



# **COMPLETE GUIDE FILE FOR LIMB-LENGTHENING SURGERY**



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## What is Limb Lengthening Surgery?

Limb lengthening is achieved with the utilization of the principle of **distraction osteogenesis**, which means that height is gained by distracting the cut bone, which creates new bone tissue and causes the bone to expand in length. The basic concept is to break the bone surgically (osteotomy) and then progressively extend (distract) it using an internal or external fixation device. External (i.e Ilizarov), internal (i.e Precice 2), or hybrid fixator systems (i.e the LON) can be used for this purpose, but the underlying idea remains the same.

Since limb lengthening is a surgical procedure that aims to increase the length of a limb, it is most often applied to the lower limbs (legs) but the term also refers to the lengthening of the upper limbs (upper arms).



## What is the Goal of Limb Lengthening Surgery?

The purpose of a cosmetic limb lengthening procedure is to raise the patient's height for cosmetic reasons. A single surgery can result in a height gain of up to 7-8 cm (about 3 inches). It is feasible to achieve an absolute maximum height gain of 12-15 cm by undergoing two further operations (or approx. 5-6 inches).

Upper legs (Femurs): 6-8 cm

Lower legs (Tibias): 5-7 cm

Upper Arms (Humerus): 4-6 cm

The post-operative period is just as crucial as the surgery process. Following successful limb-lengthening surgery, months of bone distraction, physiotherapy, exercise, and rehabilitation are commenced. It is a gradual and crucial process that requires the patient's responsibility, dedication, and commitment.

## Limb Lengthening Surgery Methods

Before we mention everything about post-surgery procedures, we would like you to learn about all the limb-lengthening surgery methods to help you in your decision-making.

### - How can I decide if the best limb-lengthening procedure is for me?

When deciding on a limb lengthening procedure, consider the amount of lengthening desired, the time frame available for treatment, and your budget.

Limb lengthening procedures were initially developed to remedy limb length discrepancies. It is possible to execute limb lengthening in either an acute or gradual method. Internal fixation, external fixation, or a combination of the two could be used.

## 1-External Methods

### A-Ilizarov Method (Not Being Preferred)



The Ilizarov Fixator was named after Gavriil Ilizarov, a Soviet surgeon, and inventor. There are numerous variants that have been adjusted by various doctors all around the world. All Ilizarov fixators, however, are made up of a circular metal frame and thin metal wires that pass through it. The circular shape of the device makes it stable and capable enough to bear the patient's weight. To keep the bone in place, the wires penetrate through soft tissue and bone. The frame can be adjusted at numerous points. This allows the physician to repair any aberrations in the bone during the lengthening procedure. The circular frame must remain in place on the legs until the bones have entirely consolidated (9-12 months). Nowadays, it is mostly used for correcting limb lengthening discrepancies or traumas due to car accidents. In few countries, Ilizarov method is preferred for cosmetic limb lengthening.

### B-Holyfix Method (Not Being Preferred)

Based on the Ilizarov technique, this is a purely external treatment. The Holyfix method is an effective monolateral rod approach that has been utilized since 1997. The Wagner and De Bastiani approach has been enhanced.

In other words, pins are used to secure monolateral external fixators to the patient's legs. The nails are fastened in the most convenient and safest area, avoiding veins and nerves. The danger of infection from an open wound is extremely minimal.



The Holyfix device is built of a specific aluminum and titanium alloy that makes it lighter and MRI and X-ray compatible. As a result, this biomechanical system is exceptionally stable and safe, allowing the patient to walk throughout treatment. This technology simplifies the distraction (bone lengthening) process, allowing the patient to conduct the lengthening themselves. The Holyfix fixators must remain in place on the legs until the bones have entirely consolidated (9-12 months). Currently, it is mostly used for



correcting limb lengthening discrepancies. Except a few clinics in Türkiye, this method is not preferred for cosmetic limb lengthening.

### **Why are Holyfix and Ilizarov not being preferred currently?**

Both Holyfix and Ilizarov have some limitations. The external fixators are very large and heavy. This makes them difficult to walk and sleep in, especially for the femurs. It's nearly impossible to sit down. As a result, individuals seeking cosmetic leg lengthening must settle for shin lengthening. It's also tough to find pants that will fit over the fixators. Add in the fact that the fixation can last up to a year, and you can imagine how tiresome and nerve-racking the entire treatment can be. For the reasons stated above, the Ilizarov and Holyfix procedures are now used more for medical than cosmetic goals.

## **2- Internal-External Combined Method**

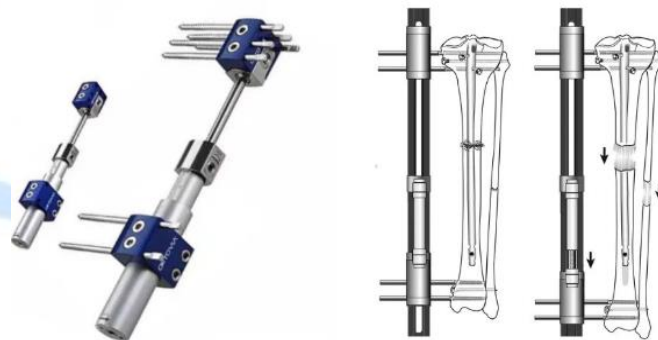
### **LON Method (One of the Most Preferred Methods)**

For our patients, the LON approach avoids the majority of the difficulties associated with the Ilizarov and Holyfix treatments. LON is an abbreviation for Lengthening Over Nail. This technique combines two types of fixators: an external fixator and an intramedullary nail inserted in the bone cavity. The external fixator can be an Ilizarov fixator, a monolateral (rod-shaped) fixator, or any other physician-designed device, based on the surgeon doing the limb lengthening. It is significantly more compact, lighter, easier to maintain, and allows you to follow the lengthening progress with the fixator scale.

The LON approach relies heavily on internal fixation. On the one hand, it strengthens the bone by preventing deviation. On the other hand, it enables the removal of external devices much earlier. This treatment requires patients to spend only 3-4 months with external devices on their legs, as opposed to 9-12 months with fully external methods like Ilizarov. For a time, the internal nails keep the bone in place from the inside. They are removed once the bone has solidified completely.

LON devices made by Ortopia in Türkiye are used and trusted by our surgeon. The fixator allows you to measure your progress in lengthening and is smaller, lighter, and easier to maintain than other options. We must admit that it is rather difficult to get a decent night's sleep while

having standard Ilizarov devices on your legs for several months, which can cause major distress when added to the different degrees of pain throughout the operation.



We've covered enough ground on the LON approach's outward components; let's shift gears and discuss briefly the technique's emphasis on interior fixation. A rod is implanted into the bone, as we indicated, and this plays a crucial role. In the first place, it helps keep the bone from deviating from its normal position. Further, it permits the early elimination of extraneous

components. Patient time spent with external devices on legs is reduced from 9 months to over a year with entirely external approaches like Ilizarov to just 3 months with this procedure. The bone is still being held together by the internal nails. Once the bones have fully consolidated, they can be removed.

