

# Prepare for Your Breast augmentation Trip to Poland



## Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of departure from Poland.
- Check visa requirements based on your country of origin at the official website of the Ministry of Foreign Affairs of Poland or contact the nearest Polish embassy.
- Medical records detailing your health status, any allergies, and medications you are taking.
- Clinics in Poland may offer diagnostics and tests if you lack certain medical documents.



## Accommodation Options

Most clinics offer hospitalization followed by a hotel stay. Some packages include accommodation, while others require self-booking. Accommodation at a 3\* hotel, such as Accor Mercure Jelenia Góra, costs approximately €65 per night for a superior room with breakfast (€75/€80 for a double room).



## Transfer Services

- Clinics may offer free airport transfers; confirm with the clinic directly.
- For paid transfers, a personal driver service costs about €190 from Wroclaw airport or train station, up to €475 from Berlin Brandenburg airport.



## Interpreter Services

Interpreter services are available, either for free or for a fee. Inquire with your clinic for specific details and costs, if any.



## Payment Methods

- Cash and card payments are accepted.
- The local currency is the Polish Złoty (PLN), and having local currency is recommended for smaller expenses and convenience.
- Some places may accept Euros or Dollars, but it is not widely practiced.



## Pre-Op Breast augmentation Tips

- Discuss with your surgeon any medications or supplements you are currently taking.
- Avoid smoking and alcohol consumption for at least a few weeks before your surgery.
- Arrange for someone to accompany you, if possible, for support during your stay.
- Prepare a recovery area at home with all essentials within easy reach for when you return.
- Ensure you have comfortable, loose-fitting clothing for post-surgery.
- Stay hydrated and follow a healthy diet before and after the procedure.
- Follow all pre-operative instructions given by your surgeon, including fasting guidelines.



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**Prepared by Medical Coordinator**

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