

1. Pre-Travel Checklist for Dental Tourism

Facilitated by: Yucatan Dental Tourism, LLC

Required Documents

- ☒ Valid passport (with at least 6 months before expiration)
- ☒ Copies of medical records or previous dental x-rays as needed
- ☒ Flight itinerary and hotel confirmation
- ☒ Travel insurance documentation (strongly recommended)
- ☒ Emergency contact list

Health & Medication

- ☒ Consultation with primary care provider
- ☒ Fill prescriptions for duration of trip
- ☒ Pack over-the-counter medications (pain relief, digestive aid, allergy meds)
- ☒ Notify provider of allergies or chronic conditions
- ☒ Carry prescriptions in original containers

Dental Procedure Prep

- ☒ Review procedure details and anticipated outcomes
- ☒ Complete pre-treatment questionnaire
- ☒ Confirm appointment time and provider contact info
- ☒ Review clinic policies on cancellations and follow-ups

Concierge & Travel Services

- ☒ Confirm transportation arrangements (airport pickup, local travel)
- ☒ Review accommodation amenities (Wi-Fi, recovery-friendly environment)
- ☒ Request optional add-ons: excursions, wellness services, etc...

Comfort & Recovery Essentials

- ☒ Lightweight, comfortable clothing for travel and procedure days
- ☒ Travel pillow, sleep mask, and entertainment for flights as needed
- ☒ Snacks and hydration supplies (especially for post-op recovery)

- ☒ Credit card- notify bank of travel dates and intention
- ☒ Printed and digital copies of all contact numbers and schedules

Final Checks

- ☒ Review and sign informed consent and waiver forms
- ☒ Confirm procedure payment details and refund policies
- ☒ Save emergency hotline number for Yucatan Dental Tourism, LLC concierge support
- ☒ Back up itinerary digitally (email, cloud, or mobile app)

2. Welcome Experience Facilitated by Yucatan Dental Tourism, LLC

Airport Arrival

- ☒ Friendly concierge awaits at baggage claim
- ☒ Look for your name placard or company-branded welcome sign

Ground Transportation

- ☒ Private transport to your accommodation and clinic
- ☒ Activate eSIM for Uber, etc. as needed

Hotel Check-In

- ☒ Reserved room

First Clinic Visit

- ☒ Meet your dental provider for consultation and procedure prep
- ☒ Receive appointment schedule and the estimated duration and recovery timeline

Concierge Services

- ☒ Help with scheduling, local shopping, excursions, and wellness options
- ☒ 24/7 support for questions or emergencies
- ☒ Recommendations for dining and entertainment



Post-Treatment Care Guide

For Dental Tourism Clients Facilitated by Yucatan Dental Tourism, LLC



Recovery Overview

Congratulations on completing your procedure! This guide helps ensure a safe, comfortable recovery and sets expectations for post-treatment care.



Immediate Aftercare Tips

- ☒ Follow post-op instructions provided by **your dental provider**
- ☒ Avoid chewing on treated areas until cleared by the clinic
- ☒ Refrain from smoking, alcohol, or spicy foods per provider's orders
- ☒ Use prescribed medications as directed (antibiotics, pain relief)
- ☒ Apply cold compress for swelling, if recommended



Comfort & Monitoring

- ☒ Your provider will provide you with complete instructions
- ☒ Monitor for excessive swelling, bleeding, or fever
- ☒ Contact provider or concierge hotline if symptoms escalate



Communication & Support

- ☒ Save provider's contact info for follow-up questions
- ☒ Reach out to your concierge for post-care coordination
- ☒ Use recommended dental products for ongoing care (toothpaste, rinse)




Return Travel Tips

- ☒ Avoid strenuous activities before your flight home
- ☒ Stay hydrated and pack light snacks
- ☒ Bring post-op medications in carry-on luggage
- ☒ Notify airline staff if mobility support is needed

Final Notes

We hope your experience has been positive and transformative. Our team is available for support during and after your return. Thank you for trusting Yucatan Dental Tourism, LLC!

 *Concierge Hotline:* 3362544409 (Todd); 7577795574 (Raven)

 *Email Support:* ToddHawkinsRN@gmail.com

This list is not all inclusive. Be certain to have all concerns and questions addressed satisfactorily.