Prepare for Your Neck Lift Trip to Poland



Documents and Visa Requirements

- Valid passport or national ID (for EU citizens) for international travel to Poland.
- Check visa requirements for Poland based on your country of origin on Poland's official travel website or the nearest Polish consulate.
- · Medical documents: referral from a doctor, medical history records, and any previous cosmetic surgery records.
- · Clinics in Poland provide necessary diagnostics and tests if certain medical documents are not available.



Accommodation Options

Accommodation is not included in the Neck lift package. Patients can self-book or choose partner hotels with discounts. A superior room with breakfast at Hotel 3* Accor Mercure Jelenia Góra costs approximately €65 per night for a single room and €80 for a double. The average price for hotel accommodation per night in Poland is generally between €50 to €100.



Transfer Services

- Transfer services are not included in the medical package. Patients need to arrange their transfers.
- Personal driver options: Wroclaw airport or train station €190, Prague airport €300, Görlitz train station €170, Berlin Brandenburg airport €475.



Interpreter Services

Interpreter services are available upon request. The cost varies depending on the language and duration of services. Many clinics offer interpreter services; it's best to confirm with the clinic whether these services are free or require an additional fee.



Payment Methods

- · Cash and credit/debit card payments are accepted.
- The local currency is the Polish Zloty (PLN). It is advisable to have local currency for small expenses, though euros and dollars may be
 accepted in some places.



Pre-Op Neck Lift Tips

- Discuss all medications and supplements you're taking with your surgeon before the procedure.
- Avoid smoking and alcohol at least two weeks before surgery to improve healing.
- Arrange for someone to accompany you on the day of surgery and assist you during the first few days post-operation.
- Prepare your home for post-op recovery by ensuring you have easy access to necessary items.
- Follow a healthy diet and stay hydrated leading up to the surgery.
- Get a good night's sleep before the day of the surgery.
- Wear loose, comfortable clothing on the day of the surgery.



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Your personal medical assistant will be with you shortly.

Please stay tuned.