

Your Guide to Prepare for Herniated disc surgery Trip to Poland



Documents and Visa Requirements

- Passport valid for at least 6 months from the date of entry into Poland.
- Medical visa may be required; patients can check visa requirements at [Poland Visa Information](#) based on their country of origin.
- Medical documents including medical history, imaging results (e.g., MRI), and referral from a local doctor.
- Clinics in Poland provide diagnostics and tests if patients lack certain medical documents.



Accommodation Options

Hospital stays in a two-bed ward may be offered by the clinic. Partner hotels may offer discounts; self-booking options are also available. Accommodation is typically not free. Average hotel stay per night is approximately €60 for a 3* hotel.



Transfer Services

- Clinics may offer free or paid airport transfers.
- Popular taxi services are available in major Polish cities; prices vary depending on distance and service provider.



Interpreter Services

Interpreter services are available, often at an additional cost. Some specialists may speak multiple languages, including Russian.



Payment Methods

- Payment options include cash and card transactions.
- Local currency (Polish Zloty - PLN) is necessary for smaller expenses; ATMs are widely available.
- Payments in dollars or euros may be possible, but it is advisable to have local currency for convenience.



Pre-Op Herniated disc surgery Tips

- Follow all pre-operative instructions provided by your medical team.
- Ensure you have a complete list of medications and allergies to share with your surgeon.
- Abstain from food and beverages as instructed before surgery.
- Plan for adequate rest and recovery time post-surgery.
- Arrange for post-operative care and assistance if necessary.
- Discuss pain management and mobility expectations with your surgeon.
- Understand the risks and potential complications associated with the procedure.
- Confirm follow-up appointments and rehabilitation plans.



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