

Your Guide to Prepare for Breast lift Trip to Poland



Documents and Visa Requirements

- Ensure you have a valid passport with at least six months remaining before expiration.
- Check visa requirements for Poland by visiting the official Polish consular website or [Poland's Schengen Visa Info page](#).
- Prepare necessary medical documents like medical history, test results, and any breast imaging reports.
- Clinics in Poland can provide diagnostics and tests if you lack certain medical documents, inquire with your chosen clinic ahead of time.



Accommodation Options

Accommodation typically includes a hospital stay followed by a hotel recovery period. While some packages might include accommodation, it is not always the case, so verify with your clinic. Partner hotels may offer discounts. Self-booking options are available if you prefer. The average price for a hotel stay per night is approximately €65 to €75 for a double room at a 3* hotel.



Transfer Services

- Clinics may offer paid airport transfers. For instance, a personal driver from Wroclaw airport costs about €190.
- Popular taxi services are available in major cities, and prices can be confirmed upon arrival or by using online taxi service platforms.



Interpreter Services

Interpreter services may be available upon request, either free or at an additional cost, depending on the clinic. It is advisable to discuss this with your medical provider before your trip.



Payment Methods

- Most clinics accept cash and card payments.
- The local currency in Poland is the Polish Złoty (PLN). Having local cash may be necessary for smaller expenses.
- Some places may allow payment in euros or dollars, but it is more common and often more economical to pay with the local currency.



Pre-Op Breast lift Tips

- Follow any pre-op instructions provided by your surgeon, including guidelines on eating, drinking, and medication.
- Stop smoking at least six weeks before surgery to promote better healing.
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding.
- Arrange for someone to accompany you, if possible, for support during your stay and assistance after surgery.
- Prepare comfortable, loose-fitting clothing that zips or buttons up the front for ease post-surgery.
- Ensure you have a valid travel insurance policy that covers medical treatments abroad.
- Consider bringing items for entertainment and relaxation, as you will have recovery time post-surgery.
- Keep in mind that recovery varies per individual, and follow-up appointments may be necessary before you travel back home.



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