

# Your Guide to Prepare for All-on-4 Dental Implants Trip to Mexico



## Documents and Visa Requirements

- Passport valid for at least 6 months beyond your planned stay in Mexico.
- For visa requirements, check the Mexican consulate's website or [Instituto Nacional de Migración](#) for specifics based on your country.
- Medical records detailing dental history, any allergies, and medications currently taken.
- If certain medical documents are missing, clinics in Mexico typically provide diagnostics like X-rays or a 3D CT scan.



## Accommodation Options

Accommodation is typically not included with All-on-4 Dental Implant procedures in Mexico. However, clinics may provide recommendations or have partnerships with local hotels offering discounted rates. Hospital stays are usually not required, but patients will generally stay in the hotel for recovery. The average hotel stay per night can range from \$50 to \$150, depending on the hotel's quality and location.



## Transfer Services

- Some clinics may offer free airport transfers, while others may charge a fee.
- Popular taxi services include Uber and local taxi companies, with approximate prices starting from \$10 for a short ride within the city.



## Interpreter Services

Interpreter services may be available upon request. While some clinics offer this service for free, others might charge an additional fee. It's advisable to confirm this with the clinic beforehand.



## Payment Methods

- Cash and credit/debit cards are widely accepted payment methods.
- The local currency is the Mexican Peso (MXN), but many places accept US Dollars (USD) or Euros (EUR).
- Having local currency may be necessary for smaller establishments or for convenience in traveling.



## Pre-Op All-on-4 Dental Implants Tips

- Maintain good oral hygiene and follow any pre-surgery instructions provided by your dentist.
- Avoid smoking and consuming alcohol at least a week before the procedure.
- Discuss any medications you are taking with your dentist to prevent complications.
- Arrange for someone to accompany you on the day of surgery, as sedation or anesthesia may be used.
- Prepare a list of questions or concerns to discuss with your dentist during your consultation.
- Consider soft food and cool liquids for post-operative nutrition, as you might experience discomfort with regular foods.
- Plan for sufficient recovery time in Mexico, as recommended by your dental clinic.
- Remember that all postoperative instructions will be given by your All-on-4 Dental Implants doctor.



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