

[www.magnadent.com](http://www.magnadent.com)

# DENTAL & MEDICAL TOURISM

Kraków, Poland



magnaDENT



## Welcome to MAGADENT Dental Clinic!

### COMPLIMENTARY SERVICES PROVIDED TO ALL PATIENTS STAYING AT MAGADENT DENTAL CLINIC DURING THE COURSE OF TREATMENT:

- 1 24h ongoing assistance provided by an English-speaking clinic representative in case of any unforeseen events, any special needs, expectations or any other issues connected to the patient's stay in Kraków (24h Helpline: 0048-887-023-853, Mon-Fri 9:00AM-7:00PM, 0048-727-55-66-00)
- 2 Transfer from and to the airport on board of luxurious Mercedes S-class cars with an English-speaking driver employed by our company.
- 3 Plane ticket reservations. We know the current flight schedule very well, especially in terms of budget airlines and both airports which serve the city of Kraków (Kraków Airport – KRK, Katowice Airport – KTW). We can purchase a ticket on the patient's behalf at an attractive price.
- 4 Accommodation booking – a wide range of options available: from low-cost apartments to five-star hotels, to small exclusive boutique hotels in the Old Town area of Kraków or outside the city centre (according to the patient's request). Moreover, we have partnered with the QHotel located 100m from the clinic, which offers a high accommodation standard at a very attractive price.
- 5 We can book tours around Kraków and its surroundings (e.g. Salt Mine in Wieliczka, Auschwitz, Zakopane etc.) and recommend the most exciting places to visit, which you will not find in tourist guidebooks.
- 6 Dental examination and specialist consultation with our professional team.
- 7 A detailed treatment plan with specific descriptions of all planned treatments, information about the treatment timeframe and precise financial calculation of the entire course of treatment, including any subsequent stages with no hidden costs.
- 8 Diagnostic plaster models of teeth.
- 9 Panoramic X-Ray.
- 10 RVG – digital X-Ray images of individual teeth.
- 11 Digital inner-mouth images of teeth.
- 12 Traditional local anaesthesia with carpoules.
- 13 Completely pain-free local anaesthesia with CCLADS (Computer Controlled Local Anaesthesia Delivery System) – the latest WAND STA® system.
- 14 Sedation through oral sedatives for patients with dentophobia and nervous hyperactivity.
- 15 Medication administered before the procedure (antibiotics, painkillers, anti-inflammatory medication, sedatives).
- 16 Removal of surgical stitches.
- 17 Post-treatment kit: special soft toothbrush, mouthwash, antibacterial and anti-inflammatory gel.
- 18 Welcome pack: toothpaste, toothbrush, mouthwash, dental floss, sugar-free chewing gum, map of Kraków, ICE card (In Case of Emergency) with contact details of a special 24h Emergency Helpline in English, brochures with information on treatment methods and materials used at our clinic.
- 19 Assistance services (concierge) at the clinic, including: coffee, tea, cold drinks, Internet access, computer and printer, English papers and magazines etc.



Our dental and medical tourism offer is addressed at international patients who expect the highest quality of healthcare services provided in the shortest possible timeframe, at very attractive prices. MAGNADENT acts with a great passion and dedication, working on the European dental tourism market for many years, and holds an impeccable reputation among all patients benefitting from its services. We offer safety and 24h specialist assistance provided by an English-speaking representative during the whole course of treatment and your entire stay in Kraków.

Our clinic and our team of highly-qualified and experienced medical professionals have been treating international patients since 2003 – 15 doctors, including 12 second degree specialists (consultants) and 5 medical doctors (PhD). The medical team is led by Krzysztof Gończowski, DDS, PhD, world-renowned endodontics specialist, lecturer, teacher inventor of innovative surgical tools and most of all an excellent medical practitioner with a Polish and Norwegian medical licence (PWZ-PL: 2658170, HPR-NO: 10037928).



At MAGNADENT, we adjust to our patients' expectations. Everyone who reports at our clinic for treatment is treated individually and looked after directly by an English-speaking clinic representative, who remains at the patient's disposal 24h per day: from the time of reporting at the clinic, until the patient is taken to the airport after treatment. We arrange travel, accommodation in Poland and tourist attractions throughout the course of treatment. Patients are not charged ANY additional fees for the 24h assistance of an English-speaking member of staff. The only cost are medical procedures, charged according to the clinic's official price list.

Our philosophy, actions and logistics, as well as the procedures performed at our clinic are aimed at creating a sense of security, with 24h assistance of an English-speaking clinic representative while you stay in Kraków, who also offers support before you arrive and after you have returned home. Our job is to treat people and to make their dreams of a beautiful smile come true, which is why we are fully aware that not everything can be predicted, so we never leave patients unassisted! This also applies to post-treatment care, when our patients want to settle the costs of their treatment abroad with the local insurance company or expect a medical consultation and exact information on their health and medical procedures.

We are open to all kinds of requests and suggestions from our patients, so please let us know about your preferences and expectations regarding your treatment and stay in Kraków before you travel. We know the Kraków tourist services market very well, which is why we are able to recommend all kinds of services, not only medical, but also related to culture, entertainment, shopping, beauty and SPA. We understand that many patients have health or personal issues or needs, which is why we make an effort to adjust to our patients' wishes and expectations throughout their stay. So feel free to tell us about your expectations!



## Krzysztof Gończowski DDS, PhD

(Specialist of Conservative Dentistry and Endodontics,  
Medical Director)

No. PWZ-PL: 2658170,  
No. HPR-NO: 10037928

Medical Director, lecturer working in Poland and abroad, creator of a proprietary set of surgical micro-tools (ERS - Endo Removal System by Dr K.Gończowski® - Chifa). Dr Gończowski holds a Polish (PWZ no.: 2658170) and a Norwegian (HPR no.: 10037928) dental licence - Dr Gończowski works in Poland and in Norway. He specialises in endodontic ("root canal") treatments. His professional passion is learning about and implementing new pain- and stress-reduction methods in dental treatment. For over 15 years, Dr Gończowski has been holding lectures and practical workshops for dentists in Poland and abroad (lectured in over 30 countries in Europe, Asia, Africa and North America) in the scope of endodontics, efficient and comfortable local anaesthesia and sedation in dentistry. Graduate of the Jagiellonian University in Kraków (2000). For 7 years, worked as an assistant and lecturer at the CMUJ Dental Institute (Department of Propaedeutics, Conservative Dentistry and Integrated Dentistry, Conservative

Dentistry and Endodontics Laboratory). In 2005 he received his PhD from Jagiellonian University and in 2007 completed his specialty in Endodontics and Conservative Dentistry. He is a two time participant of research fellowship programs in Germany, at the University of Cologne and the University of Munich. Member of Polish and international scientific societies: ESE (European Society of Endodontology), ERC (European Resuscitation Council), SAAD (Society for the Advancement of Anaesthesia in Dentistry). He has over 40 research publications in Polish and international dentistry journals and received many prestigious awards for his research. Amongst others he is a four time recipient of CED Travel Stipend (IADR) as well as the Expertise Talent Award Europe for Young Scientists. In 2010 he designed a system of microinstruments for removing of the broken endodontic instruments from the root canals - ERS - Endo Removal System by Dr K.Gończowski® - Chifa.



