

Your Guide to Prepare for Breast lift Trip to Mexico



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of exit from Mexico.
- Travelers should check visa requirements based on their country of origin at the official website of the National Institute of Immigration of Mexico or through their local Mexican consulate.
- Medical records, imaging, and any previous mammograms or breast studies.
- Clinics in Mexico may provide additional required diagnostics and tests if patients lack certain medical documentation.



Accommodation Options

Some clinics may offer hospital stays or partner hotels with discounts, while others may require self-booking. Accommodation may not be included in the procedure cost. The average hotel stay per night can range from \$130 to \$160 USD for recovery houses with full services.



Transfer Services

- Clinics may offer free or paid airport transfers. Confirm with the clinic before arrival.
- Popular taxi services are available, with approximate prices depending on the distance and city; it is advisable to use authorized taxi services from airports or hotels.



Interpreter Services

Interpreter services may be available, either for free or at an additional cost. Patients should verify with their medical coordinator or the clinic.



Payment Methods

- Payment options typically include cash and credit/debit cards.
- The local currency is the Mexican Peso (MXN), but dollars or euros may be accepted in some clinics and hotels. However, having local currency is beneficial for smaller expenses and in areas that do not accept foreign currency.



Pre-Op Breast lift Tips

- Ensure you have a valid passport and any necessary visas for travel to Mexico.
- Bring all relevant medical documents and ensure you have undergone all necessary pre-op tests.
- Discuss your full medical history with your surgeon during the consultation, including medications, allergies, and previous surgeries.
- Follow any pre-surgery instructions provided by your surgeon, which may include fasting or medication adjustments.
- Plan for a comfortable stay in Mexico, including accommodations and transportation, to ensure a stress-free recovery period.
- Consider the currency exchange rate and have some local currency available for minor expenses.
- Confirm with your clinic whether post-operative garments are provided or if you need to bring your own.
- Remember that recovery times can vary, so plan accordingly and follow all post-op care instructions provided by your surgeon.



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Prepared by Medical Coordinator

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