

Your Guide to Prepare for Knee Replacement Trip to Poland



Documents and Visa Requirements

- Valid passport or travel document with at least 3 months' validity beyond the intended departure date from Poland.
- For visa requirements, patients should visit the official website of the Polish consulate or embassy in their home country, or [check requirements here](#).
- Medical documents such as referral from a local doctor, medical history, imaging results (X-rays, MRI), and a list of current medications.
- Clinics in Poland provide diagnostics and tests if certain medical documents are missing or not up-to-date.



Accommodation Options

Patients can expect to stay in an individual chamber during their hospital stay, which is typically 4 days. Some clinics have partner hotels offering discounts, but self-booking is also an option. The clinic does not provide free accommodation outside the hospital. The average hotel stay per night in Poland can range from \$50 to \$150, depending on the location and standard of the hotel.



Transfer Services

- Some clinics may offer paid airport transfers; however, free transfer services are generally not included.
- Popular taxi services like iTaxi, MyTaxi, and Uber operate in major cities, with approximate prices ranging from \$10 to \$40 for a trip from the airport to the city center.



Interpreter Services

Interpreter services are available, but they may incur additional costs. Some clinics have multilingual staff, which may reduce the need for an interpreter. It's best to confirm whether these services are free or paid with the clinic directly.



Payment Methods

- Clinics in Poland accept payments via cash or card.
- The local currency is the Polish zloty (PLN), and it is recommended to have local cash for smaller expenses.
- Major clinics may accept payment in dollars or euros, but it's advisable to check with the clinic in advance.



Pre-Op Knee Replacement Tips

- Follow a healthy diet and maintain a stable weight to support postoperative recovery.
- Quit smoking and reduce alcohol consumption at least a few weeks before the surgery to improve healing.
- Discuss all your current medications with your surgeon as some may need to be stopped before the surgery.
- Perform strengthening exercises as recommended by your healthcare provider to aid recovery.
- Arrange for assistance at home for the postoperative period as mobility will be limited.
- Prepare your home with items like handrails or shower chairs for safety post-surgery.
- Understand the risks and potential complications by discussing them with your surgeon.
- Ensure all preoperative tests and consultations are completed as required.



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