

Your Guide to Prepare for Gynecomastia Surgery Trip to Mexico



Documents and Visa Requirements

- Passport valid for at least six months after the planned date of entry.
- Tourist card, also known as FMM (Forma Migratoria Múltiple), usually issued upon arrival or online prior to travel.
- Check visa requirements based on country of origin on the official Mexican immigration website or consulate.
- Medical records detailing Gynecomastia condition and any previous treatments.
- Clinics in Mexico may provide diagnostic tests if certain medical documents are missing.



Accommodation Options

Accommodation is not typically included in the medical procedure package, but many clinics have partner hotels offering discounted rates. Patients may opt to self-book accommodation. A hospital stay may be included or offered at an additional cost. Average hotel stay per night ranges from \$50 to \$150 depending on the hotel's quality and location.



Transfer Services

- Clinics may offer free or paid airport transfer services; inquire directly with the clinic.
- Popular taxi services include Uber, Didi, and local taxi companies; approximate costs vary based on distance and city, starting from \$5.



Interpreter Services

Interpreter services may be available upon request, potentially at an additional cost. Some clinics may offer this service for free. It is advisable to confirm this with your clinic beforehand.



Payment Methods

- Most clinics accept cash and credit card payments.
- Local currency is the Mexican Peso (MXN), although USD and EUR may be accepted in some places.
- It is recommended to have local currency for small expenses and in areas where cards are not widely accepted.



Pre-Op Gynecomastia Surgery Tips

- Follow all pre-surgery instructions provided by your doctor, including medication and fasting guidelines.
- Stop smoking and avoid alcohol for at least two weeks before the surgery to promote better healing.
- Inform your surgeon about any medications, supplements, or vitamins you are taking.
- Arrange for someone to accompany you on the trip or assist you after the surgery if possible.
- Wear comfortable, loose-fitting clothing on the day of surgery.
- Prepare a recovery area at your accommodation with essentials within easy reach.
- Plan for adequate rest and recovery time post-surgery before traveling back home.



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Prepared by Medical Coordinator

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