

# Your Guide to Prepare for Liposuction Trip to Mexico



## Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of exit from Mexico.
- Tourist Card, received upon arrival or can be filled out in advance online.
- Visit [Instituto Nacional de Migración](#) to check visa requirements based on your country.
- Medical history, including previous surgeries, and medication details.
- Clinics in Mexico may provide diagnostics like blood tests if you lack certain documents.



## Accommodation Options

Patients can choose to stay in a 4\* hotel or an individual chamber provided by the clinic. Hospital stays are usually included in the cost of the procedure. Partner hotels may offer discounted rates, and self-booking options are also available. Average hotel stay per night ranges from \$50 to \$150.



## Transfer Services

- Some clinics offer free airport-clinic-hotel transfers.
- Popular taxi services like Uber are available, with an approximate cost of \$20-\$50 for a trip within the city.



## Interpreter Services

Interpreter services are often available through the clinic, sometimes at no additional cost. It is advisable to confirm this service when booking your procedure.



## Payment Methods

- Cash and card payments are commonly accepted.
- The local currency is the Mexican Peso (MXN), but USD and EUR are widely accepted.
- Having local currency can be helpful for smaller purchases and in areas less frequented by tourists.



## Pre-Op Liposuction Tips

- Consult with your doctor about medications that may need to be paused before surgery.
- Stop smoking at least two weeks prior to promote better healing.
- Avoid drinking alcohol and limit caffeine intake a week before the procedure.
- Maintain a healthy diet and stay hydrated leading up to your liposuction.
- Arrange for someone to assist you post-surgery if possible.
- Follow any specific instructions provided by your surgeon regarding pre-op fasting or hygiene.
- Prepare loose-fitting clothing to wear after the procedure for comfort and ease of dressing.
- Organize your travel documents and itinerary, ensuring you have copies in case of loss.



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**Prepared by Medical Coordinator**

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Please stay tuned.