

# Prepare for Your Labiaplasty Trip to Poland



## Documents and Visa Requirements

- Valid passport or national ID card for EU citizens.
- Check visa requirements for Poland via the official Polish Government website or the Schengen Visa Info portal.
- Referral from your local doctor, medical history, and any previous labiaplasty consultations.
- Clinics in Poland can provide diagnostics and tests if required medical documents are missing.



## Accommodation Options

Accommodation is not included but clinics may suggest partner hotels. Average price for a hotel stay per night is €65 for a single superior room with breakfast, and €80 for a double room.



## Transfer Services

- Transfer services are not included in the medical procedure package.
- Personal driver services available: Wrocław airport (€190), Prague airport (€300), Görlitz train station (€170), Berlin Brandenburg airport (€475).



## Interpreter Services

Interpreter services may be available upon request, typically at an additional cost. It is recommended to confirm with the clinic beforehand.



## Payment Methods

- Cash and card payments are accepted.
- The local currency is the Polish Złoty (PLN), and it is recommended to have it for convenience.
- Some places may accept payments in dollars or euros, but local currency is generally preferred.



## Pre-Op Labiaplasty Tips

- Follow any pre-surgery instructions provided by your surgeon, such as avoiding certain medications.
- Maintain good hygiene but do not shave the surgical area as it may increase infection risk.
- Plan for someone to accompany you or arrange for assistance post-surgery.
- Wear loose, comfortable clothing on the day of surgery.
- Refrain from smoking and alcohol consumption as they can impair healing.
- Ensure you have a comfortable place to recover after being discharged from the clinic.
- Prepare ice packs or cold compresses to help with post-operative swelling.
- Understand the recovery process and have realistic expectations about post-operative care.



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**Prepared by Medical Coordinator**

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