**Medical team at MAGNADENT Dental Clinic**



**Jacek Jasiniak DDS**  
 DDS, Specialist of Dental Surgery,  
 No. PWZ-PL: 7764349



**Marcin Krupiński DDS**  
 DDS, No. PWZ-PL: 2645928



**Natalia Lepiarczyk DDS**  
 DDS, Specialist of Conservative Dentistry  
 and Endodontics, No. PWZ-PL: 2534701



**Krzysztof Gończowski  
 DDS, PhD**  
 Medical Director, Specialist of  
 Conservative Dentistry and Endodontics,  
 No. PWZ-PL: 2658170, No. HPR-NO:  
 10037928



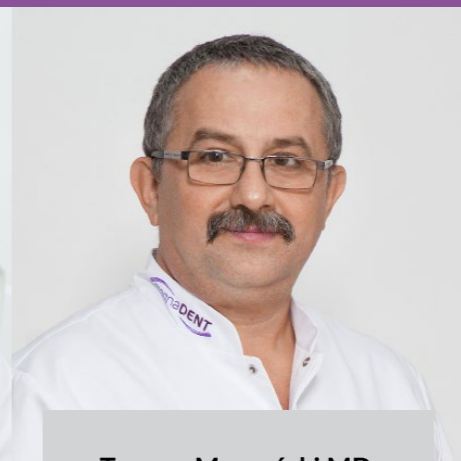
**Aleksandra Gończowska  
 DDS**  
 DDS, Specialist of Conservative  
 Dentistry and Endodontics, No. PWZ-  
 PL: 1199730



**Ayman Abdel-Haq  
 DDS, PhD**  
 DDS, PhD, Specialist of Periodontology,  
 No. PWZ-PL: 7565005



**Maciej Lepszy DDS**  
 No. PWZ-PL: 2617917



**Tomasz Muszyński MD**  
 MD, Specialist of Anaesthesiology and  
 Intensive Therapy, No. PWZ-PL: 4566313



**Henryk Podziorny MD, PhD**  
 MD, PhD, Specialist of Anaesthesiology and  
 Intensive Therapy, No. PWZ-PL: 1214286



**Katarzyna Bartyzel  
 DDS, PhD**  
 DDS, PhD, Specialist of Periodontology,  
 No. PWZ-PL: 1488517



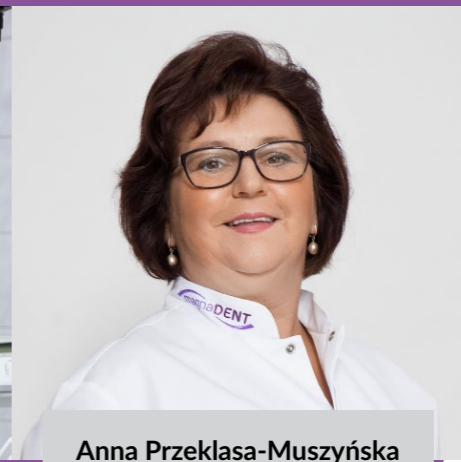
**Magdalena Groch DDS**  
 DDS, Specialist of Dental Prosthetics, No.  
 PWZ-PL: 2323130



**Marian Ingot DDS**  
 DDS, Specialist of Dental Surgery,  
 No. PWZ-PL: 9955233



**Piotr Pojawis DDS**  
 No. PWZ-PL: 2403401

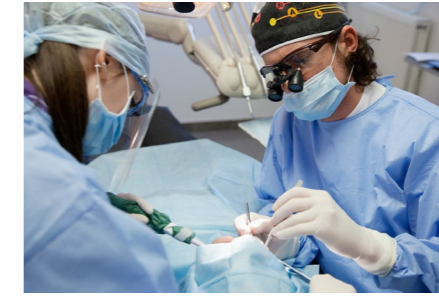


**Anna Przeklasa-Muszyńska  
 DDS, PhD**  
 Specialist of Anaesthesiology and Intensive  
 Therapy, No. PWZ-PL: 3475782



**Agnieszka Sabat-Wójciga  
 DDS**  
 Specialist of Conservative Dentistry and  
 Endodontics, No. PWZ-PL: 2323884

# At MAGNADENT Dental Clinic we offer a full range of dental services, including:



## 1. Cosmetic dentistry:

- MSD - MAGNADENT Smile Design – aesthetic digital simulation and design of a new smile
- Minimally invasive ceramic veneers
- Crowns and non-metal bridges made of zirconia and leucite ceramics
- Rapid whitening with the latest American whitening system, BEYOND Polus® Advanced 2016
- Filling cavities with aesthetic materials which glow in UV light just like natural teeth (UV light sources are found in nightclubs, pubs etc.)
- Aesthetic gum contouring – correcting so-called “gummy smiles”



## 2. Comfortable and painless anaesthesia:

- Anaesthesia with the latest computer system, the WAND STA®
- Sedoanalgesia – deep sedation procedures performed by experienced anaesthesiologists
- Inhalation sedation with nitrous oxide (“laughing gas”) for children and adults
- Pharmacological premedication procedures – dental procedures performed on children and adults after administering oral sedatives



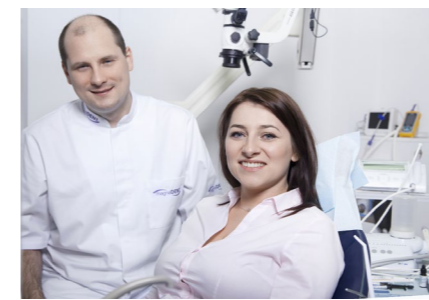
## 3. Microscope endodontics:

- Complex root canal procedures performed under an endodontic microscope
- Treatment of complications after endodontic treatment
- Removal of broken endodontic instruments and canal posts
- Closing dental perforations
- Identification and unblocking of obliterated root canals
- Treating internal and external resorption
- Microsurgical treatment of endodontic failures and side effects



## 4. Conservative dentistry:

- Filling cavities with the latest aesthetic composites (“light-cured white filling”)
- Treatment of cavities caused by factors other than tooth decay, for example loss or damage
- Treatment of dental diseases with biological methods using bioactive restoration materials, such as MTA®, Biodentine®, bioceramic Bioroot RCS® etc.



## 5. Implantology and bone surgery:

- Restoration of lost teeth with the use of dental implants – we use the following systems: Straumann®, Dentsplay-Ankylos®, NEO-BIOTECH®, SGS®
- Augmentation and regeneration of lost bone matter – Swiss and German biomaterials: Geistlich® and Botiss®
- Sinus lift – using a classical and minimally invasive method without opening the maxillary sinus lumen
- Bio-regeneration of lost bone matter with the patient’s blood products by plasma centrifugation – APRF and IPRF autogenous fibrin clots in a solid or liquid form



## 6. Dental surgery:

- Atraumatic extraction (removal) of teeth
- Resection (removal) of tooth root apex with ultrasound retrospective preparation and biomaterial filling
- Resection (removal) of pieces or whole roots of multi-rooted teeth
- Surgical treatment of cysts in hard and soft tissue
- Surgical correction of the alveolar bone and soft tissue
- Surgical correction of cheek, lip and tongue frenula





## 7. Dental prosthetics:

- Fixed (non-removable) prosthetics attached to the patient's own teeth – crowns and all ceramic bridges, composite bridges and metal bridges with ceramic covering
- Minimally invasive, aesthetic reconstruction of teeth crowns with the use of ceramic veneers or ceramic/composite inlays
- Acrylic dental ("plastic") dentures and frame dentures with a metal base
- Aesthetic non-clasp dentures attached to the patient's own teeth with a precise locking mechanism
- Treatment of functional disorders of the mastication organ – teeth grinding, pathological friction, bruxism
- Treatment of diseases of temporomandibular joints – pain, cracking, moving
- Splints and relaxation splint dentures – treatment of headache caused by mastication disorders



