

# Your Guide to Prepare for Facelift Surgery Trip to Poland



## Documents and Visa Requirements

- Valid passport or travel document with at least three months' validity beyond the intended stay.
- Visa for non-EU citizens, where applicable – check Poland's current visa requirements for your country at Poland's official travel website or embassy.
- Medical documents: referral from a GP, medical history, and any prior test results.
- Clinics in Poland may provide additional diagnostics and tests if necessary medical documents are lacking.



## Accommodation Options

While accommodation is not included, partner hotels like Accor Mercure Jelenia Góra offer superior rooms starting at €65/day with breakfast (double – €80/day). Hospital stays are in a two-bed ward during the procedure.



## Transfer Services

- Transfer services are not included but can be arranged – personal driver costs: 190€ from Wroclaw, 300€ from Prague, 170€ from Görlitz, and 475€ from Berlin Brandenburg.
- Popular local taxi services are available with varying prices; please inquire for details.



## Interpreter Services

Interpreter services may be available upon request; the cost and availability will depend on the clinic's policies.



## Payment Methods

- Cash and card payments are accepted.
- The local currency is the Polish Zloty (PLN), and it is recommended to have some on hand for minor expenses.
- Some establishments may accept Euros or Dollars, but it's more practical to use local currency.



## Pre-Op Facelift Surgery Tips

- Follow any specific pre-operative instructions given by your surgeon or clinic.
- Stop smoking at least 2 weeks before surgery to improve recovery.
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding.
- Eat a healthy diet and stay hydrated in the days leading up to your surgery.
- Arrange for someone to drive you to and from the clinic and assist you for at least the first night post-op.
- Prepare your recovery area at home or hotel with essentials within easy reach.
- Plan to take at least 2 weeks off from work for recovery.



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Prepared by Medical Coordinator  
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