

Prepare for Your Beard Transplant Trip to Mexico



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of departure from Mexico.
- Return ticket and proof of sufficient funds for your stay.
- Check visa requirements for Mexico based on your country of origin at the official website of the Instituto Nacional de Migración: www.inm.gob.mx.
- Medical documents: medical history, any previous treatments related to your beard transplant, and a letter from your local doctor if applicable.
- Clinics in Mexico can provide diagnostics and tests if certain medical documents are missing.



Accommodation Options

Accommodation is not included in the beard transplant package. Patients can choose from hospital-affiliated hotels with discounts or self-book through various platforms. The cost of hotel accommodation in Mexico averages around \$50 to \$150 per night depending on the location and quality of the hotel.



Transfer Services

- Clinics may not offer free airport transfers; confirm with the clinic if such services are available.
- Popular taxi services like Uber, Cabify, or local taxis are available with approximate prices ranging from \$10 to \$50, depending on distance and city.



Interpreter Services

Interpreter services may be available upon request. Clinics may offer this service for free or there might be an additional cost. It is recommended to confirm the availability and cost with the clinic before arrival.



Payment Methods

- Clinics accept payments via cash, credit card, and bank transfer.
- The local currency is the Mexican Peso (MXN), but US Dollars are widely accepted in Mexico.
- Having local currency is beneficial for smaller purchases and in areas where card payments are not accepted.



Pre-Op Beard Transplant Tips

- Stop smoking at least two weeks before the surgery to promote better healing.
- Avoid taking anti-inflammatory drugs or herbal supplements that can increase bleeding.
- Discuss any medications you are taking with your surgeon to ensure they won't interfere with the surgery.
- Do not cut your hair before the transplant; the surgeon will do any necessary trimming.
- Arrange for someone to drive you home after the procedure if necessary.
- Stay hydrated and maintain a healthy diet to promote healing.
- Follow any specific pre-operative instructions provided by your surgeon.
- Ensure you have a comfortable place to recover after the surgery.



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Prepared by Medical Coordinator

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