

Your Guide to Prepare for FUE Hair Transplant Trip to Poland



Documents and Visa Requirements

- Passport valid for at least three months beyond your planned date of departure from Poland, with at least two blank pages for visa stamps.
- Check visa requirements based on your country of origin at the official website of Poland's consular services or through their embassy/consulate in your country.
- Necessary medical documents may include medical history, details of previous treatments, and any relevant medical imaging.
- Clinics in Poland typically provide diagnostics and tests if certain medical documents are lacking. However, it is best to come prepared with all available medical records related to your hair loss.



Accommodation Options

Most clinics in Poland offer patients a 1-night stay in a 4* hotel with spa facilities included in the FUE hair transplant package. Some clinics may have partnerships with hotels to offer discounts for extended stays. Self-booking is also an option for patients who prefer different accommodation. The average hotel stay per night in Poland ranges from \$50 to \$150, depending on the location and standard of the hotel.



Transfer Services

- Complimentary airport transfers to and from the clinic/hotel are usually included in the FUE hair transplant package.
- Popular taxi services like Uber, Bolt, and local taxi companies are available with approximate prices ranging from \$0.40 to \$1 per kilometer.



Interpreter Services

Interpreter services are often offered for free by the clinics for non-Polish speaking patients. Should additional interpreter assistance be required outside of the clinic, it may incur a fee which varies depending on the service provider.



Payment Methods

- Payment options usually include cash and credit/debit card transactions.
- The local currency is the Polish Zloty (PLN). It is recommended to have some local currency for small expenses, although many places accept payment in Euros or US Dollars.



Pre-Op FUE hair transplant Tips

- Follow any pre-operative instructions provided by the clinic, such as avoiding certain medications or supplements.
- Do not cut your hair before the procedure; the surgeon will do it if necessary.
- Avoid alcohol and smoking for at least a week prior to the surgery to promote better healing.
- Ensure you have a comfortable neck pillow for post-operation as you will be required to avoid putting pressure on the transplanted area.
- Stay hydrated and maintain a healthy diet leading up to the procedure.
- Plan for downtime after the surgery for recovery; activities may be limited for a few days.
- Bring comfortable and loose-fitting clothing that does not need to be pulled over your head.



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Your personal medical assistant will be with you shortly.
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