

Your Guide to Prepare for Composite Veneer Trip to Mexico



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of exit from Mexico.
- Return ticket for airline travel.
- Tourist card, usually provided by airlines or upon arrival.
- For visa requirements, visit the Instituto Nacional de Migración (www.inm.gob.mx) or consult the Mexican embassy in your country.
- Medical and dental records relevant to your treatment.
- Any previous dental x-rays or scans if available.
- Clinics in Mexico can provide diagnostics and tests if the patient lacks certain medical documents.



Accommodation Options

Most clinics do not offer free accommodation. You can arrange your stay through:

- Partner hotels with discounted rates for medical tourists.
- Self-booking options via travel websites for more independence.
- Average hotel stay per night ranges from \$50 to \$150, depending on the location and amenities.



Transfer Services

- Some clinics offer free airport transfers – inquire when booking your procedure.
- Popular taxi services like Uber or local taxis are available, with prices depending on the distance (typically ranging from \$20 to \$50).



Interpreter Services

Interpreter services are usually available upon request. The cost varies but can sometimes be included in medical packages. Clarify this with your chosen clinic.



Payment Methods

- Most clinics accept cash and credit/debit cards.
- Local currency is the Mexican Peso, but dollars and euros are widely accepted in tourist areas.
- Having local currency is recommended for small purchases and in areas less frequented by tourists.



Pre-Op Composite Veneer Tips

- Refrain from smoking for at least a few days before your procedure to promote better healing.
- Avoid taking medications that can thin your blood, like aspirin, unless prescribed.
- Eat a healthy diet leading up to your procedure to support your immune system.
- Ensure you have a responsible adult to accompany you after the procedure if sedation is used.
- Follow any specific pre-operative instructions provided by your dentist.
- Plan for a recovery period and possible dietary restrictions post-treatment.
- Carry a list of medications and allergies to share with your dental team in Mexico.



Connect with a Bookimed coordinator for clinic search and trip planning assistance

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Prepared by Medical Coordinator

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