

# Plastic Surgery Buyer's Guide

An educational guide for international patients researching plastic surgery in Mexico.

Published by the team at Hospital Cyntar & The Ariel Center for Cosmetic Surgery, Tijuana, Mexico.

Medical reviewer: Dr. Juan Cuellar, MD — Board-Certified Plastic Surgeon

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## 1. Important disclaimer

This guide is educational only. It does not constitute medical advice, a diagnosis, or a guarantee of outcome. All surgery carries risk. Candidacy and individual results require evaluation by a qualified plastic surgeon.

## 2. Verifying credentials

Reputable providers welcome verification. Confirm credentials directly with the source — not from the provider's own website.

- Hospital accreditation: verify on the Joint Commission International website.
- Mexican board certification: confirm through Consejo Mexicano de Cirugía Plástica, Estética y Reconstructiva (CMCPEER).
- US board certification: confirm through the American Board of Plastic Surgery (ABPS).
- Ask for case volume specific to the procedure you are considering.

## 3. Questions to ask before booking

- Are you board certified, and by which body?
- How many cases of this specific procedure do you perform per year?
- Where will my procedure be performed, and is the facility accredited?
- Who provides anesthesia, and what are their qualifications?
- What is your complication and revision policy in writing?
- What is included — and not included — in the written quote?
- How will follow-up be handled once I return home?

## 4. Realistic cost ranges

All-inclusive Mexico pricing for common procedures is often 40–70% lower than equivalent US elective surgery costs. Ranges below are general estimates only and are not a quote.

- Tummy tuck: approx. US\$5,500–9,000
- Mommy makeover: approx. US\$8,000–15,000+
- Facelift: approx. US\$8,000–14,000+
- Breast augmentation: approx. US\$4,500–7,500
- Body lift (post weight loss): approx. US\$10,000–16,000+

## 5. What an itemized quote should include

- Surgeon fee(s) per procedure

- Anesthesia and anesthesiologist fee
- Hospital operating room and inpatient nights
- Pre-operative labs and clearance
- Compression garments
- Post-operative follow-up visits
- Written complication and revision policy

## **6. Budget items that often surprise patients**

- Flights and ground transportation
- Recovery accommodation (hotel or recovery house)
- Companion travel costs
- Prescription medications after discharge
- Lost income during recovery
- Contingency reserve (recommend 10–20% of procedure cost)

## **7. Travel and recovery planning**

Plan to remain locally for the duration recommended for your procedure. For most major procedures, 7–14 days locally before air travel is common.

Verify passport requirements with the US Department of State and CBP before travel.

Arrange a companion for the immediate post-operative period — recommended by most surgical teams.

## **8. Aftercare from home**

A safe cross-border plan includes virtual follow-up with the surgical team and an established relationship with a local provider at home who can examine the surgical site if questions arise.

## **9. Warning signs**

- Guaranteed results — no reputable provider should guarantee outcomes.
- Pressure to book quickly or pay deposits without a written quote.
- Refusal to disclose hospital, surgeon credentials, or anesthesia team.
- Unusually low prices that exclude major line items.
- No written complication or revision policy.

## **10. Sources and further reading**

- [American Society of Plastic Surgeons — plasticsurgery.org](http://plasticsurgery.org)
- [International Society of Aesthetic Plastic Surgery — isaps.org](http://isaps.org)
- [Joint Commission International — jointcommissioninternational.org](http://jointcommissioninternational.org)
- [CDC — Medical Tourism guidance](#)
- [US Department of State — Mexico travel information](#)

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