

Your Guide to Prepare for Otoplasty (ear surgery) Trip to Poland



Documents and Visa Requirements

- A valid passport or national ID card for EU citizens traveling within the Schengen Area.
- Check visa requirements for Poland on the official website of the Ministry of Foreign Affairs or via their embassy/consulate based on your country of origin.
- Bring medical records related to your ear condition, photographic documentation, and any previous treatment details.
- Clinics in Poland may provide additional diagnostics and tests if you lack certain medical documents.



Accommodation Options

Accommodation is not included in the medical package. You can stay at the 3* Accor Mercure Jelenia Góra, with superior rooms starting at €65/day, including breakfast (double €80/day). Partner hotels may offer discounts. For self-booking options, the average hotel stay per night in Poland is around €50 to €150, depending on the location and hotel standard.



Transfer Services

- Transfer services are not included in the medical package. A personal driver can be arranged for pick up and drop off from Wroclaw airport or train station for €190, Prague airport for €300, Görlitz train station for €170, and Berlin Brandenburg airport for €475.
- Popular taxi services in Poland include iTaxi and MyTaxi, with approximate prices starting from €5 and increasing based on distance.



Interpreter Services

Interpreter services may be available upon request. These services are typically paid, and prices vary depending on the language and duration required. Contact your medical coordinator for assistance.



Payment Methods

- Clinics in Poland generally accept cash and card payments.
- The local currency is the Polish zloty (PLN). It's advisable to have local cash for smaller expenses.
- Some places may allow payment in euros, but it's not widely accepted and might not provide the best exchange rate.



Pre-Op Otoplasty (ear surgery) Tips

- Discuss all medications you're taking with your surgeon as some may need to be stopped before surgery.
- Avoid smoking for at least 2 weeks before and after the surgery to promote better healing.
- Do not eat or drink anything after midnight on the day of your surgery.
- Arrange for someone to drive you home post-surgery as you will not be able to drive yourself.
- Follow your surgeon's specific pre-operative instructions regarding washing your hair or using antiseptic soap.
- Wear comfortable, loose-fitting clothing that does not need to be pulled over your head.
- Prepare a recovery area at home with all essentials within easy reach and a comfortable place to rest.
- Keep realistic expectations and follow all postoperative instructions provided by your Otoplasty surgeon for the best outcome.



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Prepared by Medical Coordinator

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