

Your Guide to Prepare for Vaser liposuction Trip to Mexico



Documents and Visa Requirements

- Passport with at least 6 months of validity for international travel to Mexico.
- Visit the Mexican National Institute of Immigration website or contact the nearest Mexican consulate to determine if you need a visa based on your country of origin: [INM Mexico](#).
- Medical records, including health history and specific details about your current condition.
- Clinics in Mexico can provide necessary diagnostics and tests in case some medical documents are missing.



Accommodation Options

Gilenis Surgical Center provides 3 days of hospitalization in their clinic, including 24-hour nursing care and medical attention. Partner hotels may offer discounts, and self-booking is also an option. The average hotel stay per night in Mexico ranges from \$50 to \$150, depending on the location and standard.



Transfer Services

- Transportation from the airport to the clinic and back is included in the package.
- Popular taxi services like Uber and local taxis are available, with approximate prices starting from \$10 depending on the distance.



Interpreter Services

Interpreter services are available upon request, and while some clinics may offer this service for free, others may charge an additional fee. It is recommended to clarify this with your clinic beforehand.



Payment Methods

- Payment options include cash, credit card, PayPal, or bank transfer.
- The local currency is the Mexican Peso (MXN), but USD and EUR are often accepted in medical facilities and tourist areas. However, having local currency is recommended for smaller purchases and convenience.



Pre-Op Vaser liposuction Tips

- Follow a healthy diet and avoid smoking for at least two weeks before the procedure.
- Avoid taking blood-thinning medications and supplements such as aspirin, ibuprofen, and vitamin E.
- Stay hydrated but do not consume alcohol 48 hours prior to surgery.
- Arrange for someone to accompany you on your trip, if possible, for additional support.
- Wear comfortable and loose clothing on the day of the surgery.
- Ensure you have a valid COVID-19 test with a negative result if required for travel.
- Prepare your body pictures as requested by the clinic for preoperative evaluation.
- Bring enough cash to cover incidental expenses and medications not included in the surgery package.



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Prepared by Medical Coordinator

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