

Your Guide to Prepare for Labiaplasty Trip in Mexico



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of departure from Mexico.
- Visa may not be required for stays of up to 180 days for tourism for some nationalities; check the current requirements for your country at the official Mexican government immigration website or consult with the nearest Mexican consulate.
- Bring medical records related to the surgical procedure, including any previous lab results or doctor's notes relevant to your Labiaplasty.
- Clinics in Mexico may provide necessary diagnostics and tests before surgery if you lack specific medical documents.



Accommodation Options

The clinic may offer two days of hospitalization included in the procedure cost. If additional accommodation is needed, partner hotels may offer discounts. Alternatively, you may self-book your stay. Accommodation is generally not free, and the average hotel stay per night can range from \$50 to \$150, depending on the hotel's category and location.



Transfer Services

- Clinics may offer complimentary airport transfers; confirm with your clinic beforehand.
- Popular taxi services, such as Uber or local taxi companies, are available with approximate prices ranging from \$20 to \$50 depending on distance and city zone.



Interpreter Services

Interpreter services may be available upon request, often for a fee. In some cases, the clinic may include this service at no additional cost. Check with your clinic for specific details and costs.



Payment Methods

- Payment options typically include cash, credit card, PayPal, or bank transfer.
- The local currency is the Mexican Peso (MXN), and while some places may accept US Dollars or Euros, it is advisable to have local currency for convenience and better exchange rates.



Pre-Op Labiaplasty Tips

- Maintain good genital hygiene before the procedure.
- Avoid shaving or waxing the surgical area at least a week before surgery to prevent irritation.
- Stop smoking and avoid alcohol at least two weeks prior to surgery to improve healing.
- Discontinue blood-thinning medications and supplements as advised by your surgeon to reduce bleeding risk.
- Plan for at least a week of recovery time post-surgery, avoiding strenuous activities.
- Arrange for someone to assist you post-surgery, especially for the first few days.
- Wear comfortable, loose-fitting clothing on the day of the procedure.
- Follow specific dietary restrictions or fasting instructions given by your surgeon before the operation.



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Prepared by Medical Coordinator

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