

# Prepare for Your Braces Trip to Poland



## Documents and Visa Requirements

- A valid passport or national ID card for EU citizens is essential for entering Poland.
- Patients can check visa requirements based on their country of origin through the official website of Poland's consular services or at [Schengen Visa Info](#).
- Medical documents needed include dental records, panoramic X-rays, and any previous orthodontic evaluations.
- Clinics in Poland may provide diagnostics and tests if the patient lacks certain medical documents. However, patients should confirm this with the clinic beforehand.



## Accommodation Options

Many clinics in Poland offer recommendations for partner hotels with discounts, but they usually don't provide free accommodation. Patients can also self-book their stay. Hospital stays are rarely required for braces procedures. The average hotel stay per night ranges from \$40 to \$100, depending on the hotel's category and location.



## Transfer Services

- Some clinics may offer free airport transfers; otherwise, patients can arrange their transportation.
- Popular taxi services include iTaxi and MyTaxi, with approximate prices starting from \$0.50 per kilometer.



## Interpreter Services

Interpreter services are often available upon request. Some clinics provide this free of charge, while others may require payment. It is best to confirm the availability and cost with the clinic in advance.



## Payment Methods

- Patients can pay with cash or card. However, it is advisable to confirm accepted payment forms with the clinic.
- The local currency is the Polish Złoty (PLN), and it is recommended to have local cash for small expenses.
- Some places may accept payment in euros or dollars, but it's more common to pay with local currency for convenience.



## Pre-Op Braces Tips

- Ensure a dental cleaning is done before getting braces to maintain oral hygiene.
- Have a dental check-up to address any issues like cavities or gum disease prior to the braces procedure.
- Avoid eating hard or sticky foods that can damage braces immediately before and after application.
- Discuss any concerns or allergies with your orthodontist before the procedure.
- Plan for someone to accompany you on the day of the procedure if possible.
- Prepare a soft food diet plan for the days following the application of braces.
- Bring all necessary personal items for oral hygiene, such as a toothbrush, toothpaste, and floss.
- Make sure to understand and note down all postoperative care instructions provided by your orthodontist.



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