Cancun Joint Care

A PLANNING GUIDE · KNEE · SHOULDER · HIP

Knee, Hip or Shoulder Surgery in Cancún

A straight-talk planning guide for patients from the United States and Canada: who it fits, what to ask, what it costs and how to plan the trip.

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HOW TO USE THIS GUIDE

Read it before you talk to any surgeon abroad, including us. The questions in section 2 work for any clinic. If a provider cannot answer them clearly, keep looking.

1 Is surgery abroad a fit for you?

Traveling for orthopedic surgery makes sense for some people and not for others. It tends to fit when:

- You pay out of pocket, are uninsured, or have a high deductible that makes a U.S. quote hard to afford.
- You live in a Canadian province with long waits and you would rather not spend another year in pain.
- Your surgeon at home has already told you what you need (or you have recent X-rays or an MRI).
- You are in stable general health and can travel with a companion.

It may not be the right path if you have complex medical conditions that need specialist hospital support, if you need revision surgery on a previous implant, or if you cannot stay in Cancún for the full recovery period your surgeon recommends. A good surgeon will tell you this on the first call.

2 Ten questions to ask any surgeon abroad

- ☐ 01 **Who exactly will operate on me?** Get the surgeon's full name, not just the clinic's.
- ☐ 02 **What are your credentials?** In Mexico, ask for the professional license (cédula profesional) and specialty certification from the Mexican Council of Orthopedics and Traumatology (CMOT). Both can be checked online.
- ☐ 03 **Which hospital, and what is its accreditation and licensing?**
- ☐ 04 **Which implant brand and model will you use, and will I get its documentation?** Your doctor at home will want this.
- ☐ 05 **Will you review my imaging before quoting?** A quote without imaging is a guess.
- ☐ 06 **What exactly does the price include?** Hospital nights, anesthesia, implant, medications, physical therapy, follow-up visits.
- ☐ 07 **What is not included?** Complications, blood products and extra nights are common exclusions.
- ☐ 08 **What happens if there is a complication?** Who treats it, where and who pays.
- ☐ 09 **How long should I stay before flying home?**
- ☐ 10 **How will you coordinate with my doctor or physical therapist at home?** Ask for records and the surgical report in English.

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3 What it costs

Starting prices at Cancun Joint Care, in U.S. dollars. Your final price is confirmed in a written, itemized quote after the surgeon reviews your imaging and speaks with you.

PROCEDURE	STARTING FROM (USD)
Knee arthroscopy	$6,250
ACL reconstruction	$9,000
Shoulder arthroscopy	$8,000
Total knee replacement	$13,200
Total hip replacement	$17,350
Reverse shoulder arthroplasty	$24,650

Note: Prices exclude complications, blood products and care beyond what the surgeon defines. Optional add-ons are itemized separately: recovery lodging, private transportation, a bilingual patient coordinator, post-op equipment and extra physical therapy sessions.

TIP

Ask your local hospital for an itemized self-pay quote for the same procedure. Compare line by line, not just the total.

4 Insurance and coverage

- **United States:** most plans do not cover elective surgery abroad, and Medicare does not cover it. If you have an HSA or FSA, ask your plan administrator whether these expenses qualify.
- **Canada:** provincial plans generally do not reimburse elective surgery outside Canada. Alberta explicitly excludes it; Ontario, Saskatchewan and Manitoba require prior approval under narrow conditions. Check with your province before you plan around reimbursement.
- **Travel and complication insurance:** regular travel insurance usually excludes planned surgery. Look for a policy designed for medical travel and read the exclusions.

5 The process, step by step

1. **Send your imaging.** X-rays or MRI, plus a short description of your symptoms.
2. **Surgeon review.** Dr. Mauricio González Campos reviews your images before talking to you.
3. **30-minute video call.** He explains what he sees, your options (including whether you need surgery at all) and answers your questions.
4. **Written quote.** Itemized, in USD. Pricing is handled separately from the medical conversation.
5. **Plan the trip.** Dates, lodging, transportation and a companion.
6. **Surgery and recovery in one building.** Surgery at Centro Médico Ossis; rehabilitation at Centro Ossis Ortho Sport, on the first floor of the same building.
7. **Home.** You leave with your surgical report and implant documentation for your local doctor and therapist.

6 Before you fly: checklist

- [ ] Recent imaging and a list of your medications and allergies.
- [ ] Clearance from your primary care doctor if you have other health conditions.
- [ ] A companion for the trip and the first days of recovery.
- [ ] Lodging close to the clinic, ideally without stairs.
- [ ] Flights with flexibility in case your surgeon recommends a longer stay.
- [ ] A physical therapist at home lined up for when you return.

Start with a medical opinion, not a sales call

Upload your X-rays or MRI at **cancunjointcare.com**. Dr. González reviews them before your video call. No call center, no pressure.

This guide is general information, not medical advice. Whether surgery is right for you, and how long you should stay, can only be decided by a surgeon who has evaluated you. Coverage rules change; confirm with your insurer or provincial health plan.