### **Most of our patients choose LON, Why?**

There are a few main reasons why it is the preferred surgical option for around 70–80% of our patients. Obviously, compared to other options, it has several substantial benefits while still being reasonably priced. There is a significant cost saving compared to in-house alternatives. When compared with the Precice 2.2 technique, LON's price is cost-friendly. Additionally, the operation is less invasive than the entirely external Ilizarov or Holyfix techniques.

With few exceptions, removing external fixators is a top goal for the vast majority of our patients. The sooner the external devices are taken off, the less time the patient will have to spend dealing with bandages and pin sites, and the sooner the patient will be able to wear loose pants without feeling restricted by the fixators. In addition, external devices are a leading source of distress for people undergoing limb-lengthening procedures.

### **3-Internal Methods (One of the Most Preferred Methods)**

#### **A-PRECICE 2.2**

Nuvasive invented the Precice nail. It is an entirely internal mechanism for limb lengthening. Patients notice less overall pain and discomfort since there is no external fixation. As with the LON technique, there are no open pin locations. After inserting the intramedullary nail into the bone, the wounds are sutured and closed. As a result, the infection is rarely seen and bandages do not need to be changed regularly for infection. There will be fewer scars after healing if there are no pins or nail marks. Scars, which appear as fine lines on most skin types, are nearly imperceptible. Because there are no external fixators to restrict your motions while sleeping or lying on your bed or sofa, you feel more at ease.

The Precice device both lengthens and shortens the bone, which is a critical function. In fact, reversing the lengthening process may be necessary for some patients if the bone is slow in consolidation or if severe tension causes intolerable pain.

Internal nail removal is an optional technique in the Precice method. After the bone has fully solidified, the patient is advised to have the internal fixators removed.

### **Components of Precice 2**

#### **-External Remote Controller (ERC)**

External Remote Controller is a portable magnetic device that makes bone distraction occur by pushing the button on it. Thus, a controlled lengthening phase is provided thanks to it.

## **-Intramedullary Nail**

Internal fixation with a titanium alloy nail or rod is known as intramedullary nailing or rodding. The radiologist examines the photos to determine the appropriate nail length. It is surgically implanted into the bone cavity during the operation (8,5 mm, 10,7 mm, 11,5 mm, or 12,5 mm in diameter). The nail is completely safe for human use because it is biocompatible.

### **Important Information**

Depending on the size of the nail and limb being treated, patients are required to use a wheelchair for the most of the time in the course of lengthening phase. In addition to this, patients weighing up to 40-70 kg can walk more easily with the use of a walker. They can, however, walk-in activities that do not place excessive weight on the nail, under the supervision of the doctor. Physical therapy may consist of activities as varied as going to the bathroom and walking. Apart from that, due to the nails' weight-bearing capacity, a wheelchair must be utilized during the lengthening time. Because excessive strain on the legs could break the system.

### **Two Surgeries with Precice 2**

If Precice 2 is chosen as a surgery method for limb lengthening, there are two operations

*First Surgery:* An intramedullary nail is inserted into the medullar cavity of the bone. Patients lengthen the bone gradually by 0,99 mm per day by pushing the button on ERC. (Lengthening is carried out three times a day/ 0,33 mm x 3)

*Removal Surgery for Intramedullary Nails:* Intramedullary nails can be removed after the full bone consolidation is completed, upon the patient's request. It can take a year or one and a half years to get rid of the nail with a short and simple procedure.

### **Advantages**

- It offers less invasive procedure, and less painful process compared to classical methods.
- It bears less risk of getting infection since there are no external devices attached to the legs. (e.g. LON)

### **Disadvantages**

- The surgery cost is pricey compared to the other methods such as LON and Holyfix.
- As the weight-bearing capacity of the nail is limited, patients must use a wheelchair during the lengthening phase. Therefore, some patients consider choosing the Stryde Method to avoid using a wheelchair.

Our patients strongly favor the "Precice 2" approach because of the following reasons: Except for the initial week, patients have very little discomfort during the lengthening procedure.

Scarring on the legs will be reduced thanks to the minimum incisions and aesthetically pleasing stitches.



- ★ When compared to alternative procedures, this one ensures a safer, more comfortable, and less risky lengthening experience for patients (e.g LON, Holyfix, and Ilizarov)

### **B-PRECICE STRYDE (Its Production Came to a Halt and Its Nails Withdrawn from the Market)**

Precice Stryde is the most recent Precice intramedullary nail model. In 2019, it became available globally. The key improvement, in this case, is an increase in resilience. Patients who have had Stryde surgery can walk throughout the length of the procedure. They may require bracing for the first few days or weeks, but walking becomes simpler after that.

→ Manufacturing of Stryde nails ceased in 2022, therefore they will be unavailable anywhere in the world.

Precice Stryde is the third-generation limb lengthening device from Nuvasive, and it has an intramedullary nail implant, locking screws, reusable equipment, and a handheld External Remote Control (ERC).

When using the Precice Stryde technique, intramedullary nails are inserted into the bone marrow before the wounds are sutured shut. The surgery leaves fewer surgical scars since it requires fewer incisions in the leg. As a result, it alleviates patients' anxieties about their appearance, as it does not necessitate external fixation and does away with the necessity for frequent dressing changes and the associated danger of infection.

Principles-wise, Precice 2 and Precice Stryde are very similar. Stainless steel nails on the Precice Stryde allow patients to walk during the lengthening process, setting it apart from the Precice 2. Patients are able to resume their normal activities just a few weeks following surgery because of this improvement.

Bone can be lengthened or shortened with a Stryde nail. Because of this, many potential side effects can be treated with less effort. Further, Stryde nails are manufactured from a biocompatible toughened steel. As a result, these nails can either be left in the bone marrow following a full recovery or removed surgically.

#### **Advantages**

- The state-of-the-art technique for increasing limb length
- Tibial and femoral lengthening of up to 7-8 centimeters are possible.
- Allows patients to experience all stages of the process
- Helps people go back to normal in a few weeks
- It's less invasive than other procedures that need external fixation and leaves less visible evidence of surgery.

#### **Disadvantages**

- Exorbitantly expensive
- Apparently, several people had bad experiences, thus it was recalled.

## The Beginning of the Limb-Lengthening Journey

### 1-Contact our Patient Consultation Expert

For FREE guidance and detailed information regarding limb-lengthening methods, pre and post-operation procedures, and services, please contact us via email, WhatsApp, voice calls, Facebook, Instagram, and other electronic channels. We provide a free consultation because we feel you have the right to be fully informed about limb lengthening before making a decision and proceeding. If you need more technical and detailed information on the surgical techniques, materials, and devices utilized, or if you simply want to have an online chat with our surgeon, send a request to the patient consultants.

