

Your Guide to Prepare for Otoplasty (ear surgery) Trip to Mexico



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of exit from Mexico.
- Tourist visa is not required for stays of 180 days or fewer for U.S. citizens. Check visa requirements for other nationalities on the [Mexican National Immigration Institute](#) website.
- Medical records including any previous assessments related to your ear condition.
- Clinics in Mexico typically provide diagnostic tests if you're missing certain medical documents, but it's best to have all your current medical information ready.



Accommodation Options

Some clinics may offer partner hotels at special prices, while accommodation is not included in other offers. Hospital stays are usually outpatient for Otoplasty, but check with your clinic. Average hotel prices per night range from \$50 to \$150, depending on the location and standard.



Transfer Services

- Some clinics offer regular transfer services; confirm with your clinic if this is included or paid.
- Popular taxi services include Uber and local taxis. Approximate prices vary but expect around \$1-2 per kilometer.



Interpreter Services

Interpreter services may be available upon request. It's essential to confirm with your clinic whether this service is provided for free or at an additional cost.



Payment Methods

- Cash and card payments are commonly accepted.
- The local currency is the Mexican Peso (MXN), but many places accept US dollars. It's advisable to have some local cash for small expenses.



Pre-Op Otoplasty (ear surgery) Tips

- Stop smoking at least 2 weeks before surgery to promote better healing.
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding.
- Arrange for someone to drive you to and from surgery and to stay with you for at least the first night following surgery.
- Follow your surgeon's pre-operative instructions carefully, which may include fasting guidelines.
- Wear loose, comfortable clothing on the day of surgery, preferably a shirt that does not need to be pulled over your head.
- Discuss your medication regimen with your surgeon, as some may need to be paused or adjusted.
- Plan for adequate recovery time after the procedure, typically one week off work and several weeks before resuming physical activity.
- All postoperative instructions will be given by your Otoplasty (ear 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.