

Your Guide to Prepare for Mommy Makeover Trip in Mexico



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of exit from Mexico.
- Tourist Card (FMM), obtainable upon arrival or online before travel for stays less than 180 days.
- Check current visa requirements based on your nationality at the official website of the Mexican consulate or embassy in your country.
- Medical records detailing your health history and any relevant information related to the Mommy Makeover procedure.
- Clinics in Mexico may provide diagnostics and tests if you lack certain medical documents, but it's advisable to have all your medical records for a thorough assessment.



Accommodation Options

Many clinics in Mexico have partnerships with nearby hotels where patients can benefit from discounted rates. Hospital stays are typically included in the Mommy Makeover package, but additional nights in a hotel will be at your own expense. Expect to pay on average \$50-\$150 per night for a hotel, depending on the location and level of comfort you choose. Some clinics offer a special welcome dinner at a local restaurant, enhancing your experience in Mexico.



Transfer Services

- Clinics may offer free airport transfers; otherwise, you can arrange a paid transfer through them or independently.
- Popular taxi services like Uber operate in major Mexican cities, with approximate prices ranging from \$5 to \$20 depending on the distance.



Interpreter Services

Interpreter services are often available at clinics, sometimes free of charge or for an additional fee. It's best to confirm with the clinic beforehand if you require this service and the associated costs.



Payment Methods

- Clinics accept payments in cash or by credit/debit card. It's advisable to check with your clinic for their preferred payment methods.
- The local currency is the Mexican Peso (MXN). It's recommended to have some local currency, but US dollars are widely accepted in tourist areas.
- ATMs are readily available, and currency exchange services are offered in airports and major tourist spots.



Pre-Op Mommy Makeover Tips

- Follow a balanced diet and maintain a stable weight before surgery for optimal results.
- Avoid smoking and alcohol for at least two weeks before the procedure to promote better healing.
- Discuss all medications and supplements you're taking with your surgeon, as some may need to be stopped before surgery.
- Plan for sufficient recovery time in Mexico post-surgery, usually around 2 weeks, to attend follow-up visits.
- Bring comfortable and loose-fitting clothing for your post-op period.
- Ensure you have someone to assist you after the surgery, as you will have limited mobility.
- Prepare your home for your return from Mexico with items you'll need within easy reach, as your movement will be limited.



Connect with a Bookimed coordinator for clinic search and trip planning assistance

 Get in touch

Bookimed's Accreditation and Expertise Certificates



900 000+ clients worldwide

found **best treatment** with Bookimed



Prepared by Medical Coordinator

[Yan Matsiievskiy](#)

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