

# 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/](https://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 Zloty (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.



**Connect with a Bookimed coordinator for clinic search and trip planning assistance**

 **Get in touch**

## Bookimed's Accreditation and Expertise Certificates



**900 000+ clients worldwide**

found **best treatment** with Bookimed



**Prepared by Medical Coordinator**

[Yan Matsiievskiy](#)

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