

Your Guide to Prepare for Abdominal liposuction Trip in Mexico



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of exit from Mexico.
- Travelers should check visa requirements based on their nationality at the official website of the National Institute of Immigration (Instituto Nacional de Migración): www.inm.gob.mx.
- Medical records detailing your health history and any relevant information about your current condition.
- Clinics in Mexico may provide diagnostic tests and evaluations if certain medical documents are missing.



Accommodation Options

Accommodation is typically not included in the package and needs to be self-booked. Some clinics may partner with local hotels to offer discounts. Hospital stays may be included as part of the medical procedure package. The average hotel stay per night can range from \$50 to \$150, depending on the hotel's quality and location.



Transfer Services

- VIP transfer services between San Diego California Airport and the clinic may be included in the medical package.
- Popular taxi services in Mexico include Uber, Didi, and local taxi companies, with approximate prices ranging from \$5 to \$20 for short to moderate distances within cities.



Interpreter Services

Interpreter services may be available upon request, with potential costs depending on the clinic's policies. It's essential to clarify this service's availability and cost with your medical provider before traveling.



Payment Methods

- Clinics generally accept payment via cash, credit card, PayPal, or bank transfer.
- The local currency is the Mexican Peso (MXN), but USD and EUR are also widely accepted, particularly in areas frequented by tourists.
- It is advisable to have some local currency for minor expenses and in areas where dollars or euros may not be accepted.



Pre-Op Abdominal liposuction Tips

- Stop smoking and avoid alcohol at least two weeks before the surgery to promote better healing.
- Discuss all medications and supplements with your surgeon as some may need to be discontinued before the procedure.
- Maintain a stable weight; significant weight fluctuations can affect the surgery results.
- Follow a healthy diet to support your immune system and recovery process.
- Arrange for someone to assist you after the surgery as your mobility will be limited.
- Bring comfortable, loose clothing that is easy to put on and take off after the surgery.
- Prepare your home for your return from the hospital to ensure a comfortable recovery environment.
- All postoperative instructions will be provided by your Abdominal liposuction doctor in Mexico.



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Prepared by Medical Coordinator

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