

# Prepare for Your Blepharoplasty (Eyelid correction) Trip to Mexico



## Documents and Visa Requirements

- Valid passport or travel documents recognized by Mexico.
- Visit the Instituto Nacional de Migración (<https://www.inm.gob.mx>) for visa requirements based on your country.
- Medical history records, photographic ID, and proof of medical insurance.
- Clinics in Mexico can provide diagnostics and tests if certain medical documents are missing.



## Accommodation Options

Accommodation is not included in the medical package. Patients can choose self-booking options. Partner hotels may offer discounts. Hospital stays for the procedure are included. The average hotel stay per night is approximately \$50 to \$150.



## Transfer Services

- Some clinics offer free airport transfers, while others may charge a fee.
- Popular taxi services include Uber and local taxis, with prices varying based on city and distance.



## Interpreter Services

Interpreter services are available for non-Spanish speakers, sometimes for free or at an additional cost. It is advisable to arrange this service in advance.



## Payment Methods

- Cash and card payments are accepted.
- The local currency is the Mexican Peso (MXN). It's recommended to have local currency for smaller expenses.
- Many places accept US dollars or euros, but local currency may be necessary for a comfortable stay.



## Pre-Op Blepharoplasty (Eyelid correction) Tips

- Stop smoking at least 2 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.
- Prepare ice packs, gauze, and clean towels to manage post-surgery swelling and bleeding.
- Have a recovery area set up at your accommodation that's comfortable and has easy access to your necessities.
- Do not eat or drink anything after midnight before your surgery, unless your surgeon has given you different instructions.
- Wear loose, comfortable clothing and a top that buttons or zips rather than something that pulls over your head.



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**Prepared by Medical Coordinator**

[Yan Matsiievskiy](#)

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