

Your Guide to Prepare for Herniated disc surgery Trip to Mexico



Documents and Visa Requirements

- Passport valid for at least six months beyond your date of country exit and with at least one blank visa page.
- Check visa requirements for Mexico based on your country of origin at the official Mexican immigration website or through your local Mexican consulate.
- Medical records detailing your herniated disc condition, any previous treatments, and relevant imaging results (e.g., MRI scans).
- Clinics in Mexico can provide diagnostics and tests if certain medical documents are missing.



Accommodation Options

Most clinics do not provide free accommodation. However, they may have partnerships with local hotels offering discounted rates. Hospital stays are typically included in the surgery package. For additional nights in a hotel, the average price per night is approximately \$50-\$150, depending on the hotel's quality and location.



Transfer Services

- Clinics may offer paid airport transfer services; inquire directly for details and costs.
- Popular taxi services include Uber and local taxi companies; approximate cost from the airport to the city center is \$20-\$50.



Interpreter Services

Interpreter services may be available for an additional fee. Some clinics may include these services within their surgical package, so it's recommended to confirm with them directly.



Payment Methods

- Payment can be made using cash or card.
- The local currency is the Mexican Peso (MXN), but USD and EUR may also be accepted in some clinics and hotels.
- Having local currency is recommended for smaller purchases and convenience.



Pre-Op Herniated disc surgery Tips

- Follow any pre-operative instructions provided by your doctor, including dietary restrictions or medication adjustments.
- Ensure you have a companion or support system available during your recovery period.
- Discuss the potential risks and post-operative care with your neurosurgeon beforehand.
- Plan for adequate recovery time in Mexico after surgery before returning home.
- Consider purchasing travel insurance that covers medical procedures abroad.
- Stay hydrated and get plenty of rest before the surgery.
- Bring loose, comfortable clothing that is easy to put on and take off post-surgery.
- Keep all essential medications and medical documents in your carry-on luggage.



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



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.