### 2-Making your Decision and Reservation Process

After receiving all of the necessary information, you can select a surgical, and the part of the limb to be operated on (femur or tibia for legs, humerus for arms), schedule your surgery, and decide whether you will stay in Türkiye for the duration of the treatment or return home after 3/4 weeks you are discharged. By accurately completing the patient questionnaire form provided by our patient consultant, you are informing us of your choices and preferences, allowing us to provide you with the finest quality services in the shortest amount of time. If you are having trouble deciding, you may always contact your patient consultant for further information and guidance.

It is critical to have the doctor, hospital, and surgical equipment ready when scheduling your surgery date. You can arrange your surgery date by paying a deposit of 10% of the surgery fee. A deposit offers the following benefits:

- The selected date for your surgery will be reserved.
- You lock in the existing operation price for that date and protect yourself from potential price hikes for a year from the date you send the deposit.
- You may be eligible for price reductions, offers, and vouchers that are valid from the date of your reservation until the date of the operation.

After you have paid the deposit, we will send you the deposit agreement confirming your reservation. You pay the remaining 90% of the operation charge before you arrive for the procedure.

Please reach out to the details of the deposit agreement on our website for the terms of payment and refund.

In order not to delay the surgery date, 90% of the payment and the accommodation price should be paid 2-3 weeks before the patient's arrival. The reason for this is that there might be a delay during the bank transfer. If the payment is made in cash, it can be paid to the accountant of the company 1 day before the surgery.

### 3-Making Plans for your Trip to Turkiye



It is critical to determine what type of documentation is required to enter Turkey. If your visa does not allow for a longer stay, we can assist you in obtaining an e-visa/regular visa or a residence permit. It is also advised that you buy plane tickets early in advance of your trip to avoid missing your operation date since tickets will be sold out by that day. Ideally, 2-3 days before the operation date, patients should arrive in Istanbul.

If the patients that have paid the deposit are struggling to get their visas, a medical invitation letter is sent to them from the hospital through e-mail. If the patient plans to stay more than 6 months, we can direct them to a visa consultancy agency. If you would like to learn the visa regulations for your country, you can click [here](#).

#### - Can I Travel Alone for the Surgery?

Türkiye is a safe country where you can travel by yourself and do not necessarily need someone to come with you. A caretaker that speaks your language will be provided to you during the pre and post-operation process. Femur patients might need the assistance of a caretaker for 1-2 weeks after they are discharged. Tibia patients, on the other hand, can manage on their own after the hospitalization process is over; however, the caretaking time might proceed if the patient wants. If you would like to, you might bring someone you know and love with you to company you during your hospital process.

### 4-Trip to Turkiye and the Preparatory Measures

Our caretaker will meet you at the airport. When you arrive, you will be taken to your 5-star hotel to rest. The following day, you will go on a guided city tour of Istanbul, where you will learn about our wonderful city and visit the biggest tourist attractions. Following that, the driver will transport you to the hospital for a meeting with the doctor and crucial tests to check that you are fit for the operation. Typically, test results are released the same day or the next day.

#### - How Can I Pay?

You can proceed to payment if you have fulfilled all of the conditions. The recommended mode of payment is bank transfer (money transfer), but credit card or cash can be accepted on special request. Bank transfers are typically processed within 1-3 business days. In this instance, if your payment has already arrived in our bank account, and your procedure will not be delayed.



After you have completed all of the pre-surgery formalities, you will be given a consent form to sign. There are 2 forms that you should sign; one of them will be given by the hospital and the other one will be given by a healthcare organization. You will be taken to the hospital for surgery once you have provided your agreement for the surgical treatment to be undertaken.

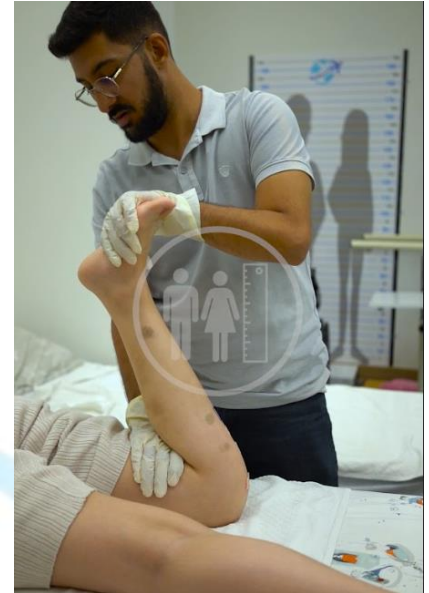
## 5-Accommodation



Limb-lengthening surgery is a process in which serious care and physical therapy are needed after the surgery. We recommend you stay for approximately 3 months by utilizing the accommodation service we provide for you to pass this process in the healthiest way possible. There are caretakers for you to help with all your needs, including physical therapy and healthcare at the accommodation we provide you. Our doctor makes biweekly visits to the patients at the hotel. X-Rays are taken biweekly at the hotel as well, therefore, the comfort of our patients remains the same. In the first three months after the surgery, there is a risk of complications. For this reason, it is important that you should stay here during the lengthening process in order to detect these potential complications and if there are any, to treat them in the best possible way.



Lastly, physical therapy is a crucial part of this process. Because limb-lengthening surgery is not very common in every country, there are not many physical therapists that have a good command of the process. If you plan to stay in your own country during the lengthening process, it is important that you stay here for the first 3-4 weeks after your surgery.



### **Conditions for Staying Abroad during the Lengthening Process**

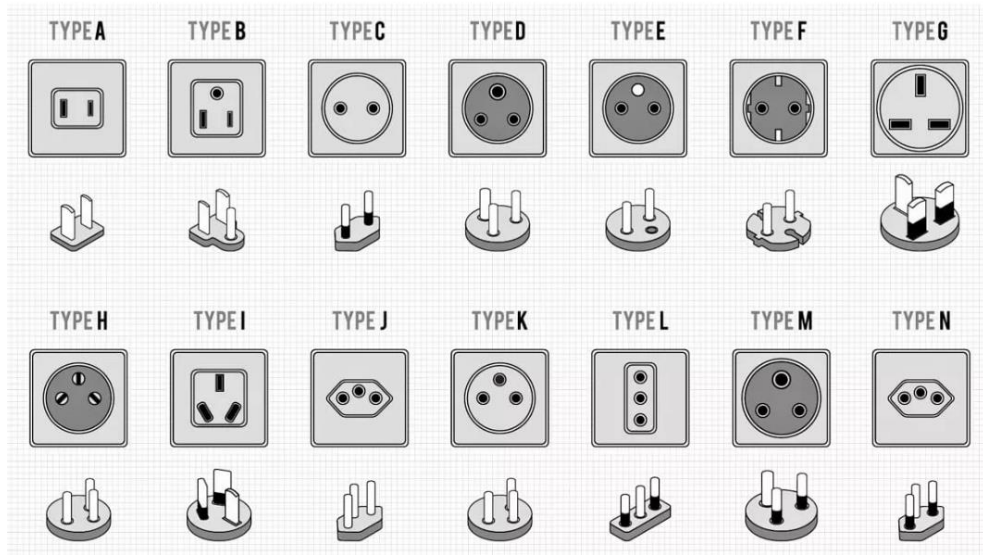
Staying close to the doctor and the hospital after the height extension surgery provides the opportunity to intervene quickly in any possible complications or problems. Our team considers these possibilities and cares about a healthy extension process by facilitating medical health care and accommodation for patients. However, our patients who want to spend the process in their own place of residence instead of with us can also complete it by creating and fulfilling some of the following conditions:

