

# Your Guide to Prepare for Breast reduction Trip to Mexico



## Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of exit from Mexico.
- Tourist card, commonly provided by airlines or on arrival.
- Some nationalities require a visa. Check the Mexican government's [Instituto Nacional de Migración](#) for your specific requirements.
- Medical records relevant to your breast reduction procedure, including mammograms and any previous surgery reports.
- Clinics in Mexico can provide diagnostics and tests such as PCR Covid test and blood lab work if you lack certain medical documents.



## Accommodation Options

While accommodation is not included in the medical package, some clinics may have partnerships with local hotels to offer discounts. Patients are encouraged to self-book or utilize the services of a medical coordinator for assistance. The average hotel stay per night can range from \$50 to \$150, depending on the location and star rating.



## Transfer Services

- Some clinics offer free airport-clinic-airport transfers, while others do not include this service.
- Popular taxi services such as Uber and local taxis are available. Approximate prices from the airport to the city center can range from \$20 to \$50.



## Interpreter Services

Interpreter services may be available upon request. While some clinics offer this service for free, others may charge an additional fee. It's advisable to discuss this with your medical coordinator in advance.



## Payment Methods

- Most clinics accept cash and credit cards.
- The local currency is the Mexican Peso (MXN), but many places also accept US Dollars (USD).
- It is generally advisable to have some local currency on hand for small purchases and tips, although major expenses can often be paid in USD or with a card.



## Pre-Op Breast reduction Tips

- Consult with your doctor about any medications you should stop taking before surgery.
- Maintain a healthy diet and avoid smoking for at least a few weeks before the operation.
- Plan for someone to accompany you or be available for support during your recovery period.
- Ensure you have a clear understanding of the pre-operative instructions provided by your clinic.
- Consider scheduling a video call with the clinic if you require additional information about the procedure.
- Prepare and bring comfortable, loose clothing to wear post-surgery.
- Make sure to follow any specific instructions regarding eating and drinking before the surgery.



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**Prepared by Medical Coordinator**

[Yan Matsiievskiy](#)

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