Your Guide to Prepare for Blepharoplasty (Eyelid correction) Trip to Poland



Documents and Visa Requirements

- · Valid passport or travel document.
- Check visa requirements for Poland at www.schengenvisainfo.com/poland-visa/ based on your country of origin.
- Necessary medical documents include medical history, any previous surgery records, and specific eye measurements or photographs if required by your surgeon.
- Clinics in Poland may provide diagnostics and tests for patients lacking certain medical documents.



Accommodation Options

Accommodation is not typically included in the surgery cost. Clinics may have partner hotels offering discounts. A 3* partner hotel may cost approximately EUR 60 per night, including breakfast and Wi-Fi. Hospital stays are often included for the night after surgery.



Transfer Services

- Airport transfers may be available for an additional fee of around EUR 190.
- · Popular taxi services are available in major Polish cities, with varying prices depending on the distance and city.



Interpreter Services

Interpreter services may be available upon request, potentially at an additional cost. It is advisable to confirm with the clinic beforehand.



Payment Methods

- Payment options include cash and card transactions.
- The local currency is the Polish Złoty (PLN), and it is recommended to have some local cash for minor expenses.
- Some clinics may accept payments in euros (EUR).

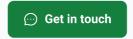


Pre-Op Blepharoplasty (Eyelid correction) Tips

- Refrain from smoking and alcohol consumption at least two weeks before the procedure.
- Discuss any medications or supplements you're taking with your surgeon ahead of time.
- Ensure you have someone to accompany you or assist after surgery if necessary.
- Follow a healthy diet and increase Vitamin C intake to boost healing and recovery.
- If you have had facial treatments such as botox or fillers, ensure they are fully dissolved before travel, as advised by your surgeon.
- Plan for adequate rest and minimal activity during the initial recovery period in your hotel.
- Follow all pre-operative instructions given by your Blepharoplasty (Eyelid correction) doctor, including fasting guidelines if required.
- Arrange for sufficient time off work to ensure a stress-free recovery.



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Prepared by Medical Coordinator Yan Matsiievskiy

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