- X-rays sent at regular intervals
- Reception of sessions from a physical therapist experienced in the field of fracture and height extension (at least 4-5 times a week)
- Regular and hygienic medical dressing changes depending on the choice of method
- Staying in constant contact with the patient consultation expert
- Occasional online consultation with the doctor or patient consultation expert

Footnote: The patients that are going to get surgery with the Precice method must stay in Türkiye until their lengthening process is over. The reason for this is that the magnetic device which is used for lengthening can't be taken out of the country. But the LON patients can.



## 6-The Things that You Should Get & Do Before You Come to Türkiye



14 types of electric plugs and sockets currently used in countries around the world

Before you come to Türkiye to have your surgery, you should bring the things that are mentioned below for your stay to be more comfortable:

- Wide shorts for the patients that are going to get surgery on the femur
- 1 or 2 sizes bigger tracksuits for the patients that are going to get surgery on the tibia or femur
- Jackets, coats, or shirts based on the season that you are going to come and stay, considering Türkiye experiences 4 seasons.
- Since the plugs and sockets used in our country are F type. Türkiye than Europe and the USA, it is highly suggested that you bring one or two adapters for your gadgets.
- Patients who will purchase a round-trip ticket should choose the wheelchair seat feature for their return and add “special disability assistance” if possible.

-Make sure to do stretching and regular exercises that increase the flexibility of the muscles. (If possible, massage therapy to loosen up the stiffness) You can consult patient consultation expert to obtain pre-operative exercises.

## The Pre-Requisites for the Surgery

The initial step is to determine the patient's suitability for limb-lengthening surgery. Medical testing is performed to help establish the procedure's course and the type of anesthesia. X-rays, blood tests, and routine tests are the most common types of tests. Height measurements are made before and after surgery to figure out the change in height. An anesthetic exam determines the type of anesthesia and how it is administered. Aside from this, any further tests that the doctor deems appropriate may be performed. Following the completion of the examinations, the patient, surgical team, and operating room are prepared. If any medications were taken prior to the surgery, they are terminated.

### Medical Examinations

- X-rays,
- blood tests, and
- routine tests are the most common types of examinations.

Imaging techniques are used to assess the bone's condition. Height measurements are taken to see the change in height. An anesthetic evaluation determines the type of anesthesia and how it is administered. Aside from this, any other tests considered required by the doctor may also be performed.

### Pre-anesthesia Examination

On the day of surgery, the anesthesiologist will typically perform an anesthesiology examination. Information regarding the general state of health and diseases is gathered here. During this evaluation, the patient should disclose any allergies they may have. Conditions such as regular medication and alcohol usage should also be specified. Information is also gathered about the patient's previous procedures. It is determined whether there are any issues with the respiratory tract. In addition, the patient's psychological condition is assessed. The hazards associated with the use of anesthesia are reviewed in this assessment, and preventative changes are made.

### Imaging Tests

Imaging tests show images of a specific portion of the body. The image is created by directing various energies at the individual. Internal organ information is therefore collected. Computed tomography and magnetic resonance imaging are two examples. Some imaging tests may be ordered prior to surgery, depending on the patient's health.

### Orthoroentgenogram

Orthoroentgenogram is a detailed X-Ray that is done by the doctor to observe the patient's mechanical axis, general bone structure, bone quality, and the measurements of both the femur and tibia easily. With this X-ray, the doctor is able to tell how many centimeters the patient can gain with the surgery, especially focusing on the proportion.

### General State of Health

Prior to surgery, medical examinations are performed to assess the general state of health and to establish the presence of any chronic disorders. Diseases that may interfere with the surgery or provide dangers are evaluated in particular. These enable safeguards to be made ahead of time.



Height Measurement - Before the operation, general height data were measured. This data is collected to track the patient's lengthening following the treatment.

### **Urine test**

This test is only done if the anesthetist or the doctor thinks it's necessary. A urinalysis is a test in which a urine sample is examined in a laboratory setting. For example, appearance, density, and substance all provide information about a person's health. Kidney disease or urinary tract infection can be assessed or information regarding a high protein level can be provided. A urinalysis is usually performed before any operation.

### **Smoking**

#### **What does smoking actually do to the bones?**

What matters more than the effects of smoking on the skeleton is the damage it produces to the circulatory system. The bones, like every other organ and tissue in the body, require blood for sustenance. The circulation is the sole source of all the necessary minerals for repairing broken bones. Ca and O<sub>2</sub> are the most vital.

Smoking, as one might assume, increases blood levels of nicotine to the point where blood vessels begin to constrict. Nicotine has been shown in studies to reduce blood vessel width by up to 25%. Due to the reduced diameter, the healing capacity of a smoker's body is negatively impacted.

If the patient is a smoker and plans to get limb-lengthening surgery, they should quit smoking before the surgery. Due to the bone quality of a person who was a smoker for a long period might be low, the patient might get an optional X-ray on the area that he or she plans to lengthen and send it to the patient consultant for the doctor to evaluate. If the doctor approves, the patient can get the surgery. But they should definitely quit smoking before the surgery for a healthy bone union. Even though it is a very low possibility, there is a risk that the bones of the smokers or people that used to be a smoker might not consolidate at all. For this reason, the bone graft is taken.

### **Drinking Alcohol**

#### **Why do you need to stop drinking alcohol before surgery?**

- **You're more vulnerable:**

Three beers a day for men and two glasses of wine a day for women increased the risk of pneumonia, heart muscle disease, and surgical complications like bleeding among hospitalized adults.

- **You're more likely to bleed excessively and heal slowly:**

Since alcohol slows the blood's ability to clot, you shouldn't drink it before invasive surgery. If you drink alcohol before surgery, you run the danger of losing blood during the procedure and of your incisions not healing properly, both of which will delay your recovery time.

- **You're more likely to have serious post-op complications:**

Infections and sluggish wound healing are two of the most prevalent problems of excessive drinking following surgery, and heavy drinkers face a higher risk of these issues compared to teetotalers and moderate drinkers.

- **Your body doesn't metabolize anesthesia as it normally would:**

When you drink alcohol for even two days in a row, your body adapts to processing it in a certain way, and an anesthetic is no different. Due to its inducible nature, the liver must produce more alcohol dehydrogenase as alcohol consumption increases.

