

Your Guide to Prepare for Buccal Fat Extraction Trip to Mexico



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of departure from Mexico.
- Check visa requirements based on your country of origin on the official website of the Mexican immigration authority or the nearest Mexican embassy.
- Necessary medical documents: referral from your local doctor, medical history records, and any relevant test results.
- Clinics in Mexico can provide diagnostics and pre-surgery tests if you lack certain medical documents, but it is advisable to bring all existing records.



Accommodation Options

Accommodation is not included in the medical package. Patients can choose from a variety of hotels and accommodations based on their budget and preferences. Some clinics may have partnerships with nearby hotels that offer discounted rates. On average, a hotel stay may cost \$50-\$150 per night.



Transfer Services

- Clinics usually do not provide free airport transfers; these services can be arranged for an additional fee.
- Popular taxi services include Uber and local taxi companies, with rates varying depending on the distance and city, typically starting from \$5.



Interpreter Services

Interpreter services may be available for an additional fee, though some clinics offer this service free of charge. It is important to confirm this with your clinic before your trip.



Payment Methods

- Payment options typically include cash and credit/debit cards.
- The local currency is the Mexican Peso (MXN), but many places also accept US dollars (USD).
- Having local cash can be useful for smaller expenses and in areas that do not accept cards.



Pre-Op Buccal Fat Extraction Tips

- Follow a healthy diet and avoid alcohol and smoking at least two weeks before the procedure.
- Discuss all medications and supplements with your surgeon, as some may need to be paused.
- Arrange for someone to accompany you during your medical trip for support.
- Plan for adequate recovery time in Mexico before returning home, as advised by your doctor.
- Carry a list of emergency contacts, including the clinic's number and your medical coordinator's details.
- Ensure you have international health insurance that covers medical procedures abroad.
- Wear comfortable and loose clothing on the day of surgery for ease of changing and comfort post-operation.



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Prepared by Medical Coordinator

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