

# Prepare for Your Rhinoplasty (nose job) Trip to Poland



## Documents and Visa Requirements

- Passport: Ensure your passport is valid for a minimum of six months beyond your stay.
- Visa: Check the current visa requirements for Poland at [Schengen Visa Info](#) based on your nationality.
- Medical Documents: Bring previous medical records, any imaging (X-rays, MRIs), and a list of medications you're currently taking.
- Clinic Diagnostics: Polish clinics may offer pre-surgery diagnostics and tests if you're missing certain medical documents; inquire in advance.



## Accommodation Options

You will need to arrange your own accommodations. Clinics often have partner hotels with discounts for patients. Average hotel stay per night: €65 for a single room, €80 for a double room.



## Transfer Services

- Clinics may not offer free airport transfers; check with your clinic for options.
- Popular taxi services: iTaxi, MyTaxi, with average prices around 1.80 PLN/km.



## Interpreter Services

Some clinics offer interpreter services, which may be free or incur an additional cost. Confirm availability and fees with your clinic.



## Payment Methods

- Cash and card payments are commonly accepted.
- The local currency is the Polish Zloty (PLN). It's recommended to have local cash for smaller expenses, although paying in euros or dollars is possible in some places.



## Pre-Op Rhinoplasty (nose job) Tips

- Stop smoking and avoid alcohol at least 2 weeks before surgery to promote better healing.
- Avoid blood-thinning medications and supplements like aspirin, ibuprofen, and vitamin E for 2 weeks prior to surgery.
- Stay hydrated and maintain a healthy diet leading up to the procedure.
- Arrange for someone to assist you after the surgery, as you'll need rest and shouldn't be alone.
- Prepare a recovery area at your accommodation with essentials within easy reach.
- Follow your surgeon's specific pre-operative instructions carefully.
- Wear loose, comfortable clothing on the day of your surgery.



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

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Prepared by Medical Coordinator  
[Yan Matsiievskiy](#)

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