Stopping smoking and avoiding alcohol consumption a week or so before surgery is strongly revised. It is important to remember, however, that smokers are typically not candidates for lengthening surgery. Additionally, a week or so prior to the treatment, you should refrain from drinking alcohol.

### **Pre-operative Drug Use**

There may be medications used by the patient that have blood-thinning effects, they are left for the doctor to control and ascertain use. After such an operation, patients typically resume taking their medication while under a doctor's supervision. The use of blood-thinning vitamin supplements is also temporarily halted. Antibiotics, hormones, and tranquilizers all carry the risk of causing complications when under anesthesia. For this reason, before the operation, the patient should inform the doctor of all medications currently being used.

If there is drug abuse in the past of the patient or they have immunity against strong painkillers, the patient has a low endurance for the pain after the surgery. Even the strongest painkillers don't work for those patients. There are some regulations and rules on the usage of the strongest painkillers in Türkiye due to the health system. For this reason, this kind of patients have to lower their immunity against the painkillers, then have limb-lengthening surgery.

After the surgery, unless for an extraordinary situation, the patients should not use any medication that their doctor did not prescribe for the post-surgery process without consulting.

### **Blood Thinners**

A blood thinner is a type of drug used to prevent or treat blood clots. There are two basic forms of blood thinners, anticoagulants, and anti-platelets. They both prevent blood clotting, or more properly, slow the production of clots, but in distinct ways.

### **What Is the Purpose of Blood Thinners?**

Blood thinners are used to thin the blood in some patients, making it take longer for the blood to clot. Blood thinners are given to patients to keep an existing clot from worsening (and to prevent additional clots from forming) during the lengthening process.

## **Prior to Surgery**



Prior to surgery, blood thinners might be challenging. The surgeon must strike a balance between preventing clots and allowing the patient to bleed excessively during the operation.

Simply explained, even aspirin has a thinning impact on the blood. These medications can then be started under the supervision of a doctor. Furthermore, if the patients take vitamin supplements, the doctor should be informed and consulted for further usage.

Some patients who consistently take a blood thinner prior to surgery have their daily dose of blood thinners discontinued at least 24 hours and up to a week before surgery. This brief break is frequently sufficient to avoid excessive bleeding without significantly raising the risk of a blood clot.

### **Antibiotic Use**

Antibiotic use prior to surgery is also left up to medical discretion. Antibiotics and anesthetics have the potential to interact during surgery, which could result in serious problems.

### **Other Medicines**

Drugs including tranquilizers, diuretics, and steroids should all be avoided in the days leading up to the procedure. Steroids inhibit the function of the gland that produces hormones. If this is the case, you may find it challenging to deal with the stresses of anesthesia and surgery. The patient's safety may be jeopardized because of the diuretic's effect on potassium and fluid loss. Anesthesia and surgery provide a risk of shock to the patient, thus patients taking sedatives to reduce blood pressure should either stop taking them or let their doctor know. You should tell your doctor about any medications you've taken in the past so they can formulate an appropriate treatment plan.

### **Treatment and General Health Examination**

It is important to provide the doctor with a comprehensive treatment history prior to the surgery. It is important to discuss any preexisting conditions, how they were treated, any operative procedures, and the anesthetic used. The patient's overall health should be evaluated as well. These are essential to lowering the risk of complications during and after the treatment and speeding up recovery.

### **Clarification of the Operation Plan and Treatment Process**

After settling on a strategy, the surgical process can be organized. Both the procedure's development and the specifics of the intervention are outlined in this strategy. The patient is fully informed of all factors that may affect the specifics of the procedure and therapy, including but not limited to the surgical approach, anesthetic, patient condition, extent of distraction (lengthening), and bone structure.



### **Informing the Patient and Psychological Preparation**

The patient is given a thorough rundown of the procedure, the plan, and the treatment process. When a patient expresses anxiety, we do our best to allay those fears.



Communicating with the patient about what to expect during and after the surgery is crucial and natural. It allows the individual to get ready. Together, you and your doctor settle on a strategy and plan.

### **Pre-Operative Diet and Nutrition**

The fasting period before a longer surgery may be longer or shorter than the standard 8 hours. That's because it's a major safety concern to have your stomach turn over during surgery if you keep drinking and eating.

### **Duration of Limb Lengthening Surgery**

Regardless of which method is applied, a limb lengthening surgery may take between 2-4 hours.

### **The Importance of Exercise and Physiotherapy before the Surgery**

Once your doctor or health care provider has given you the go-ahead to have the surgery and you are mentally prepared for it, as well as having booked and confirmed the procedure, it is critical that you begin physiotherapy at least 3-4 weeks prior to your surgery.

Physiotherapy and exercise are so vital in maintaining appropriate posture and muscle and nerve growth that it is recommended to begin exercising 3-4 weeks ahead of time for the muscles and nerves to be flexible and enable a more comfortable and less painful experience for our patients.

To get the detailed PDF that shows all the necessary exercises for you to prepare for your limb-lengthening surgery, please ask our patient consultant.



## **The Process after the Surgery**

### **1-Shortly after the Surgery**

Congratulations on having your limb lengthening surgery successfully! On the next day after surgery, we will provide you with a walker to make your first steps. It will be difficult at first, but with your strong will, you will make it. A caretaker will be at hand for your additional needs. For the next 2<sup>nd</sup> and 4<sup>th</sup> days, the patient will have physiotherapy sessions with the physical therapy specialist. After 4- 5 days, when you are about to be released from the hospital, your health care representative will give you necessary instructions about how to make daily distractions (lengthening), how to clean pin sites and change bandages, and what to do to improve your walking and reduce pain. The hospital process is 5 days in total.

After you stay 3-4 weeks and get the doctor's approval that everything is okay, you can return to your country. We will provide you with a VIP car, which will take you to the airport. Before leaving, the doctor will issue a flight permission report, so that you don't have difficulties boarding the plane with fixator devices on your legs. Using this report, you can also ask for help from airport staff to help you board the plane. If you prefer staying in Türkiye for 3 months until your distraction phase is over and external fixators are removed (i.e LON method), we can accommodate you in our facility (or find a hotel, house, or flat depending on your preferences and budget). We recommend our patients stay at the accommodation to get the services we offer that are needed during the lengthening process from a single place. Lastly, the first 3 days after the surgery is usually a little hard due to pain but it will reduce thanks to the painkillers that will be given. In the following days, the pain will be more tolerable.

In addition to all, especially femur patients are advised to extend the caretaker service, which is already provided after the surgery for 6 days (More than 6 days, the service is charged extra). The reason why to do this is because the range of motion will be restricted for the first 1-2 weeks after the surgery. In order for meeting the daily needs, it is advised to extend if for extra 1-2 weeks. Yet, some patients may prefer to manage things on their own, and in this case, we tell them not to hesitate to receive help from us.

