

# Your Guide to Prepare for Rhinoplasty (nose job) Trip to Mexico



## Documents and Visa Requirements

- Passport valid for at least six months beyond the date of entry into Mexico.
- Return ticket and proof of accommodation may be required upon entry.
- Visa requirements vary by country; visit the Mexican consulate's website or [Instituto Nacional de Migración](#) for specifics based on your nationality.
- Medical records including imaging, previous surgical reports, and any allergy information.
- Many clinics in Mexico offer preoperative diagnostics if existing documents are insufficient.



## Accommodation Options

Hospital stays are typically included in the medical procedure package. However, additional accommodation is not included but can be booked at special partner prices through Bookimed assistance. Average hotel stay per night ranges from \$50 to \$150, depending on the location and hotel category.



## Transfer Services

- Clinics do not generally offer free airport transfers, but this can be arranged at an additional cost.
- Popular taxi services such as Uber, Didi, and local taxis are available, with prices starting at around \$0.50-\$1 per kilometer.



## Interpreter Services

Interpreter services are not usually provided for free, but can be arranged through the clinic or third-party providers at an additional cost.



## Payment Methods

- Most clinics accept payment by cash or credit card.
- The local currency is the Mexican Peso (MXN), but US Dollars and Euros are widely accepted in tourist areas.
- It is advisable to have some local currency for smaller expenses or in areas less frequented by tourists.



## Pre-Op Rhinoplasty (nose job) Tips

- Stop smoking at least 2 weeks before your 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 home post-surgery and help you for a few days if needed.
- Stay hydrated and maintain a healthy diet to support recovery.
- Have a conversation with your surgeon about realistic expectations and recovery time.
- Prepare ice packs, gauze, and comfortable clothes that do not need to be pulled over your head.
- Follow your surgeon's pre-operative instructions carefully, including fasting requirements.
- All postoperative instructions will be given by your Rhinoplasty (nose job) doctor.



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

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**Prepared by Medical Coordinator**

[Yan Matsiievskiy](#)

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