

Your Guide to Prepare for Tooth Whitening Trip in Mexico



Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of departure from Mexico.
- Tourist Visa or Visa Waiver based on your country of origin. Check the current requirements at [Mexican Government's Visa Portal](#).
- Medical and dental records pertinent to your Tooth Whitening procedure.
- Clinics in Mexico may offer diagnostics and preliminary tests if you are missing certain medical documents.



Accommodation Options

Some clinics may offer a 3-star hotel stay for the duration of your treatment. If accommodation is not provided, clinics often have partnerships with local hotels where patients can receive discounted rates. Hospital stays are generally not required for Tooth Whitening. Average hotel stay per night ranges from \$50 to \$150.



Transfer Services

- Complimentary airport-hotel-clinic transfers are often included. If not, clinics may assist in arranging transport at an additional cost.
- Common taxi services like Uber or local cab companies operate in major cities, with average fares ranging from \$5 to \$20 depending on the distance.



Interpreter Services

Interpreter services may be available upon request. Some clinics include this service for free, while others may charge an additional fee. It is advisable to confirm with your clinic before your visit.



Payment Methods

- Most clinics accept payment via cash or credit/debit card.
- The local currency is the Mexican Peso (MXN), but US Dollars and Euros are widely accepted. However, having local currency can be helpful for smaller expenses and in areas that do not accept foreign currencies.



Pre-Op Tooth Whitening Tips

- Avoid any teeth staining foods and beverages like coffee, tea, red wine, and berries for at least 24 hours before the procedure.
- If you are a smoker, it's recommended to stop smoking at least a few days before the whitening to improve results.
- Brush and floss your teeth thoroughly before the appointment to remove any plaque build-up.
- Discuss any sensitivities or allergies with your dentist to avoid any complications during the whitening process.
- Rest well the night before your treatment to ensure you are relaxed and comfortable during the procedure.
- Plan for a friend or family member to accompany you if you feel you may need support post-procedure.
- Ensure you understand the aftercare instructions provided by your dentist for maintaining your new smile.



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Prepared by Medical Coordinator

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Your personal medical assistant will be with you shortly.
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