

Prepare for Your Veneers Trip to Mexico



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of exit from Mexico.
- Tourist card (FMM form), obtainable upon arrival or online prior to travel.
- Visit www.gob.mx/sre to check visa requirements for your country.
- Dental records, X-rays, and any relevant medical history documentation.
- Mexican clinics can provide diagnostic tests such as panoramic X-rays if needed.



Accommodation Options

Some clinics offer free accommodation in partner hotels, while others may require self-booking. Hospital stays are typically not needed for veneers. Average hotel stay per night ranges from \$50 to \$150. Discuss with your medical coordinator for potential discounts at partner hotels.



Transfer Services

- Clinics may offer free airport transfers; confirm this service when booking.
- Popular taxi services like Uber and local taxis are available, with approximate prices ranging from \$10 to \$40, depending on distance.



Interpreter Services

Some clinics may provide free interpreter services. Otherwise, interpreters can be arranged for a fee, which varies depending on the service provider.



Payment Methods

- Clinics usually accept cash and credit/debit cards.
- Local currency is the Mexican Peso (MXN), but many places also accept USD or EUR.
- It's advisable to have some local currency for small expenses or in areas that may not accept cards.



Pre-Op Veneers Tips

- Avoid eating hard foods that can damage your teeth before the procedure.
- If you smoke, consider quitting or reducing smoking to improve recovery time and results.
- Maintain good oral hygiene but avoid overly aggressive brushing near the gum line.
- Discuss with your dentist any medications you are taking, as some may need to be paused.
- Plan for a soft food diet post-procedure to avoid discomfort and aid in healing.
- Ensure you have someone to accompany you after the procedure if you're feeling anxious.
- Follow all pre-operative instructions provided by your dentist for optimal results.
- Get a good night's sleep before the procedure to help with recovery.



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.