

# Prepare for Your Tummy Tuck and Liposuction Trip to Mexico



## Documents and Visa Requirements

- Passport valid for at least six months beyond your planned date of exit from Mexico.
- Visit the Mexican National Institute of Immigration (INM) website or consult the Mexican Embassy or Consulate for visa requirements based on your country: [inm.gob.mx](https://inm.gob.mx).
- Medical history, imaging (like CT scans or MRIs), and any previous surgical reports.
- Clinics in Mexico may provide diagnostics and tests if you lack certain medical documents, often at an additional cost.



## Accommodation Options

Options include hospital stays in an individual chamber and accommodation at partner recovery centers or hotels. Some clinics offer 12 days accommodation at Innova Recovery Centre included in the surgery fees. For self-booking, average hotel prices range from \$50 to \$150 per night.



## Transfer Services

- Clinics may offer free transfer services from the airport to the hotel and clinic.
- Popular taxi services include Uber and local taxis, with prices varying based on distance and city, usually starting from around \$20.



## Interpreter Services

Interpreter services are available, sometimes at additional costs. Be sure to confirm with your clinic if this service is free or requires an extra fee.



## Payment Methods

- Cash and card payments are widely accepted.
- The local currency is the Mexican Peso (MXN), and it is advisable to have some local cash for minor expenses, though USD and EUR are often accepted in many establishments.



## Pre-Op Tummy Tuck and Liposuction Tips

- Stop smoking at least two weeks before surgery to promote better healing.
- Avoid taking aspirin, anti-inflammatory drugs, and herbal supplements as they can increase bleeding.
- Maintain a healthy diet to support your immune system and recovery.
- 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.
- Wear comfortable, loose clothing on the day of surgery.
- Have a recovery area set up at your accommodation with all the essentials within easy reach.



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**Prepared by Medical Coordinator**

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