## 8. Periodontology:

- Open and closed curettage procedures
- Subgingival removal of dental deposits
- Microsurgical treatment of gingival recession and exposed root furcations
- Soft tissue transplants
- Guided Bone Regeneration
- Aesthetic splints for loosened teeth with glass fibre



## 9. Paedodontics (paediatric dentistry):

- Introductory visits with test inhalation sedation with nitrous oxide ("laughing gas")
- Painless, atraumatic computer-controlled anaesthesia with the WAND STA® system
- Inhalation sedation with nitrous oxide ("laughing gas") for children from 5 years of age
- Intravenous sedoanalgesia performed by an anaesthesiologist for children from 8 years of age
- Controlled reconstruction of damaged or undeveloped root apices of permanent teeth (apexification and apexogenesis)
- Colour fillings in deciduous teeth
- Tooth reconstructions made of bioactive materials
- Individually adjusted prevention programmes – children are placed under the care of a chosen dentist



## 10. Preventative dentistry:

- Dental hygiene treatments – removal of dental calculus and plaque with the use of ultrasound devices and through tooth sandblasting with a gentle cleaning agent (glycine), rather than traumatic calcium carbonate (baking soda)
- Individual tooth decay and periodontium disease prevention programmes
- Contact fluoridation



## 11. Dental diagnostics:

- RVG imaging – digital radiovisiography
- Panoramic OPG imaging – digital orthopantomogram
- Microtomographic CBCT imaging – three-dimensional X-Ray imaging in the computer tomography conical beam system
- MSD – MAGNADENT Smile Design – digital reconstruction and design of the future appearance of teeth with aesthetic smile analysis
- Digital analysis of contraction (contact between top and bottom teeth) with the T-Scan IV® (Tekscan) computer system
- Inner mouth digital imaging of teeth
- Histopathological tests
- Microbiological tests (bacteriology, mycology)



## Average duration of individual treatments performed on working days (Monday-Friday)

1-2 days



Composite filling, endodontic (root) treatment, reconstruction of crown with glass fibre root posts, teeth whitening, professional dental hygiene treatment (teeth cleaning), periodontological treatment (gums inflammation), surgical treatment, routine implant therapy without augmentation and bone regeneration

4-5 days

Crowns and prosthetic bridges (routine treatment without complex reconstruction), ceramic inlays/overlays (minimally invasive ceramic reconstruction of tooth crowns), complex implant therapy with augmentation and bone regeneration, acrylic (plastic) prosthetics

6-7 days

Complex prosthetic treatment with crowns and bridges in case of massive reconstruction with digital smile design, minimally invasive ceramic veneers with MSD (Magnadent Smile Design), frame dentures

8-10 days

Controlled bone regeneration and augmentation combined with an open sinus lift

## How can you become our patient? What to do

Below you can find information on how you can quickly and easily plan your treatment at our clinic and a safe trip and stay in Kraków, one of the most beautiful cities in Europe. With our patients in mind, we've expanded the range of our services with free transfer to and from the airport, designer apartments and intimate boutique hotels in the heart of the old town, as well as a wide range of tourist attractions:

### 1) Contact us

Email: [office@magnadent.com](mailto:office@magnadent.com)

Mobile: (+48) 887-023-853  
or (+48) 727-55-66-00

[www.magnadent.com](http://www.magnadent.com)

We are open to any questions regarding the treatment process, logistics of your travel and stay in Kraków, as well as costs, payments and cost reimbursements from insurance companies. We reply to all enquiries immediately, but no later than within 24h in case of a large number of enquiries. In order to receive a quick and exhaustive answer on treatment options and costs, please follow the following enquiry format:

- contact details
- your expectations regarding treatment and a description of current problems
- good quality photos of your teeth made with a mobile phone – you can find a guide on our website
- digital X-Ray images or - if you have analogue or hard copies of X-Ray images - photos of X-Ray images taken with a mobile phone
- possibly a treatment plan prepared by a local dentist (the important part are tooth identification numbers and descriptions of procedures, not the cost estimation)
- brief description of your general health – mainly information about any chronic diseases of the cardiovascular system (hypertension, heart attack, stroke), autoimmune diseases (e.g. psoriasis, collagenosis), metabolic diseases (e.g. advanced diabetes), cancer (leukaemia, cancer chemo/radiotherapy) and allergy to metal and composite resin.

After receiving an enquiry in the format presented above, our specialist medical staff will prepare an initial treatment plan and a cost calculation; in case of doubts we contact the patient directly over the phone. All our patients can talk directly to the doctor and have a consultation over the phone (in English). We make every effort to ensure that our patients always receive full and precise information about proposed treatment, including a cost estimation and travel arrangements before they arrive in Kraków.

### 2) Travel arrangements

The fastest and cheapest way to get to Kraków is by plane. There are two airports that serve the city of Kraków: Kraków Airport (KRK) and Katowice Airport (KTW). The location and time of travel to the clinic, as well as flight duration, average ticket prices (return), airline operator and direct destinations without changes are presented below (as of Quarter 3 of 2017):

**Kraków Airport (KRK) –  
distance and time of travel to the clinic:  
15km, 20min**

**Ryanair:**

Spain  
Alicante (ALC) - 3h15min, €260-320  
Barcelona-Girona (GRO) - 2h40min, €165-210  
Madrid (MAD) - 3h30min, €290-350  
Malaga (AGP) - 3h45min, €215-280

Great Britain  
Belfast Intl (BFS) - 2h55min, €130-150  
Birmingham (BHX) - 2h35min, €192-220  
Bournemouth (BOH) - 2h25min, €190-220  
Bristol (BRS) - 2h40min, €130-160  
East Midlands (EMA) - 2h35min, €150-180  
Edinburgh (EDI) - 2h45min, €150-180  
Leeds-Bradford (LBA) - 2h35min, €105-140  
Liverpool (LPL) - 2h45min, €135-160  
London-Stansted (STN) - 2h25min, €140-170  
Manchester (MAN) - 2h40min, €192-230

Check all flights on [page 20](#)

We suggest to book your plane tickets well in advance (it's much cheaper) after you've received treatment duration confirmation from us. After purchasing a ticket, please send us the booking identification number in the international AMADEUS system (six-digit sequence of characters containing letters and numbers, which you can find on any plane ticket/invoice/e-mail confirmation received from the airlines, e.g. 7DQFX4). It's very important as only then will we be able to monitor the patient's flight status on an ongoing basis and our drivers will be waiting at the airport on time. For example, if a flight is redirected due to bad weather to Katowice, it won't be a problem for us if we have the patient's flight booking number in the AMADEUS system, as our operations centre will immediately direct the driver to the Katowice airport before the plane lands!

After landing in Kraków or Katowice, our patients are collected from the airport by our English-speaking drivers (luxurious Mercedes cars), who wait for our guests by the exit of the duty-free zone at the airport, holding a board with the company name and the patient's last name. If the flight is delayed, our driver waits for the patient. For logistic reasons please remember to send us your booking confirmation number in the AMADEUS system to allow our operations centre to track the flight in real time and to respond to any delays. We provide transport directly to your hotel/apartment or to the clinic.



#### 4) Settlement, cost reimbursement and return trip

The patient receives a full cost estimate for the planned treatment before the treatment begins. If for medical reasons a need arises during a procedure to introduce any changes (extend or reduce its scope), the patient is immediately informed about it and about the causes, and receives a modified treatment plan with an updated cost estimate. A typical example would be the inability to save a tooth despite making treatment attempts or a very low quality of the patient's bone tissue, found mid-surgery while introducing dental implants.

