

Prepare for Your Porcelain Veneer Trip to Mexico



Documents and Visa Requirements

- Valid passport with at least 6 months of validity remaining.
- Tourist visa, if applicable. Check the current visa requirements for Mexico based on your nationality at the official Mexican government immigration website or contact the nearest Mexican embassy.
- Medical records relevant to your dental health, including any dental x-rays.
- Clinics in Mexico can provide diagnostics and tests if you lack certain medical documents, but it's best to bring everything related to your dental history.



Accommodation Options

Accommodation is not included in the medical package for Porcelain Veneer procedures. You may book a hotel room independently or through medical travel arrangements offered by Bookimed. Some clinics have partnerships with hotels that provide discounts to patients. The average hotel stay per night in Mexico varies greatly depending on the location and season but expect to pay anywhere from \$50 to \$150 per night.



Transfer Services

- Clinics may offer transfer to the hospital, but general transfers are not included. Verify with the clinic if they provide free airport pick-up services.
- Popular taxi services like Uber and local taxis are available, with typical fares ranging from \$5 to \$20 within cities.



Interpreter Services

Interpreter services are often available at dental clinics, especially in cities that are popular with medical tourists. Inquire with your clinic if they provide this service for free or if there is an additional cost involved.



Payment Methods

- Most clinics accept payment via cash or credit/debit card.
- The local currency is the Mexican Peso (MXN). It's advisable to have some local currency for small expenses, although U.S. dollars are widely accepted in tourist areas.



Pre-Op Porcelain Veneer Tips

- Consult with your dentist about any medications you're taking as they may affect the procedure or recovery.
- Avoid smoking and alcohol consumption for at least a week before the procedure to promote better healing.
- Maintain good oral hygiene but avoid aggressive brushing or flossing right before the procedure.
- Discuss any concerns or questions with your dentist during your consultation.
- Arrange for someone to accompany you on the day of the procedure if possible.
- Wear comfortable clothing on the day of your appointment.
- Plan for adequate recovery time as recommended by your dentist, typically allowing for rest on the day of the procedure.
- All postoperative instructions will be given by your Porcelain Veneer doctor.



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Prepared by Medical Coordinator
[Yan Matsiievskiy](#)

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