

Prepare for Your Breast augmentation Trip to Mexico



Documents and Visa Requirements

- Valid passport and, if applicable, a tourist visa or tourist card (FMM form).
- Check visa requirements based on country of origin at the official Mexican immigration website or through their local embassy.
- Medical records including health history, mammograms, and any breast-related treatments or surgeries.
- Some clinics in Mexico will provide diagnostics and tests if the patient lacks certain medical documents.



Accommodation Options

Clinics may offer individual chambers or partnerships with hotels for postoperative stays. Some packages include accommodation at Innova Recovery Centre with meals, transportation, and SPA therapies. Accommodations not included in the package can be booked independently. Average hotel stay per night ranges from \$50 to \$150.



Transfer Services

- Some packages include free airport-hotel-clinic-airport transfers.
- Popular taxi services include Uber and local taxis with approximate fares ranging from \$10 to \$40, depending on the distance.



Interpreter Services

Interpreter services may be available upon request, either included in the package or at an additional cost. It is advisable to confirm this with the clinic beforehand.



Payment Methods

- Cash and card payments are typically accepted.
- The local currency is the Mexican Peso (MXN), but USD and EUR may also be accepted at some clinics. It is advised to have local currency for smaller expenses and convenience.



Pre-Op Breast augmentation Tips

- Conduct thorough research on the clinic and surgeon's credentials.
- Have a pre-operative consultation to discuss expectations and any health concerns.
- Stop smoking and avoid certain medications as advised by the surgeon.
- Arrange for someone to accompany you, if possible, for support.
- Prepare a recovery area at home or hotel with necessary comforts.
- Follow a healthy diet and stay hydrated before the surgery.
- Plan for adequate time off work for recovery.
- Be aware of all postoperative care instructions provided by the clinic.



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Prepared by Medical Coordinator

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