## **2-The Distraction (Lengthening) Period**

The lengthening period starts on the day you are discharged from the hospital. Now you are on your daily journey to become taller. You use the screws on external fixators (i.e LON) or electronic controller (Precice 2/Stryde) to make your legs longer by around 1 mm every day. Due to having fixators on your legs, and due to bones being previously cut in the surgery, it is natural to have high amounts of pain. Luckily, a number of painkillers will be provided before you leave the hospital.

At the beginning of the lengthening process, which is the first 2-3 weeks, the mobility range and the functionality of the patients are now better. During the lengthening process, the patients are able to move especially with a walker or a wheelchair. For the LON (Combined) method, although partial weight-bearing is possible, daily walks are usually not more than 1-1.5 hours, and the patient gets support from both the wheelchair and the walker. For the Precice 2 method, on the other hand, because the nail is really sensitive and there is a risk of nail breakage, the patient uses mostly a wheelchair and daily walks are no longer than 20-30 minutes. In order for patients to gain their old mobility and functionality of their muscles after their lengthening process ends, they should have at least 4-5 physical therapy sessions weekly during their lengthening process. There can be also an increase in how many times the sessions are going to be based on the patient's physical needs. Apart from physical

therapy, we recommend our patients to do stretching and lengthening exercises on their own. They should not only depend on daily physical therapy.

You will be also encouraged to walk a certain distance every day despite the pain and difficulties. The more you force yourself to walk, the faster the bone regeneration process will be. To monitor your distraction and bone regeneration progress, an X-ray of your legs will be taken every 15-20 days. Besides, our health care representative does daily check-ups, and will be responsible of your dressings and medications. Dressings are changed every 2-3 days and having a proper shower is not allowed, particularly with the LON patients. However, Precice patients can have it once the wounds are healed in 2-3 weeks after the surgery. If you are in your country, you can communicate with your patient consultation expert over the phone or the Internet and send x-rays, photos, and videos for a professional opinion. After consulting with your doctor, it may be beneficial to see a local doctor as well if you feel there is a need. For general questions feel free to ask us anytime you want and need. For more professional opinions and medical and technical questions, please always refer to your surgeon.

### **3- End of Distraction and Removal of Devices**

#### **-When Can You Walk Again Completely?**

The answer of it depends on the method that you've had your surgery and how much height you gain.

-In Precice 2.2 method, after distraction is over, you will not be required to walk unaided. Initially, you will need some kind of support from a walker for 3-4 weeks and then crutches for about 3-4 weeks. Then, by walking more and more, as well as continuing exercising and physiotherapy, your walking will improve and you will quickly return to your regular daily life. In total, you will be able to walk freely and return back to your daily lives & work life roughly 2-3 months after the distraction phase is over. After 1-1.5 years have passed from your operation, the internal nails can be removed. Internal nail removal is optional and these nails can remain inside the bones without causing health problems to the patient. They can be removed at a later date, or not be removed at all.

-In the Precice Stryde method, patients are able to walk relatively more easily even during the distraction, but after it is completed, it will be easier to walk each following day. After 1-1.5 years have passed from your operation, the internal nails can be removed. Internal nail removal is optional and these nails can remain inside the bones without causing health problems to the patient. They can be removed at a later date, or not be removed at all.

-In external and LON methods, there are external devices to be removed before you can enjoy your life with your new height. By examining your x-rays, the doctor will tell you when to come to have the devices removed. In the LON method, around 2-3 days after distraction is over, the doctor will evaluate your X-rays and invite you for external device removal. It means you can get rid of external fixators in 2-3 months depending on the lengthening amount, compared to 9-12 months in fully external methods (i.e. Ilizarov and Holyfix). You will be able to return to work, studies, and your daily routines roughly 2-3 months after the distraction is completed with the LON method, however, with fully external methods such as Holyfix, you will be able to go back to those activities 9-12 months after the first surgery.

Regardless of the chosen surgery method, doing sports involving leg movement and weight bearing is only allowed after full bone consolidation.

- In Holyfix/Ilizarov methods, the devices can be removed only after FULL consolidation of operated bones. This usually takes 9-12 months from the date of operation and this duration depends on the patient's age, bone regeneration speed, the efforts of the patient in walking, nutrition, etc.

#### **4-The Care After the Lengthening Phase is over**

During the lengthening phase, it is very natural for the patients to spend a lot of time in bed; which may, in turn, weaken the muscles and slow blood circulation, as well. Thus, it is vitally essential to maintain good muscular strength and blood circulation, through physiotherapy exercises in the course of the distraction phase and after the completion of lengthening. Your physiotherapist will advise you which of the exercises are best for you, depending on your surgical method selection and body type.

It must be remembered that the recovery progress is hugely dependent on the amount of effort and determination that the patient puts in; thus in order to get the best results, self-motivation is the key factor. Additionally, you should be in constant contact with your physiotherapist to heal faster and better.

Hydrotherapy is beneficial for both LON and Precice patients. For LON patients, hydrotherapy is possible after the open wounds have completely healed, which is 3-4 weeks after the second surgery. Because Precice patients are not able to stand for more than 20 minutes until the nails are removed, hydrotherapy is extremely beneficial for their muscles to get stronger and not lose their function during the lengthening phase and for post-op recovery.

## **Does Limb Lengthening Surgery Have Any Side Effects?**

### **Pain**



The most common and significant side effect of this operation is pain, which is entirely normal. The patients all suffer variable degrees of pain at various stages after the operation. As you are probably aware, bone lengthening entails cutting the bone with specialized equipment. This is referred to as an osteotomy. This is one of the most common causes of discomfort, especially in the initial few days after surgery. Metal pins are used to fixate the device to the leg if the surgical approach is external fixation, such as Holyfix, Ilizarov, or LON. These pins penetrate the soft tissue and pass through the bone, causing discomfort as a result of soft tissue injury.

After around 1 to 3 weeks, both types of pain fade or at least lessen. Then there's another kind of discomfort that happens after a certain amount of bone lengthening. This form of pain is induced by nerve stretching and exposure to excessive tension. It appears in some persons when the patient has reached 4 to 5 cm, while in others it appears when the patient has reached 6 or 7 cm. Leg muscles must be trained to adapt to the altered bone length to lessen leg stress. This is only possible with physical therapy and stretching exercises. If these steps are not taken, the tension will linger, as will the pain and limits of movement.

### **Swelling**

When you wake up from limb-lengthening surgery, it is normal for your legs and feet to be swollen. This is because of edema, the body's natural response to surgical or traumatic tissue damage, and it is kept under the control with the help of ice-pack. Swelling in the legs and feet lessens significantly 10 to 15 days following surgery and eventually vanishes. This symptom should not be taken seriously.

### **Contractures and Cramps of the Muscles**

This is the most common complication of limb-lengthening surgery. Muscles and nerves are steadily pulled apart during the bone distraction. This frequently ends in muscular contracture or a muscle that is so tight that it no longer allows the joint to move freely and completely.

