

Your Guide to Prepare for Herniated disk Treatment Trip in Mexico



Documents and Visa Requirements

- Passport or other government-issued photo ID valid for at least 6 months after your trip.
- For visa requirements, visit the Mexican embassy's website or [Instituto Nacional de Migración](#) to check based on your country.
- Medical records related to your herniated disk condition, including MRI scans, treatment history, and any relevant physician notes.
- Mexican clinics can provide additional diagnostics and tests if your medical documents are incomplete.



Accommodation Options

Accommodations are not provided for free; however, clinics often have partner hotels offering discounted rates. Hospital stays are usually included in the treatment package. Expect to pay around \$50-\$150 per night for a hotel. Accompanying persons can stay with the patient or book separate accommodations.



Transfer Services

- Clinics typically don't offer free airport transfers; patients must arrange their own.
- Popular taxi services include Uber and local taxis. An airport to hotel transfer may cost approximately \$20-\$50 depending on the distance.



Interpreter Services

Interpreter services may be available upon request, with potential additional costs. Some clinics offer this service for free, while others may charge a fee. It's important to arrange this service in advance if needed.



Payment Methods

- Clinics accept cash and credit/debit cards.
- The local currency is the Mexican Peso (MXN), but USD and EUR may be accepted in some clinics.
- While major credit cards are widely accepted, it's advisable to carry some local currency for small expenses.



Before Your Herniated disk Treatment

- Consult with your local doctor about the planned treatment and obtain all necessary medical reports.
- Ensure you have enough medication for your stay in Mexico, plus extra for any unexpected delays.
- Avoid taking anti-inflammatory medications and blood thinners several days before your surgery, as advised by your doctor.
- Prepare a list of questions and concerns to discuss with your surgeon in Mexico.
- Pack comfortable clothing and personal items for your hospital stay and recovery period.
- Organize your travel insurance that covers international medical procedures.
- Confirm your accommodation and transportation arrangements prior to departure.
- Follow any preoperative instructions given by your medical coordinator or surgeon.



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Prepared by Medical Coordinator
[Yan Matsiievskiy](#)

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