

Prepare for Your Laser Skin Resurfacing Trip to Mexico



Documents and Visa Requirements

- A valid passport that does not expire within six months of your trip.
- Some travelers may require a visa. Please check the visa requirements for Mexico based on your nationality at the official website of the Instituto Nacional de Migración: inm.gob.mx.
- Medical history documents and any previous dermatological records relevant to your Laser Skin Resurfacing treatment.
- Immunotherapy Regenerative Medicine can provide necessary diagnostics if certain medical documents are missing.



Accommodation Options

Accommodations may be provided by the clinic or arranged independently. Clinics often have partnerships with local hotels offering discounted rates. Hospital stays are typically not required for Laser Skin Resurfacing. The average hotel stay per night is around \$100 to \$200 USD, but this can vary widely depending on location and amenities.



Transfer Services

- Clinics may offer free or paid airport transfers. Confirm with your clinic if they provide this service.
- Popular taxi services like Uber operate in major Mexican cities, with prices starting at approximately \$5-10 USD for short trips.



Interpreter Services

English-speaking staff are common in medical facilities, but an interpreter can be arranged if needed. Some clinics offer this service for free, while others may charge an additional fee.



Payment Methods

- Payment can typically be made using cash or credit card.
- The local currency is the Mexican Peso (MXN), but USD and EUR are also commonly accepted, especially in medical facilities catering to international patients.
- It is advisable to have local currency for smaller purchases and situations where cards are not accepted.



Pre-Op Laser Skin Resurfacing Tips

- Avoid sun exposure and use broad-spectrum sunscreen leading up to the procedure.
- Stop using products with retinoids, glycolic acid, and other irritating agents a week before treatment.
- Do not undergo any other facial treatments for at least a month before the surgery.
- Inform your doctor of any medication you are taking, as some may need to be stopped before the procedure.
- Avoid smoking and drinking alcohol at least a week prior to the treatment to promote better healing.
- Stay hydrated and maintain a healthy diet to support the healing process.
- Arrange for someone to drive you home after the procedure, as you may experience discomfort or sedation effects.



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Prepared by Medical Coordinator

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