

Your Guide to Prepare for Hair Transplant Trip to Poland



Documents and Visa Requirements

- Valid passport or travel document with at least three months' validity beyond the intended stay in Poland.
- Visa requirements vary based on nationality. Patients can check visa requirements on the official website of the Polish consulate or embassy in their country. Schengen visas are typically required for non-EU residents.
- Medical documents to bring: referral from a local doctor, medical history records, and any previous hair transplant reports, if applicable.
- Clinics in Poland may provide preoperative diagnostics like blood tests and scalp assessments if the patient lacks certain medical documents.



Accommodation Options

Clinics often provide 2 nights of accommodation at partner hotels like Hotel Debowiec. In cases where the clinic does not cover the accommodation cost, patients can self-book. Average hotel stay per night ranges from approximately \$50 to \$150. Some clinics may offer hospital stays or discounts with partner hotels.



Transfer Services

- Many clinics offer free shuttle services from the airport to the clinic or hotel.
- Popular taxi services operate in major Polish cities with approximate prices starting from \$10-\$30 for a ride in the city center.



Interpreter Services

Interpreter services are typically available. Some clinics offer this service for free, while others may charge an additional fee. It is advisable to confirm with the clinic beforehand.



Payment Methods

- Clinics in Poland accept payments in cash and card.
- The local currency is the Polish Złoty (PLN). It is recommended to have local cash for small expenses, although many places accept dollars or euros.



Pre-Op Hair Transplant Tips

- Avoid blood-thinning medications and supplements like aspirin, ibuprofen, and vitamin E for at least a week before the procedure.
- Do not consume alcoholic beverages for at least 3 days before the surgery.
- Stop smoking at least a week before the procedure as it can affect healing.
- Avoid caffeine on the day of surgery.
- Wash your hair the morning of the surgery but do not apply any hair products.
- Eat a light meal before your procedure, as you will be under local anesthesia.
- Wear comfortable, button-down clothing to avoid disturbing the hair grafts post-procedure.
- All postoperative instructions will be provided by your hair transplant doctor in Poland.



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