

Prepare for Your Dental Implant Trip to Poland



Documents and Visa Requirements

- Valid passport or national ID (for EU citizens) for international travel to Poland.
- Visa requirements vary; check the Polish consulate or embassy website for specific information: <http://www.msz.gov.pl/>.
- Medical records, dental records, and X-rays related to your dental health.
- Clinics in Poland provide diagnostics such as Computer Tomography if necessary for the treatment plan.



Accommodation Options

Polish dental clinics may offer partnerships with local hotels at discounted prices, but typically accommodation is not provided for free. Patients can also choose to book their own accommodations. Average hotel stay per night ranges from €30 to €100, depending on the location and standard of the hotel.



Transfer Services

- Some clinics may offer free airport transfers, while others may charge a fee for this service.
- Popular taxi services like iTaxi and Uber operate in major cities, with prices varying based on distance and time of day.



Interpreter Services

Interpreter services are often available, sometimes at no additional cost, especially in clinics with Russian/Ukrainian speaking staff. Confirm with the clinic beforehand.



Payment Methods

- Payments can be made using cash or card.
- The local currency is the Polish Złoty (PLN), and it's advisable to have some for smaller expenses.
- Some places may accept payment in euros or dollars, but it's not guaranteed.



Pre-Op Dental Implant Tips

- Ensure you have a recent dental check-up and cleaning before traveling.
- Avoid alcohol and smoking for at least a week prior to surgery.
- Eat a healthy diet and stay hydrated to promote better healing.
- Prepare a list of medications and allergies to discuss with your dental surgeon.
- Plan sufficient time in Poland for initial surgery and follow-up appointments.
- Arrange for someone to accompany you on the day of the surgery if possible.
- Discuss postoperative care instructions with your dentist before the procedure.



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