Payments for dental treatments are made at the end of the day, after the patient's last appointment, only for treatments already performed. Patients always receive an invoice in English with a full description of all treatments performed, included in the settlement. In case of implant-based treatment, patients also receive international warranty certificates in English for the specific implant system. Patients can choose between two payment methods: cash of debit/credit card (VISA, Mastercard, Maestro).

Our clinic has been treating international patients for over 10 years and all our staff members have extensive experience in overcoming bureaucratic obstacles in the treatment cost reimbursement process. During the first consultation all patients receive precise information about their eligibility for cost reimbursement (there are specific medical regulations that set out which diseases can be eligible for cost reimbursement and on what terms with regard to individual insurance companies) and the necessary treatment method to meet the insurance company's requirements (e.g. highly specialised implant-prosthetic treatments must only be performed by dentists with the second, i.e. highest degree of specialisation in the relevant discipline). Within around 3-4 weeks after finishing treatment at our Kraków-based clinic, all patients eligible for cost reimbursement can request to receive an electronic and hard copy of a full set of documents required by their insurance company (medical report, insurance questionnaires, invoices, radiological test results, etc.).

On the departure date, we provide a free transfer to the airport in Kraków or Katowice.

#### 3) Treatment in Kraków

During the first consultation at the clinic, after examining the patient and performing full radiological diagnostics, we'll prepare a detailed treatment plan with costs, covering the entire suggested course of treatment with any subsequent stages. This means that the patient will receive a full cost estimate without any hidden costs. Treatment plans are prepared in several variants (if possible) so that the patient can freely choose the treatment option most suited to their expectations and priorities. The treatment options may differ in terms of: scope of procedures performed, speed, number of visits in Kraków, aesthetic result, durability and price. The entire medical documentation used at the clinic is in English – this includes the patient's information sheet and all information brochures, treatment consents and cost estimates. Treatment plans are discussed with the patient in a separate, private room. Additionally, we use ready implant-prosthesis models, as well as videos and 3D animations to explain the treatment methods to the patient and to show the expected end results. We pay particular attention to 3D visualisations and digital smile design (MSD – Magnadent Smile Design). This non-invasive and fast technology allows our patients to see for themselves what their teeth are going to look like, which makes it much easier for them to make decisions, for instance on the scope of planned treatments (e.g. the number of teeth to be covered with ceramic veneers). Digital smile analysis also allows us to show all dental issues identified in the patient on a large HD screen and to display an immediate virtual simulation, as well as a physical (plastic) composite simulation of their new and improved smile.

## Price List

Example prices in EUR of the most popular medical procedures. Current as at 2017. Our current prices and details of any special offers can be found on our website: [www.magnadent.com](http://www.magnadent.com) in the "Price List" tab.

| PROCEDURE  | Price in EUR |
|--|--------------|
| Digital X-Ray image of a single tooth  | FREE         |
| Panoramic digital X-Ray image of all teeth   | FREE         |
| Specialist consultation (including implantological consultations)  | FREE         |
| Local anaesthesia  | FREE         |
| Computer-controlled anaesthesia with the WAND STA system   | FREE         |
| 3D CT scan (CBCT)  | from 50      |
| MSD (MAGNADENT Smile Design) – digital dental reconstruction and design with an aesthetics analysis of your future smile | from 75      |
| Inhalation sedation with nitrous oxide ("laughing gas")  | from 49      |
| Intravenous sedoanalgesia performed by an anaesthesiologist ("narcosis")   | from 260     |
| Full cleaning of all teeth – 2 arches (ultrasound scaling, sand-blasting, polishing and fluoride therapy)                | 79           |
| Teeth whitening  | from 129     |
| In-office immediate teeth whitening - Beyond POLUS Advanced system (both arches)   | 239          |
| Light-cured composite filling  | from 59      |
| Endodontic treatment ("root canal" treatment) - 1 root canal   | from 69      |
| Periodontological treatment – both arches  | from 259     |
| Tooth crown reconstruction with glass fibre posts after endodontic treatment   | from 115     |
| Metal crown with ceramic covering  | 259          |
| All-ceramic crown  | from 389     |
| All-ceramic crown made of zirconia ceramics  | from 359     |
| Composite inlay  | 199          |
| Ceramic inlay IPS e.max Ceram®   | 299          |
| Ceramic veneer IPS e.max Ceram®  | 399          |
| Full acrylic denture   | from 455     |
| Full frame denture   | 599          |
| Tooth extraction   | from 65      |
| A – PRF (Platelet Rich Fibrin) – implantation of an autogenous fibrin clots obtained from the patient's blood            | 99           |
| Cerabone bone-forming biomaterial (Botiss - Germany) – 0.5g  | 99           |
| Augmentation (implantation) of bone tissue   | 329          |
| Closed sinus lift  | from 309     |
| Dental implant (SGS, NEO-BIOTECH, ANKYLOS, STRAUMANN systems) – the screw only   | from 465     |
| Surgical exposure of an implant and a healing ring for the implant   | from 69      |
| Standard metal implant abutment  | from 219     |
| Metal crown with ceramic covering on a dental implant  | 309          |
| Dental implant – full set: screw, healing ring, abutment, crown  | from 1062    |

CLEANING



WHITENING



CERAMIC INLAY



CERAMIC VENEERS



IMPLANTS



COMPOSITE FILLING



METAL-CERAMIC CROWN



ALL-CERAMIC ZIRCONIA CROWN



ENDODONTIC TREATMENT



ACRYLIC DENTURE



PROTESE MED METALLBASIS



GLASS FIBRE POST CROWN RECONSTRUCTION



# Dentophobia

Our clinic specialises in dental treatment of patients with dentophobia (dental fear). The Medical Director, Dr Krzysztof Gończowski is a renowned specialist with many years of experience in eliminating fear, stress and pain associated with dental procedures. For over 15 years, he's been training dentists all over the world in pain-free and atraumatic treatments and has written numerous scientific publications and a handbook on the subject. Patients with dental fear receive efficient and pain-free treatment at our clinic thanks to the use of many modern methods:



- New generation local anaesthetics – articaine
- Computer systems – the WAND STA
- Premedication with carefully selected sedatives
- Inhalation sedation with nitrous oxide (“laughing gas”)
- IV sedoanalgesia (“narcosis”)

Moreover, our clinic employs three highly-specialised anaesthesiologists with extensive experience in administering anaesthesia to patients with dentophobia and features a fully equipped treatment room where all types of sedation and sedoanalgesia are performed.



# What makes us stand out?

MAGANADENT Dental Clinic is a unique company in the medical tourism sector, as it employs 15 experienced and highly-qualified doctors working according to standardised procedures aimed at eliminating pain and fear, which combined with a carefully selected treatment plan, chosen in consultation with the patient (digital smile design), allows us to maximally reduce the duration of the treatment.



