

# Your Guide to Prepare for Veneers Trip to Poland



## Documents and Visa Requirements

- Valid passport with at least 6 months remaining before expiration.
- Visa requirements for Poland vary by country. Check the latest information at the official website of the Ministry of Foreign Affairs of Poland or consult your local Polish embassy or consulate.
- Medical referral letter for veneers, dental records, and any dental X-rays if available.
- Clinics in Poland often provide diagnostics and tests such as a 3D CT scan if the patient lacks certain medical documents.



## Accommodation Options

Accommodation is not typically included in veneers packages in Poland. However, you can book hotel rooms at special partner prices through your medical travel coordinator. Average hotel stays per night range from \$50 to \$150, depending on the hotel's standard.



## Transfer Services

- VIP transfer services are included in some premium veneers packages, while others may not include transfers.
- Popular taxi services like Uber or local companies in Poland offer rides with average prices starting from \$10, depending on the distance.



## Interpreter Services

Interpreter services may be arranged upon request. While some clinics offer this as a complimentary service, others may charge an additional fee. Check with your medical coordinator for specific details.



## Payment Methods

- Major credit cards and cash payments are accepted.
- The local currency is the Polish Złoty (PLN), and having local cash is recommended for small expenses.
- It is generally possible to pay in Euros or Dollars at some clinics, but it is advisable to confirm with the clinic before your trip.



## Pre-Op Veneers Tips

- Avoid foods and drinks that may stain your teeth for a week before the procedure.
- Maintain good oral hygiene but avoid aggressive brushing on the day of the procedure.
- Discuss with your dentist any medications you are taking, as some may need to be paused.
- Arrange for someone to accompany you on the day of the procedure if possible.
- Bring a list of questions or concerns to address with your dentist before the procedure.
- Stay hydrated and get a good night's sleep before the procedure.
- Plan for a recovery period and avoid scheduling important events immediately after the procedure.



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**Prepared by Medical Coordinator**

[Yan Matsiievskiy](#)

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