### **Importance of Physiotherapy**

The only true and preventive cure to this issue is physiotherapy (PT); consequently, many PT sessions per week, as well as regular daily exercises and stretching, are required. In general, surgeons recommend that any patient who has had LL surgery receive physical therapy, as this is the only method for the muscles and nerves to adapt to the new bone growth and allow movement while simultaneously growing muscle. As a result, patients should maintain correct ligament movement and minimize contractures during the bone distraction phase to reduce the time it takes to return to normal when the distraction phase is over.

### **Impossibility of fully stretching or moving limbs or joints**

This is mostly due to daily bone strain. Our patients have trouble moving their knees as they would want, and this constraint worsens as bone lengthening develops. Exercise and physical therapy can help keep this symptom from increasing, and you should aim to remain physically active as much as possible during the day. Being excessively rigid, sitting or lying in bed, is not beneficial for a limb-lengthening patient.

### **Congestion**



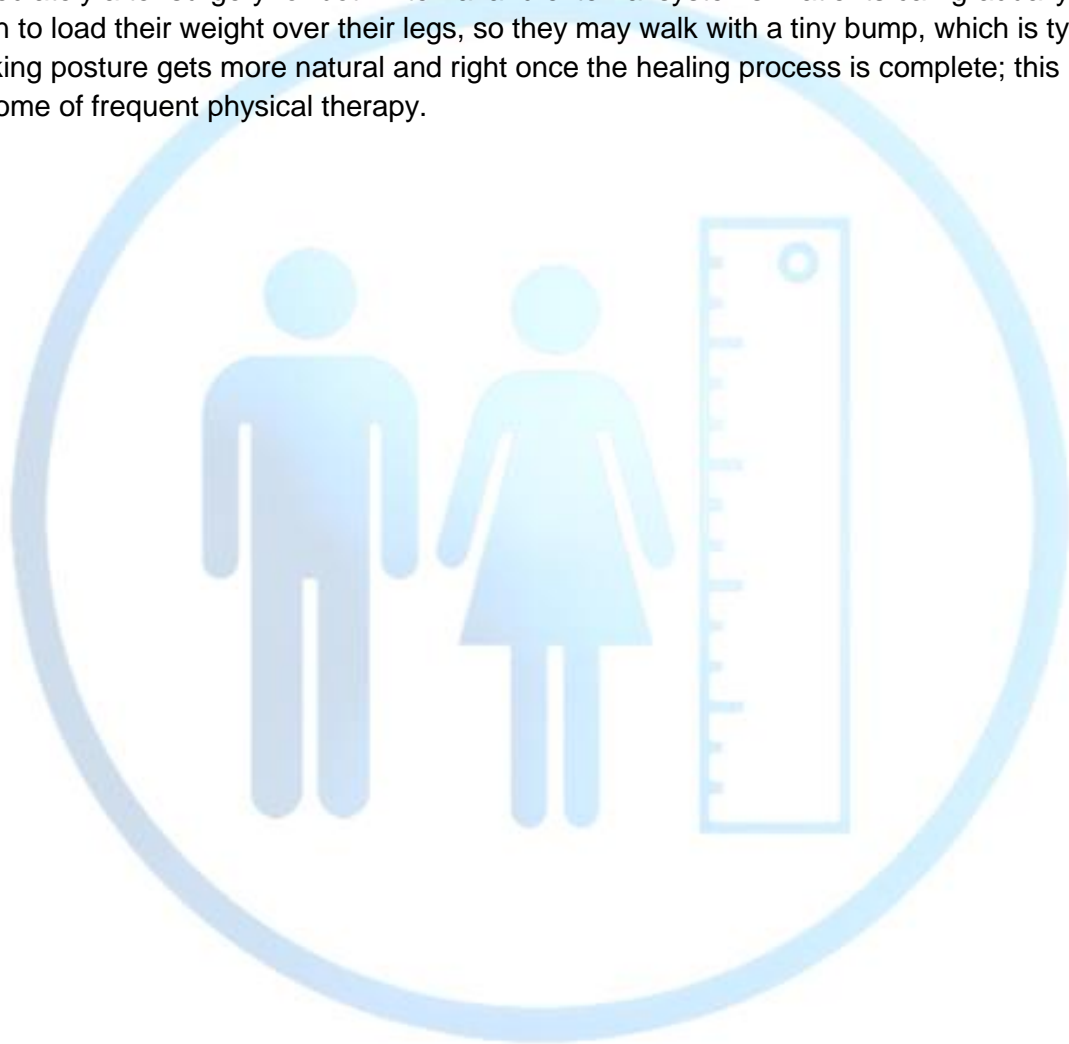
After the operation, you should not expect a dense collection of blood in the treated locations. If blood accumulation does occur, however, it is vital to consult our doctor.

### **Bruising**

Bruising around the open incisions is usual due to the procedure. They should disappear within a few days of the surgery.

### **Poor Posture**

Your height does not immediately grow following surgery. Each day after surgery, there is a 1 mm elongation. It is not advisable for the patient to rest his full weight on his legs immediately after surgery for both internal and external systems. Patients can gradually begin to load their weight over their legs, so they may walk with a tiny bump, which is typical. Walking posture gets more natural and right once the healing process is complete; this is the outcome of frequent physical therapy.



## **Limb Lengthening Surgery Complications**

### **Infection**

One of the potential risks of external fixation is infection. We're mostly talking about Ilizarov, Holyfix, and LON techniques here. The pin sites are where the needles penetrate the skin. These are covered with antiseptic-treated dressings soon following the surgery. To avoid infection, it is critical to change these dressings frequently and to treat the wounds with antiseptics. Nonetheless, infection occurs in approximately 2-3 out of every ten patients. An infection is not difficult to detect.

Redness, swelling, and increasing discomfort at the pin sites, as well as yellow pus and discharge, are typical symptoms. The superficial infection takes time to grow into serious degrees of infection, therefore patients should notify their doctor or health care representative as soon as they see anything wrong with the pin sites. The infection is effectively treated in a short period of time, usually within a week, with oral antibiotics mixed with local antiseptic therapy.

We'd want to emphasize that we don't observe incidents of infection in patients undergoing Precice 2 or Stryde surgery because of the lack of external fixators and the needed pins for infection to occur. Finally, when it comes to the internal methods the incisions are sutured once the intramedullary nails have been implanted during the surgery. One of the benefits of the internal approach over other methods of limb lengthening with external fixation is this.

### **Slow Bone Fracture Healing**

When the bones take longer to repair and consolidate or fail to recover at all, this occurs. When the patient gets older, the likelihood increases. A patient in their 40s, for example, is more likely to have a slow bone union compared to a patient in their 20s. Smoking is another key element that influences the rate of bone consolidation. Smoking, according to scientific and medical research, increases total recovery time by a ratio of 3 to 4. As a result, our doctor keeps drawing attention to the imperative necessity to quit smoking several months before surgery.