- 1 Continuous (24h) assistance provided by an English-speaking clinic representative
- 2 A team of experienced high-class professionals specialising in a niche area of dentistry who have been working together for over 10 years according to specific standards, which facilitates fast and effective implementation of complex, highly-specialised treatment plans.
- 3 A unique pain-free treatment system: inhalation sedation with nitrous oxide (“laughing gas”), sedoanalgesia performed by anaesthesiologists (“narcosis”), sedatives and computer-controlled local anaesthesia instead of traditional needles
- 4 MSD (MAGNADENT Smile Design) – digital dental reconstruction and design with an aesthetic analysis.
- 5 A personal approach to treating all patients, i.e.:
  - written treatment plans with full cost estimates without any hidden costs, covering the whole course of treatment rather than just the first stage!
  - a number of treatment options available, different in terms of quality, aesthetics, durability, duration and price
  - taking the patient's expectations into account while preparing the treatment plan in terms of logistics (treatment duration), aesthetics and functionality
  - the attending physician is personally responsible and monitors the results of the treatment
- 6 Highly-specialised complex procedures performed with speed – thanks to synchronised work of 15 specialists all under one roof with 3 of the biggest dental technical laboratories in Kraków at their disposal
- 7 Laboratory work certificates and international implantological patents issued as standard to all patients at the end of the treatment – warranties for prosthetics
- 8 Preparation of complete documentation for the insurance company

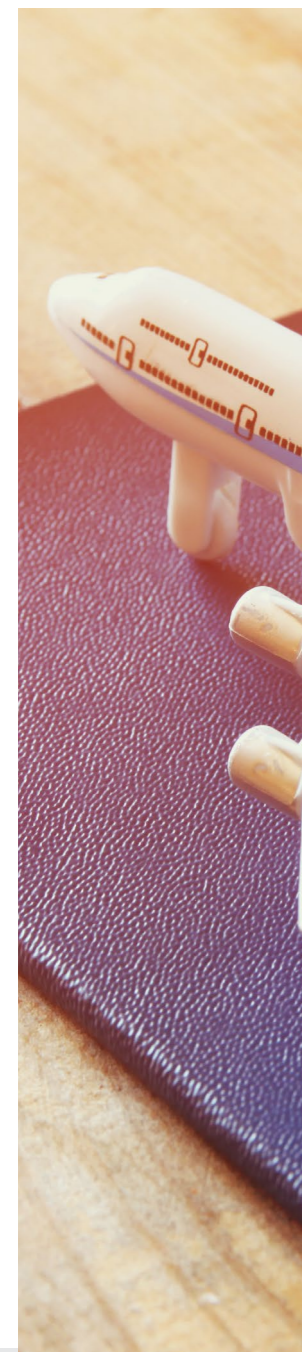


## Flights

The fastest and cheapest way to get to Kraków is by plane. There are two airports that serve the city of Kraków: Kraków Airport (KRK) and Katowice Airport (KTW). The location and time of travel to the clinic, as well as flight duration, average ticket prices (return), airline operator and direct destinations without changes are presented below (as of Quarter 3 of 2017):

### Kraków Airport (KRK)

distance and time of travel to the clinic: 15km, 20min



### RYANAIR

#### Spain

- Alicante (ALC) - 3h15min, €260-320
- Barcelona-Girona (GRO) - 2h40min, €165-210
- Madrid (MAD) - 3h30min, €290-350
- Malaga (AGP) - 3h45min, €215-280

#### Great Britain

- Belfast Intl (BFS) - 2h55min, €130-150
- Birmingham (BHX) - 2h35min, €192-220
- Bournemouth (BOH) - 2h25min, €190-220
- Bristol (BRS) - 2h40min, €130-160
- East Midlands (EMA) - 2h35min, €150-180
- Edinburgh (EDI) - 2h45min, €150-180
- Leeds-Bradford (LBA) - 2h35min, €105-140
- Liverpool (LPL) - 2h45min, €135-160
- London-Stansted (STN) - 2h25min, €140-170
- Manchester (MAN) - 2h40min, €192-230

#### Italy

- Bologna (BLQ) - 1h45min, €80-120
- Cagliari (CAG) - 2h30min, €140-170
- Lamezia (SUF) - 2h10min, €135-160
- Milan-Bergamo (BGY) - 1h45min, €78-120
- Pescara (PSR) - 1h45min, €94-120
- Pisa (PSA) - 2h, €201-240
- Rome-Ciampino (CIA) - 2h, €104-130
- Trapani (TPS) - 2h25min, €145-175
- Valencia (VLC) - 3h5min, €200-250
- Venice-Treviso (TSF) - 1h35min, €66-95

#### Germany

- Dortmund (DTM) - 1h45min, €42-75
- Eindhoven (EIN) - 2h, €95-120

#### Ireland

- Dublin (DUB) - 3h, €95-120
- Shannon (SNN) - 3h5min, €260-300

#### Norway

- Oslo Torp (TRF) - 2h50min, €30-70

#### France

- Paris-Beauvais (BVA) - 2h15min, €80-140

#### Portugal

- Porto (OPO) - 3h35min, €150-210

#### Sweden

- Stockholm-Skavsta (NYO) - 1h50min, €60-85

### vueling

#### Spain

- Barcelona (BCN) - 2h50min, €180-220

### norwegian

#### Norway

- Bergen (BGO) - 2h20min, €80-150
- Oslo Gardermoen (OSL) - 2h5min, €70-90
- Stavanger (SVG) - 2h5min, €80-90
- Trondheim (TRD) - 2h25min, €80-90

#### Denmark

- Copenhagen (CPH) - 1h30min, €180-220

#### Sweden

- Stockholm-Arlanda (ARN) - 1h55min, €140-160

### easyJet

#### Great Britain

- Belfast (BFS) - 3h5min, €90-120
- Bristol (BRS) - 2h40min, €110-140
- Edinburgh (EDI) - 2h50min, €140-180
- Liverpool (LPL) - 2h30min, €130-170
- London Gatwick (LGW) - 2h10min, €130-170
- Manchester (MAN) - 2h30min, €75-100

#### Switzerland

- Basel-Mulhouse-Freiburg (BSL) - 1h50min, €70-90
- Geneva (GVA) - 1h55min, €120-155

#### Germany

- Hamburg (HAM) - 1h30min, €110-130

#### France

- Lyon (LYS) - 2h15min, €200-240
- Paris Charles de Gaulle (CDG) - 2h15min, €140-160

#### Italy

- Milan Malpensa (MXP) - 1h50min, €140-160
- Naples (NAP) - 2h, €140-160
- Venice Marco Polo (VCE) - 1h45min, €90-110

### Jet2.com

#### Great Britain

- Birmingham (BHX) - 2h30min, €170-190
- Manchester (MAN) - 2h30min, €250-290
- Newcastle (NCL) - 2h30min, €220-250

