

Prepare for Your Breast Reduction Trip to Poland



Documents and Visa Requirements

- Valid passport or other travel documentation recognized by the Polish government.
- Check visa requirements for Poland based on your country of origin at schengenvisainfo.com/poland-visa.
- Medical documents: referral from a doctor, medical history, and any previous mammograms or breast studies.
- Polish clinics may provide additional diagnostics and tests if necessary medical documents are missing.



Accommodation Options

Patients can expect hospitalization followed by a hotel stay. Partner hotels, such as Accor Mercure Jelenia Góra, may offer special rates for patients. Average hotel stay per night in a superior room with breakfast is €65 for a single room, €80 for a double room. The clinic does not provide free accommodation.



Transfer Services

- Clinics may not offer free airport transfers; patients can arrange for a personal driver with prices starting at €190 from Wrocław airport.
- Other transfer options include taxis with varying prices depending on the city and distance.



Interpreter Services

Interpreter services may be available, usually at a cost. It's advisable to confirm availability and fees with the clinic before your trip.



Payment Methods

- Cash and card payments are generally accepted at Polish clinics.
- The local currency is the Polish Złoty (PLN), and having local cash can be convenient for smaller expenses.
- Some places may accept payment in dollars or euros, but it's not guaranteed.



Pre-Op Breast Reduction Tips

- Discuss any medications you are taking with your surgeon, as you may need to stop certain ones before surgery.
- Arrange for someone to accompany you or pick you up after the surgery, as you won't be able to drive.
- Avoid smoking and alcohol at least two weeks before the procedure to aid healing.
- Follow a healthy diet and stay hydrated leading up to the surgery.
- Prepare loose-fitting clothing that opens in the front to wear post-surgery.
- Set up a comfortable recovery area at home with necessary supplies within easy reach.
- Strictly follow all pre-operative instructions provided by your surgeon.



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Prepared by Medical Coordinator

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