

Your Guide to Prepare for Tummy tuck Trip in Mexico



Documents and Visa Requirements

- A valid passport is required for international travel to Mexico.
- Visa requirements vary by country; check with the Mexican consulate or use online resources like visasmexico.com to see if you need a visa based on your nationality.
- Bring medical records related to your tummy tuck, including health history and any prior surgeries.
- Clinics in Mexico may provide diagnostics and tests if you lack certain medical documents, but it's best to clarify what is needed in advance.



Accommodation Options

Some clinics include a 4* hotel in their package; otherwise, you may need to book accommodation separately. Hospital stays are usually part of the medical package. Partner hotels might offer special discounts, but this should be confirmed with the clinic. If self-booking, the average price for a hotel stay per night is approximately \$50-\$150, depending on the location and hotel quality.



Transfer Services

- Some clinics offer free transfers to the hospital; otherwise, airport transfers are typically not included in the package.
- Popular taxi services include Uber and local taxi companies. An airport to city center ride may cost around \$25-\$50.



Interpreter Services

Interpreter services may be available upon request. Some clinics provide this service for free, while others may charge an additional fee. Confirm with your clinic if you require an interpreter and the associated costs.



Payment Methods

- Most clinics accept payments via cash or credit/debit card.
- The local currency is the Mexican Peso (MXN). It's useful to have some local cash for small expenses, but many places also accept US dollars or euros.



Pre-Op Tummy tuck Tips

- Stop smoking at least two weeks before the surgery to promote better healing.
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding.
- Arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.
- Maintain a healthy diet and stay hydrated in the days leading up to your surgery.
- Follow your surgeon's pre-operative instructions, which may include fasting and adjusting current medication regimes.
- Plan for a recovery area in your home where you can rest and recuperate comfortably.
- Prepare loose, comfortable clothing that can be easily put on and removed after the surgery.
- Confirm post-operative appointments with your surgeon for follow-up care.



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Prepared by Medical Coordinator

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