

Your Guide to Prepare for Orthognathic Surgery Trip to Mexico



Documents and Visa Requirements

- A valid passport is required for international travel to Mexico.
- Visa requirements vary by country. Visit the official website of the Instituto Nacional de Migración ([INM](#)) for specific requirements.
- Carry medical records related to your Orthognathic surgery, including recent photographs of your jaw and face, dental records, and a letter from your doctor.
- Clinics in Mexico provide diagnostics and tests such as blood tests, electrocardiogram, and consultations if you lack certain medical documents.



Accommodation Options

You will spend 1 day in the hospital and 1 day in a hotel during your Orthognathic surgery trip. Some clinics may offer partner hotels at discounted rates or even free stays depending on the package. Always confirm with the clinic. The average hotel stay per night in Mexico is approximately \$50-\$150.



Transfer Services

- Clinics often offer free airport transfers as part of their medical packages.
- Popular taxi services such as Uber and local taxis are available with prices depending on the distance; short rides within cities may cost around \$5-\$20.



Interpreter Services

Interpreter services are typically available through the clinic, either free of charge or at an additional cost. It's essential to confirm this service with your clinic before traveling.



Payment Methods

- Most clinics accept payments via cash and credit cards.
- The local currency is the Mexican Peso (MXN), but USD and EUR are widely accepted in tourist areas.
- Having some local currency is recommended for small expenses and tips.



Pre-Op Orthognathic surgery Tips

- Follow a soft diet as advised by your surgeon before surgery to prepare your jaw.
- Avoid smoking and alcohol consumption for at least two weeks before the procedure.
- Ensure you have someone to accompany you or make arrangements for assistance post-surgery.
- Discuss all medications you're currently taking with your surgeon to avoid any complications.
- Plan for enough recovery time in Mexico before traveling back home.
- Stay hydrated and well-rested before the surgery to promote better healing.
- All postoperative instructions will be provided by your Orthognathic surgery doctor.



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Prepared by Medical Coordinator

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