

Prepare for Your Hair Transplant Trip to Mexico



Documents and Visa Requirements

- Passport valid for at least six months beyond the date of your planned return.
- Travelers from most countries can enter Mexico visa-free for short visits. Check the Mexican government's immigration website or your local embassy for visa requirements specific to your country.
- Bring medical records related to your hair loss, including any previous treatments or transplants.
- Clinics in Mexico may offer diagnostics and tests if you lack certain medical documents, but it is advisable to have a consultation with your local doctor beforehand.



Accommodation Options

Depending on the chosen clinic, you may be offered a hospital stay for the procedure, followed by accommodation in a hotel. Some clinics may have partner hotels with discounted rates, while others do not include accommodation. You can also book accommodation on your own. The average hotel stay per night in Mexico ranges from \$50 to \$150.



Transfer Services

- Some clinics offer free airport to clinic transfers, while others may charge a fee or not provide this service at all.
- Expect to pay approximately \$20-\$50 for a taxi from the airport to a central location in major Mexican cities.



Interpreter Services

Interpreter services may be available, either free of charge or for a fee, depending on the clinic. It is advisable to confirm this with your clinic before traveling.



Payment Methods

- Payments can usually be made with cash or credit cards.
- The local currency is the Mexican Peso (MXN), but USD and Euros are widely accepted, especially in tourist areas. However, having local currency can be beneficial for smaller purchases and in areas less frequented by tourists.



Pre-Op Hair Transplant Tips

- Refrain from smoking and alcohol at least a week before the surgery, as they can affect blood flow and healing.
- Discuss with your doctor any medications you are taking that could affect blood clotting, such as aspirin or anti-inflammatory drugs.
- Avoid cutting your hair before the transplant, as longer hairs can help in covering the post-surgical areas.
- Get a good night's sleep before the day of the surgery and arrange for time off work for recovery.
- Wear loose, comfortable clothing and a front-button shirt to avoid disturbing the transplanted area after the procedure.



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Prepared by Medical Coordinator

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