

# Your Guide to Prepare for Dental Crown Installation Trip to Poland



## Documents and Visa Requirements

- Passport valid for at least six months beyond your stay with at least one blank page for the visa.
- Check visa requirements for Poland based on your country of origin at the official Schengen Visa Information website.
- Medical records detailing dental history and any previous dental procedures.
- Clinics in Poland may provide diagnostics and tests such as Computer Tomography if necessary medical documents are not available.



## Accommodation Options

Most dental clinics do not provide free accommodation but may have partnerships with nearby hotels offering discounts. Hospital stays are not typically required for dental crown installation. Expect to pay an average of \$50-\$100 per night for hotel accommodation.



## Transfer Services

- Some clinics may offer free airport transfers; otherwise, paid services are available.
- Popular taxi services like iTaxi and Free Now operate in major Polish cities, with approximate prices starting from \$10.



## Interpreter Services

Interpreter services are often available upon request, and some clinics may offer this service for free, especially for consultations. Otherwise, the cost will vary depending on the service provider.



## Payment Methods

- Most clinics accept payment in cash or by card.
- The local currency is the Polish Zloty (PLN), and it's recommended to have local cash for smaller expenses.
- Some places may accept payment in dollars or euros, but it's not guaranteed.



## Pre-Op Dental Crown Installation Tips

- Refrain from smoking and drinking alcohol at least one week before the procedure.
- Discuss any medications you are taking with your dentist, as some may need to be paused.
- Eat a healthy diet leading up to the procedure to support your immune system.
- Ensure you have someone to accompany you on the day of the procedure if sedation is used.
- Plan for adequate recovery time post-procedure in your travel itinerary.
- Follow any pre-operative instructions given by your dental clinic for the best outcomes.



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**Prepared by Medical Coordinator**

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