# Your Guide to Prepare for Hip replacement Trip to Mexico



#### **Documents and Visa Requirements**

- · Valid passport with at least 6 months remaining before expiration.
- Tourist visa or visa waiver, depending on nationality. Check the requirements on the official Mexican immigration website (https://www.gob.mx/inm) or at the nearest Mexican embassy.
- Medical records including imaging studies, medical history, and any previous treatment documentation related to your hip condition.
- · Clinics in Mexico provide diagnostic services such as X-rays and MRIs if the patient's medical documents are insufficient or outdated.



## **Accommodation Options**

Patients undergoing hip replacement in Mexico can choose from various accommodation options, including hospital stays, discounted partner hotels, or self-booking. Some clinics may offer free or discounted accommodation as part of an all-inclusive package. The average hotel stay per night in a 5-star hotel may range from \$100 to \$250.



#### **Transfer Services**

- · Many clinics offer free airport transfers to and from the clinic and hotel.
- Popular taxi services such as Uber or local taxi companies are available, with approximate costs ranging from \$20 to \$50, depending on the
  distance and city.



# **Interpreter Services**

Interpreter services are available in Mexico for non-Spanish speaking patients. Clinics may offer these services for free or at an additional cost, which can vary widely but typically starts from around \$20 per hour.



## **Payment Methods**

- · Cash and credit/debit cards are widely accepted payment options.
- The local currency is the Mexican Peso (MXN), and it is advisable to have some local cash for minor expenses.
- · Many places, including medical facilities, may accept payment in US Dollars or Euros.



## **Pre-Op Hip replacement Tips**

- Discuss any concerns and ask all your questions during pre-surgery consultations.
- Follow your surgeon's instructions regarding medications and fasting before the surgery.
- Organize your travel and accommodation well in advance to ensure a stress-free trip.
- Arrange for someone to accompany you if possible, for support during your recovery period.
- Bring comfortable clothing and personal items that will not put pressure on your new hip.
- · Consider preparing your home for post-surgery needs, such as removing trip hazards and arranging for easy accessibility.
- Pack any necessary medications and copies of prescriptions.



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