### Eurowings

#### Germany

- Stuttgart (STR) - 1h30min, €150-180

## Tourist attractions – transfers, tours, entertainment

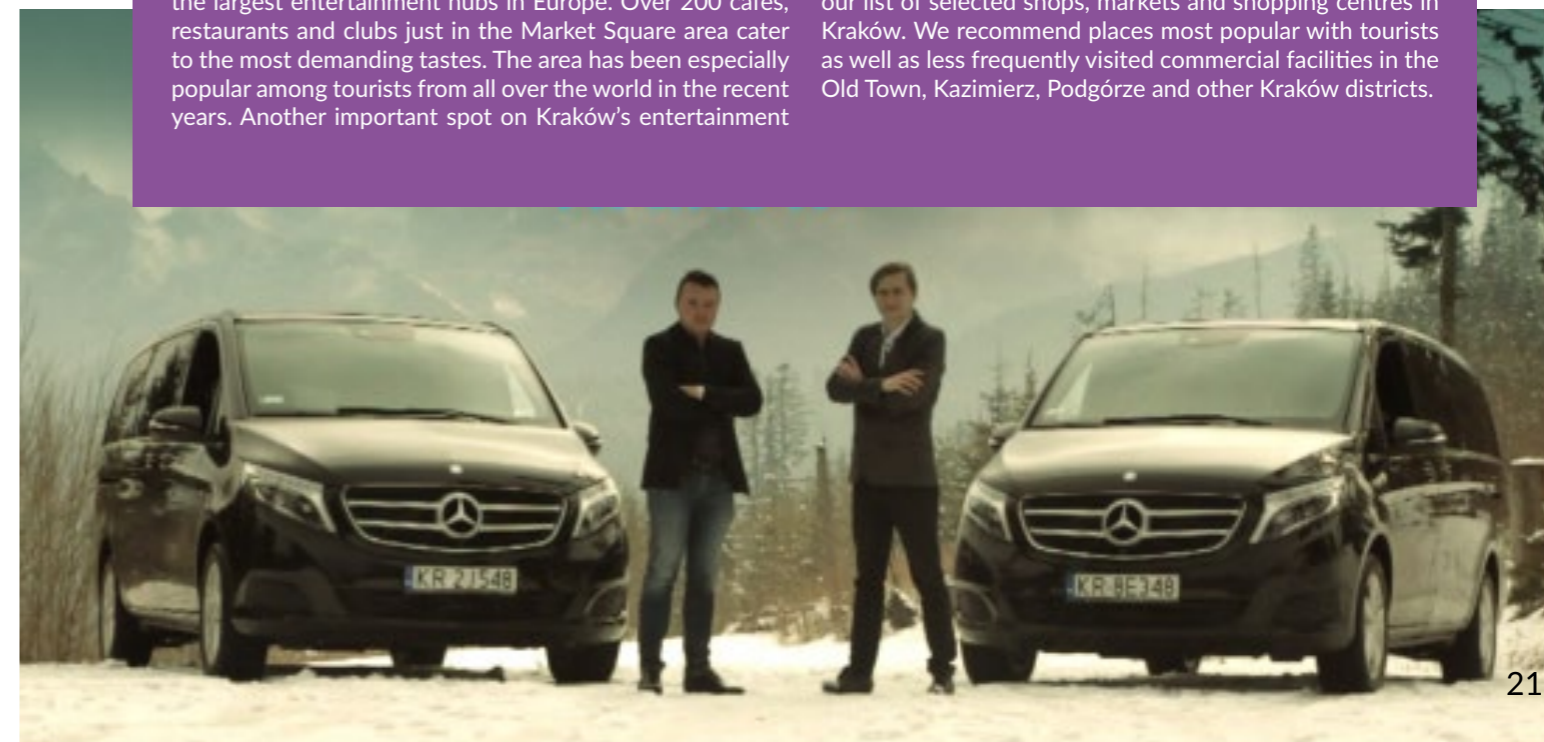
MAGADENT Dental Clinic employs English-speaking drivers who offer airport transfers and collect our patients on their arrival. In collaboration with our 24h logistics centre, using the patient's flight booking number in the international AMADEUS system, we offer full assistance and support to our patients during their trip and stay in Kraków. The drivers take patients directly to the clinic or to their hotel. In addition, to meet the needs of our patients, we've prepared a range of recommended tours around Kraków and its surroundings. Please let us know in advance if you'd like to participate in any of the tours offered.



Kraków is a city full of restaurants, bars, pubs and music venues – a lifetime is not enough to visit them all. Nearly all tenement houses in the Old Town area hold at least one entertainment venue. Here you can find countless restaurants which serve dishes from all corners of the world, as well as atmospheric clubs where you can dance the night away. The Old Town and its surroundings constitute one of the largest entertainment hubs in Europe. Over 200 cafes, restaurants and clubs just in the Market Square area cater to the most demanding tastes. The area has been especially popular among tourists from all over the world in the recent years. Another important spot on Kraków's entertainment

map is the Kazimierz district. That's where you can find the most atmospheric and cultural venues in Kraków. The unique architecture of the district combined with its rich entertainment offering make Kazimierz just as attractive destination to spend your free time as the Old Town.

If you are looking for the perfect shopping destination, use our list of selected shops, markets and shopping centres in Kraków. We recommend places most popular with tourists as well as less frequently visited commercial facilities in the Old Town, Kazimierz, Podgórze and other Kraków districts.



## The Royal Route and the Old Town (Kraków, City Centre)

an amazing tour around the historic capital of Poland – the royal city of Kraków. The Royal Route [Droga Królewska] was used by Polish kings, foreign ministers and visitors and is now the most popular tourist route in Kraków. It starts at Matejko's manor house, leads through Barbakan, the main city gate (Brama Floriańska), along Floriańska Street, to the other side of the Main Market Square, up Grodzka Street, to the Wawel Royal Castle. On the way back, you can see the Cloth Hall [Sukiennice], St. Mary's Basilica, Jagiellonian University and the Franciscan Church with the Papal Window.



## Schindler's List Route (Kraków, City Centre)

a very interesting tour where you can get to know different locations linked to the tragic story of Jews during WW2. The tour starts in Kazimierz, an old Jewish district where a ghetto was located. Next, you visit the Oskar Schindler's Museum (the old Oskar Schindler's Factory) and Płaszów (former labour camp).



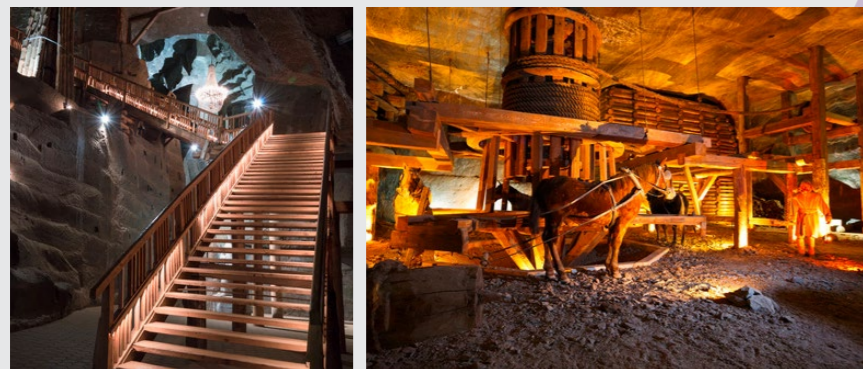
## Zakopane (distance from Kraków city centre: 100km, average travel time: 2h)

a picturesque town in southern Poland, Podhale region, at the bottom of the Tatra mountains. This amazing place is famous for its unique landscape and is known as the winter capital of Poland. It's the perfect destination to visit any time of the year to experience the unique landmarks and culture of Podhale and to walk along amazing mountain trails. The tour lasts the whole day. Our patients are taken to the destination and collected by English-speaking drivers in luxurious Mercedes V-Class with Wi-Fi on board.



## Salt Mine in Wieliczka (distance from Kraków city centre: 15km, average travel time: 30min)

is the most unique and special place in direct vicinity of Kraków (entered on UNESCO Heritage List). People used to extract rock salt from the mine for 700 years. While visiting the museum you can learn what that complicated process looked like and see unique, world-class salt sculptures in a whole underground town featuring a lake, river, chapel, church and a huge concert hall. Our patients are taken to the mine and collected by English-speaking drivers in luxurious Mercedes V-Class cars with Wi-Fi on board.



## Wadowice-Kalwaria (distance from Kraków city centre: 60km, average travel time: 1h)

this tour is dedicated to our patients who would like to visit places linked to the life of Saint John Paul II. The tour starts in Kalwaria with the famous Lord's Passion Sanctuary. The second part of the tour takes place in Wadowice – the place where Pope John Paul II was born and raised. Our patients are taken to the destination and collected by English-speaking drivers in luxurious Mercedes V-Class with Wi-Fi on board.



## Auschwitz-Birkenau (distance from Kraków city centre: 70km, average travel time: 1h)

is a former German Nazi concentration camp in Oświęcim-Brzezinka. Over 1.1 million people were killed here during World War 2. Today, Auschwitz-Birkenau serves as a collective symbol of genocide, cruelty and the Holocaust. The museum is visited by over a million tourists from all over the world every year. Our patients are taken to the museum and collected by English-speaking drivers in luxurious Mercedes V-Class with Wi-Fi on board.



