

# Your Guide to Prepare for Liposuction Trip to Poland



## Documents and Visa Requirements

- Valid passport or identity document for EU citizens.
- Check visa requirements on the official website of the Polish Ministry of Foreign Affairs or use services like [SchengenVisaInfo](#).
- Medical history, imaging (e.g., ultrasound or MRI), and previous surgery records.
- Clinics in Poland provide preoperative diagnostics and tests if necessary medical documents are incomplete.



## Accommodation Options

Accommodation is not included in the surgery cost. Options include hospital stays and partnership hotels with special rates. A 3\* partner hotel may offer a room at approximately £55/60Euro per night, including a hot buffet breakfast. Patients are expected to pay for their accommodation separately.



## Transfer Services

- Clinics may offer airport and local transfers for an additional fee of around £170/190Euros.
- Popular taxi services available with rates depending on distance; for reference, a ride from Wroclaw airport to the city center may cost around 20-40 Euros.



## Interpreter Services

Interpreter services may be available. Patients should inquire with the clinic about the cost and whether the service is included in the surgery package.



## Payment Methods

- Credit/debit cards and cash are accepted.
- Local currency (Polish Zloty - PLN) is necessary for smaller transactions; ATMs are widely available.
- Paying in dollars or euros may be possible in some locations, but exchanging currency for PLN is recommended for ease of travel.



## Pre-Op Liposuction Tips

- Stop smoking and avoid alcohol consumption for at least 2 weeks before surgery.
- Eat a healthy diet and stay well-hydrated in the days leading up to the procedure.
- Inform your surgeon of all medications and supplements you are taking.
- Plan for adequate rest and recovery time post-surgery; expect daily check-ups at the hospital.
- Discuss with your doctor any allergies or medical conditions that may affect your surgery.
- Follow all preoperative instructions provided by your clinic for the best outcome.
- Consider travel insurance that covers medical procedures abroad.



Connect with a Bookimed coordinator for clinic search and trip planning assistance

 Get in touch

## Bookimed's Accreditation and Expertise Certificates



**900 000+ clients worldwide**

found **best treatment** with Bookimed



Prepared by Medical Coordinator

[Yan Matsiievskiy](#)

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