

Your Guide to Prepare for Neck lift Trip to Mexico



Documents and Visa Requirements

- Passport with at least six months of validity from the date of entry into Mexico.
- Tourist Card (FMM), which is obtained upon arrival or online prior to travel.
- Depending on your country of origin, a visa may be required. Check the Mexican consulate's website or [Instituto Nacional de Migración](#) for visa requirements.
- Medical records pertinent to your Neck lift surgery, including any imaging, previous surgical reports, and physician notes.
- Clinics in Mexico typically provide preoperative tests such as blood work and electrocardiogram if you lack certain medical documents.



Accommodation Options

Most clinics offer packages that include stays in partner 4* or 5* hotels. These are often not free but are available at discounted rates. Average hotel stay per night ranges from \$100 to \$200. Hospital stays are typically included in the medical package. For self-booking options, you can use popular travel websites to find accommodations that fit your budget and preferences.



Transfer Services

- Most clinics offer VIP transfer services from the airport to the hotel and clinic, either included in the package or for an additional cost.
- Popular taxi services such as Uber or local taxis are available, with prices varying based on distance and city. Approximate airport transfer costs are \$30-\$50.



Interpreter Services

Interpreter services are usually available on request. Some clinics include this service for free, while others may charge an additional fee. Ensure to inquire about this service when booking your procedure.



Payment Methods

- Major credit and debit cards are widely accepted.
- The local currency is the Mexican peso (MXN), but USD and EUR are also accepted in many places.
- It is advisable to have some local currency for small expenses or in places that do not accept cards.



Pre-Op Neck lift Tips

- Stop smoking at least two weeks before the surgery to promote better healing.
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding.
- Stay hydrated and maintain a healthy diet leading up to the surgery.
- Arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.
- Discuss any medications you are taking with your surgeon to ensure they are safe to continue before surgery.
- Follow your surgeon's preoperative instructions regarding eating, drinking, and medication use.
- Bring loose, comfortable clothing that fastens in the front or back to avoid pulling clothing over your head after surgery.



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Prepared by Medical Coordinator

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Your personal medical assistant will be with you shortly.
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