## One-day tour to Wieliczka and Auschwitz

this tour combines the two above tours in one day and is intended for patients who have a whole day free in the course of their treatment (for example, while waiting for a prosthesis). Our patients are taken to the destination and collected by English-speaking drivers in luxurious Mercedes V-Class with Wi-Fi on board

## Shooting range and golf course (distance from Kraków city centre: 40km, average travel time: 45min)

– this is a trip for everyone who wants to spend their time actively on a golf course or a professional sports and combat shooting range open all year round. During the tour, experienced instructors demonstrate safe use of short and long guns. The visitors can use short (up to 25m) and long gun (up to 50m) shooting courses. The facility offers a wide choice of weapons, including M4 rifle, AK-47 ("Kalashnikov"), Glock pistols and replicas of historic firearms from the Second World War. You can also play golf in Krakow Valley Golf & Country Club – the first and largest golf complex in southern Poland. At an area of 160 ha, you will find: 18-hole Master class golf course, par 72, 6-hole golf course, par 18 and the modern Golf Academy with the Driving Range. Our patients are taken to the destination and collected by English-speaking drivers in luxurious Mercedes V-Class with Wi-Fi on board.



## Medical services

We also offer diagnostics and selected general medical treatments. We can make a free booking and provide free assistance from an English-speaking clinic representative at the facility. If you are interested in our medical treatments, please let us know in advance in your e-mail enquiry which treatments you are interested in.

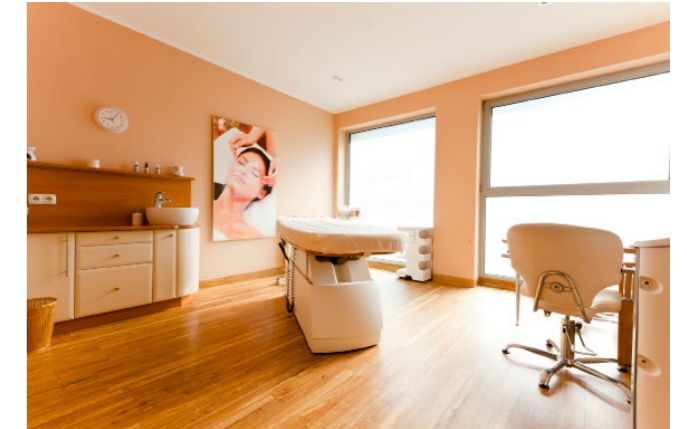
### Diagnostics and general medical treatments:

- Endoscopy (gastroscopy, colonoscopy, arthroscopy)
- Biopsy (thyroid, breasts)
- Aesthetic medicine (botox, hyaluronic acid, fillers, dermabrasion, mesotherapy, gold thread, cellulitis removal)
- Proctology (removal of varices veins and intestinal polyps)
- Gynaecology (aesthetic gynaecology treatments – full range of services)
- Bariatrics – obesity treatment (minimally-invasive gastric balloon or gastric band)
- Ophthalmology (laser eye surgery, cataract removal)
- Orthopaedics (treatment of the carpal tunnel syndrome and all sports injuries of the musculoskeletal system with rehabilitation)
- Dermatology (removal of birthmarks and haemangiomas, cryotherapy)



## Spa and Wellness – Get yourself a little bit of luxury!

We all need some time to relax when we travel, which is why we understand the needs of our patients and want to satisfy them according to our motto “combine business with pleasure”, so we organise treatments and “SPA days” at the best SPA studios in Kraków. The services offered include visits to hairdressing studios, beauty studios and tattoo studios. Due to a high level of interest in Spa&Wellness treatments, we have established a collaboration with one of the best facilities in Kraków city centre – the Cosmetic Institute of Dr Irena Eris.



### 1) All-round care and relaxation programme for the body and mind - “Beauty day”

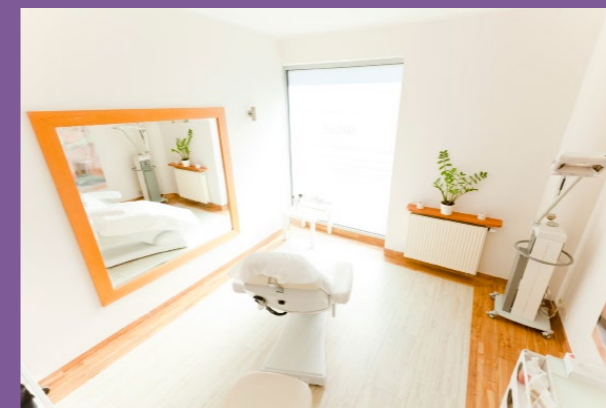
We offer a full day of treatments adjusted to your individual needs, which is the best way to get healthy, beautiful skin and to delight your senses. The programme includes (relaxation time: 5h30min):

- Professional skin diagnostic analysis
- Face treatment adjusted to your individual needs
- Relaxing body treatment
- Fruity quarter with refreshments
- Manicure and hand treatment
- Pedicure + Cinnamon feet
- Daytime make-up

### 2) Professional skincare programme - “An afternoon of beauty”

Restore your body’s natural glow and energy, enjoy some time to rest and relax all your senses. Results: a beautiful complexion, glowing and velvet-smooth skin, rest, restored energy and vitality. The programme includes (relaxation time: 4h):

- Professional skin diagnostic analysis
- Face treatment adjusted to your individual needs
- Fruity quarter with refreshments
- Manicure + SOSmooth treatment for the hands
- Pedicure
- Daytime make-up

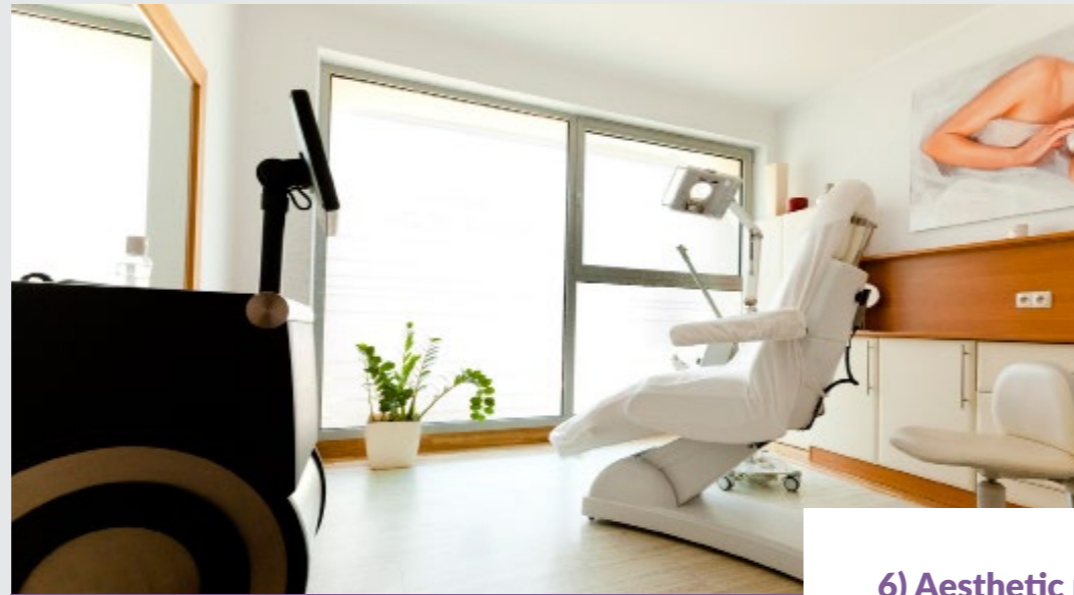


### 3) Facial treatments:

**VITAMIN C 30% - bio-renewal and revitalisation of the face, neck and skin around the eyes** - comprehensive renewing and revitalising treatment, stimulating cellular renewal. The use of high vitamin C concentrations guarantees effective exfoliation with brightening and deeply moisturising effects. Duration: 2h.

