interpreter services are often available for international patients. While some clinics offer this service for free, others may charge additional fees. It is advisable to confirm the availability and cost with the clinic beforehand.



Payment Methods

- Payments can usually be made with cash or credit/debit card.
- Local currency (Polish Złoty - PLN) is required for smaller expenses, so it's recommended to have some on hand.
- Many establishments may accept payments in euros or dollars, but the local currency is preferable for the best exchange rate.



Pre-Op All-on-4 Dental Implants Tips

- Ensure you have a dental examination and cleaning before traveling.
- Discuss any medications you're taking with your dentist or surgeon as some may need to be paused.
- Avoid smoking and alcohol as they can affect the healing process.
- Maintain good oral hygiene to minimize the risk of infection.
- Arrange for post-operative care at home, as recovery can take several weeks.
- Follow a soft food diet post-surgery as recommended by your dentist.
- Plan your trip to accommodate follow-up visits or any additional treatments.
- Remember that postoperative instructions will be provided by your All-on-4 Dental Implants doctor in Poland.



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