YOUR DENTAL VISIT TO NOGALES

Your visit starts with clear answers.

A planning checklist for a conversation with reception and your treating dentist. It is not an appointment confirmation or treatment plan.

Inter Dental Works · Plaza Centro 110
Calle Campillo 110, Local 10, upstairs
Nogales, Sonora, Mexico 84000
Reception / Recepción: +1 (520) 861-2068

Online booking opens in Spanish at lourdesestupinan.com. For help in English, call reception. Check your booking email and confirm the date and Nogales local time before traveling.

Your appointment

Before making travel arrangements, confirm the visit itself.

The right appointment

Ask for availability with Dr. Lourdes and explain what you would like to discuss.

Date and local time

Obtain explicit confirmation of the date, the time in Nogales and the clinician you will see.

Consultation and records

Ask about the consultation fee and which existing dental records or images to bring.

Arrival and access

Confirm the entrance, directions and parking options. The clinic is upstairs, with stairs-only access.

What to have ready

- Your questions and any existing dental records you can bring.
- A list of medicines, allergies and health conditions to discuss with the clinician.
- Questions about the full cost, visits and follow-up.
- The clinic’s confirmed appointment and arrival details.

Your treatment plan

Before agreeing to treatment, understand what is proposed for your case.

Assessment and options
Ask what assessment is needed, which options apply and who performs each phase.

The complete cost
Request the total, currency, inclusions, exclusions and payment conditions.

Visits and timing
Ask how many visits may be needed, how they are spaced and what could change the plan.

Risks and alternatives
Ask the treating dentist to explain the benefits, risks and alternatives for your individual case.

Travel & follow-up

Include the trip home and any further care in your planning.

Travel documents
Check official entry and return requirements for your citizenship and route before each trip.

Border information
Check CBP wait times for entry into the U.S.; allow flexibility in your travel arrangements.

Follow-up
Agree on who to contact after returning home, which follow-up appointments require another visit and their costs.

Care records
Ask for copies of your treatment records and whether they can be provided in English.

Before you cross the border.

Mexico travel guidance · U.S. Department of State

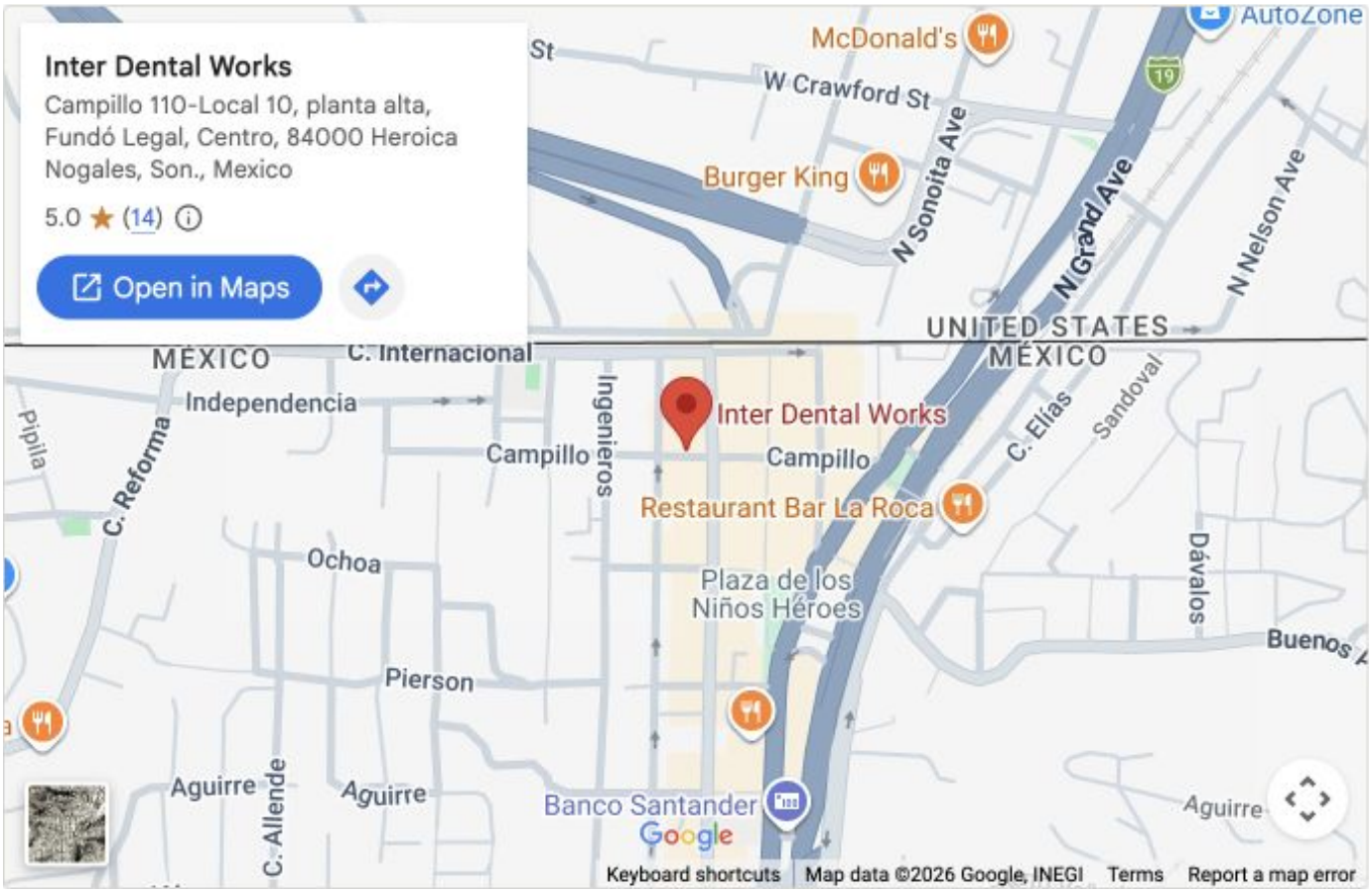
Returning to the United States · U.S. Customs and Border Protection

Care abroad · CDC Yellow Book

Requirements depend on citizenship and how you travel. CBP wait times cover entry into the United States; they do not predict entry into Mexico or guarantee crossing time.

Find Inter Dental Works

The red pin marks the clinic, just south of the U.S.-Mexico border.



Reference map: Google Maps. Map data ©2026 Google, INEGI.

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Open Google Maps
Get directions to the clinic

Scan for directions

Plan your arrival

You can park in Arizona and cross on foot, drive into Mexico, or arrange a pickup with reception. If you would like someone to meet you after crossing into Mexico, agree on the crossing, meeting point and time before your visit.