**HYDRO-OLEO ACTIVE - emollient moisturising and soothing facial treatment** - the treatment has been inspired by the latest scientific developments and is intended for all skin types. It starts with a skin diagnostic analysis and customer interview, which are an integral part of each treatment. Duration: 1.5h.

**ULTRA LIFTING - skin lift therapy with 3-active retinol** the first stage of the treatment involves a modelling-lifting massage or a special Dr Irena Eris massage with 3-ACTIVE RETINOL. This innovative complex is based on three active forms of vitamin A: retinol, vitamin A ester (palmitate) and blue-green algae extract (cyanophyceae) - the plant equivalent of vitamin A. 3-ACTIVE RETINOL improves skin texture, contributing to an improved production of supporting protein (collagen and elastin), which ensure skin flexibility. It has multi-level effects. The active ingredients of the complex are released in the skin at different times, continuously for a prolonged period of time and guarantee rapid and strong anti-ageing effects. The innovative massage technique was created by the experts from Dr Irena Eris Cosmetic Institute. It combines classic massage techniques, lymph drainage massage and stimulation of energy points. The massage improves blood circulation, makes the skin firmer and creates a feeling of deep relaxation and rest. It improves skin elasticity and density and visibly reduces the appearance of wrinkles. Duration: 1.5 h.



### 4) Body treatments

**ARGAN BODY RITUAL - body bio-regeneration with classic massage** - ARGAN OIL - called the liquid gold, is one of the most valued oils in the beauty sector. It's extracted from seeds of the argania tree fruit, which can only be found in one place in the world - in Morocco. It is easily absorbed through the skin, which means that a large part of the oil can quickly reach deeper layers of skin. The high vitamin E contents, polyphenols and NNKT (omega 9 and omega 6) in the oil smooth the skin, moisturise, nourish and brighten any discolourations. The oil helps restore the skin's lipid layer and protects the skin from adverse external agents. It soothes inflammation and regulates the function of oil glands. The multi-effect treatment provides regeneration and deep relaxation. The products used during the treatment regenerate, nourish and restore skin firmness, protecting it from harmful adverse external agents. Duration: 2 h.

**CELLULIT EXPERT ADVANCE - modelling, smoothing and anti-cellulite treatment with IR+ ULTRASOUND LIPOSUCTION AND DERMADRENAGE VACUUM MASSAGE** - the treatment eliminates excessive fatty tissue and cellulite, and can also be used to prevent cellulite build-up. It includes: an intensive skin peel to remove dead skin cells with immediate smoothing effects, a mask with an active ingredient complex stimulating adipose tissue browning, activating thermogenesis and fat burning and accelerating the lipolysis process, while the massage complements the treatment. Duration: 3.5h. behandlingen. Varighet: 3,5 timer.

### 5) Massage

Dr Irena Eris Cosmetic Institute follows a philosophy based on an individual approach to all clients, providing comprehensive beauty treatments, looking after the health, internal harmony and complete regeneration of senses and the body. Scented body care massages performed by an experienced friendly masseuse will provide you a pleasant experience with guaranteed fantastic results. Especially popular are the hot candle massage and hot stone massage. Duration: 1 h.

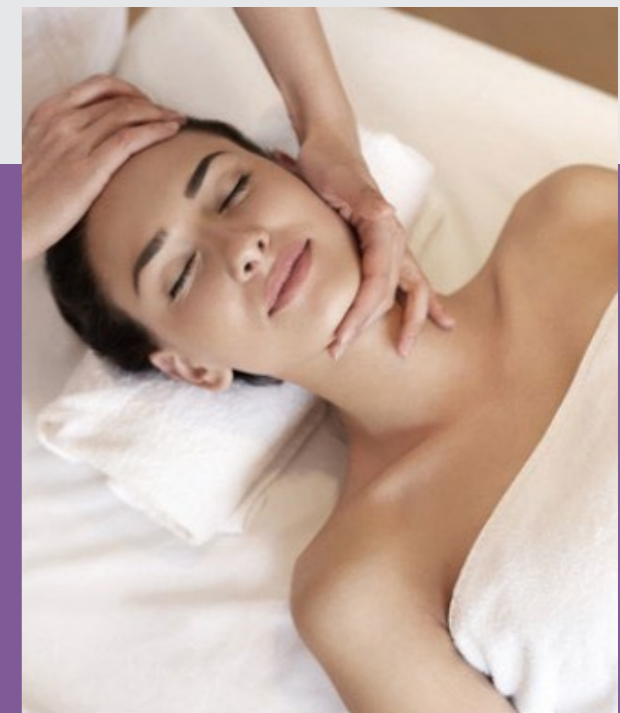
### 6) Aesthetic medicine

**COSMELAN** - intensive peeling and brightening treatment - one of the most effective whitening treatments on the market (the intensity of pigmentation is reduced in 99% of patients). The treatment is performed to eliminate pigmentation spots and to improve the general condition of ageing skin (removal of wrinkles, large pores and small discolorations). The treatment is suitable for all skin types and is can be performed all year round. It involves two stages: stage one is a peeling and whitening treatment in the treatment room, stage two is following a special procedure at home. The physician administering the treatment talks to the patient about its detailed course and actions to perform at home. Duration: 0.5 h.

**MESOTHERAPY** - it is a minimally-invasive method used to regenerate and improve the appearance of the face and body by injecting special products (so-called cocktails) in order to rebuild, nourish and revitalise your skin. The cocktail components depend on the current needs of the client and the type of treatment administered. It is recommended for the following skin issues: dry ageing skin, loss of elasticity and firmness, shallow wrinkles, small scars, hair loss, new stretchmarks and cellulite. Duration: 1h.

**BOTULINIUM TOXIN** - the treatment involves injection of botulinum toxin into the facial muscles to temporarily stop the transfer of nerve impulses to the muscles. The injection helps relax specific facial muscles and stops them from tensing up, which smooths out wrinkles. The first results are visible a few days later and develop completely over 1-2 weeks, and last 3-6 months depending on the treated area, anatomical conditions and the patient's lifestyle. In case of subsequent treatments, the results usually last longer. Duration: 0.5 h.

**HYALURONIC ACID** - filling wrinkles and lines, volumetric treatment - the treatment involves injection of products containing stabilised hyaluronic acid of synthetic origin. Hyaluronic acid is a substance naturally occurring in the human body. The highest levels of the acid are found in young skin, making it flexible and preventing it from wrinkling. Over time the level of hyaluronic acid drops and the skin loses moisture, leading to the appearance of lines and wrinkles, also affecting the shape and volume of the lips and the shape and volume of the face. After the injection, the substance remains in the skin for 6-24 months depending on the skin condition, treated area, type of product and injection technique. The "soft lifting" method allows us to precisely shape the face without a risk of bruising. Duration: 0.5 h.





## MAGNADENT Dental Clinic

[www.magnadent.com](http://www.magnadent.com)

E-mail: [office@magnadent.com](mailto:office@magnadent.com),

Phone: 0048-887-023-853 (24h),  
0048-727-55-66-00 (Mon-Fri 9:00-19:00)

Radzikowskiego 138, 31-342 Krakow, Poland  
Healthcare provider ID No: 000000061251,  
NIP: 679-251-65-66, REGON: 356746258