

Your Guide to Prepare for Gynecomastia Surgery Trip to Poland



Documents and Visa Requirements

- Ensure your passport is valid for at least six months beyond your planned date of departure from Poland.
- Check visa requirements for Poland specific to your country of origin at the official website of the Ministry of Foreign Affairs of Poland or via their consulates.
- Carry medical documents such as referral notes, medical history, and any previous treatment records relevant to your surgery.
- Polish clinics may provide essential diagnostics and tests if you are missing certain medical documentation.



Accommodation Options

Hospitalization is often included with your medical procedure. For post-surgery stays, partner hotels such as Accor Mercure Jelenia Góra offer special rates. Expect to pay around €65/day for a superior room with breakfast (€75/day for a double room). Booking independently may vary in price.



Transfer Services

- Clinics may not offer free airport transfers; however, personal driver services are available for pickup and drop-off ranging from €170 to €300 depending on the location.
- Popular taxi services in Poland offer transfers at varying rates, with an approximate price of €20-€50 for a city ride.



Interpreter Services

Interpreter services may be available upon request, with costs varying depending on the language and duration needed. Some clinics may offer this service for free.



Payment Methods

- Cash and credit card payments are widely accepted.
- The local currency is the Polish Zloty (PLN), and it is recommended to have some local cash for small expenses, though major currencies like USD and EUR may be accepted in some places.



Pre-Op Gynecomastia surgery Tips

- Refrain from smoking and alcohol consumption for at least two weeks before surgery to promote better healing.
- Maintain a healthy diet and stay hydrated leading up to the procedure.
- Discuss all medications and supplements you are taking with your surgeon to avoid any complications.
- Plan for a recovery period and arrange for time off work and assistance at home if needed.
- Follow any pre-operative fasting or medication instructions provided by your surgeon.
- Wear loose, comfortable clothing on the day of the surgery.
- Ensure you have all necessary post-operative care items ready, such as ice packs and loose-fitting shirts.



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