The amount of distraction of the bone is another element that influences the pace of the bone healing process. A bone that is distracted 7-8 cm takes longer to recover and consolidate than a bone that is distracted 5-6 cm.

PRP (platelet-rich plasma) Therapy, Hyperbaric Oxygen Therapy, and Stem Cell Therapy are alternative treatments for accelerating bone repair.

The distraction process can be reversed if the bone is not mending at all. It is possible to stimulate bone regeneration by shortening a small portion of the bone.

If these methods do not give the desired result, the surgeon can then use a correction operation to shorten both ends of the bone that is not fusing and then wait for the bone to heal.

The regeneration of bone is a complex and demanding process for the human body. During the recovery process, many patients lose a significant amount of weight. It is critical for the body to get adequate nutrients to minimize weight loss and assist the regeneration process. Calcium, phosphorus, vitamin D, and many other necessary nutrients should be abundant in the diet.

### **Fast Bone Healing**

It is even more uncommon than slow healing. For the vast majority of patients, the ideal pace of bone distraction is 1 mm/day. This rate is enough to avoid rapid increases in stress and damage to soft tissue, yet can be slow to avoid early bone consolidation. Early bone

union occurs when a patient's bone consolidates to the point where bone distraction becomes impossible or difficult during bone lengthening.

Contact your health care representative or doctor immediately if you experience excessive resistance when turning the lengthening key or using the external remote (ERC) during bone distraction. Your bones may have solidified prematurely, and the nail or external fixator may be stuck and unable to extend further. However, the doctor can catch any early signs of it by evaluating the X-rays that are taken on regular basis. If he detects early, he will advise increasing the lengthening times. In case your bone solidifies early, even though the speed of lengthening is increased, a secondary osteotomy, which includes re-sectioning the damaged bone, can be used to address this type of problem.

### **Thrombosis**

Thrombosis occurs when blood clots block veins, causing serious blood flow disruption. Deep vein thrombosis is a type of thrombosis that arises in a vein deep within the patient's body. In some situations, the blood clot may travel to the lungs, causing a pulmonary embolism. Thrombosis is usually a major consequence with a tiny probability of being deadly if symptoms are not discovered and treated promptly. However, by default, our patients are given blood-thinning medicines as part of the post-operation medicine protocol, which prevents blood from the clot, preventing a large blood vessel from becoming blocked.

### **Fat Embolism**

The process of occurrence is quite similar to that of thrombosis, but it is caused by fat particles entering the bloodstream and causing organ damage. This type of complication is more likely to occur with fractures or orthopedic trauma, as is the case with limb lengthening procedures. Fortunately, the risk is much reduced if the shattered bone is rapidly healed, as is the case with limb-lengthening procedures. Fat embolism has the same risk rate of death as thrombosis, but our surgeon and medical team do all necessary to reduce the danger of thrombosis, fat embolism, and the rare risk of mortality.

It should be noted that the possibility of these major consequences is extremely low compared to other minor complications. This type of risk is common to most forms of surgery, not just limb-lengthening surgery.

### **Nerve Damage**

In case the patient attempt to execute an excessive bone distraction, there will be a risk to damaging a nerve. Most patients have femoral lengthening of no more than 8 cm and tibial lengthening of no more than 7 cm. Patients who disregard the doctor's advice and raise the daily rate of bone distraction or attempt to surpass the maximum safe limitations do so at their own risk. Nerve injury may occur as a result of severe strain, and this damage may be irreversible. Sensation or motion in the affected limb may be lost in this case. A hollow foot is a condition that can emerge as a result of peroneal nerve injury. In the rarest case, it may occur during the surgery, but it should be noted that it is unlikely to happen as long as the surgeon is well experienced.

### **Anesthesia-Related Complications**

There are hazards associated with any sort of anesthetic. As a result, the patients are checked in advance and safeguards are made. Side effects of general anesthesia include

throat soreness, disorientation, nausea, and vomiting. Breathing issues caused by anesthesia are also possible.

### **Reactions to Allergens**

The patient may become allergic to drugs given during or after the treatment. In this situation, the patient is accordingly treated, and the allergenic substance is removed or replaced. If the patient is already aware of any existing allergy before surgery, the doctor must be informed so that safeguards can be taken.

### **Long-term Issues**

In the case of limb-lengthening surgeries, the healing process is lengthy and laborious. If difficulties arise, the recuperation period is extended. Lengthening devices can be internal (Precice 2 and Precice Stryde) or external (LON and HolyFix) depending on the surgical approach, and external fixators can be uncomfortable for the patient. Muscle discomfort may also arise if the daily lengthening program is continued. As a result, it is critical to undertake the necessary physical therapy exercises to alleviate pain caused by muscular stretching. Bone formation and consolidation in some cases can be very slow, medically referred to as "slow union". Full recovery may take longer and be interrupted in this scenario. It is vital to note that a lack of activity might impede muscular development and cause trouble moving the legs.

### **Permanent Issues**

Permanent issues may potentially arise, necessitating more corrective surgery. Unintentional bone fractures or internal nail fractures are rare but yet possible, particularly if the patient fails to take the appropriate precautions. In such a circumstance, bigger difficulties may arise, necessitating further surgery to replace the damaged nails or, in the case of non-union of bone, oxygen therapy other, bone grafts, or other solutions may be in practice.

## **Limb Lengthening Surgery FAQ**

**Is it possible to gain height without undergoing surgery?**



After a certain age, the human bone growth cartilage naturally fully consolidates and loses activity, and growth can no longer be achieved naturally or in dosed with medications. The legs can be lengthened if disorders that impact height are discovered at a young age. If there is a modest variation in leg height at a young age, it can be corrected using orthopedic inserts. However, only surgical lengthening is an option if the discrepancy is large. In conditions like dwarfism, the sole option is surgical limb lengthening throughout childhood.

### **Which of the surgical limb lengthening methods is the most excellent option?**

Although the most preferred method for limb lengthening is the LON method, internal lengthening nail method is much more recommended by most orthopedic surgeons around the world. However, there are many situations that affect the choice of the best method such price, large deformities that cannot be straightened acutely, bone quality, weight, and so on. The healthiest option can be given by the doctor based on the clinical results and physical examination.

### **Is limb lengthening a difficult procedure?**

It is vital to note that limb lengthening is a complex treatment that requires knowledge, skill, and high-quality devices. Furthermore, the process of lengthening following surgery is time-consuming. Every day, 1 mm is added to the length until the required height is reached. After the lengthening phase, the bone-strengthening or consolidation phase begins, and communication with the doctor, regular monitoring by the doctor, and the patient's attention are critical during these processes. Whatever method is used, it is significant to remember that lengthening processes demand a lot of effort and patience from the patients.

### **How long does the operation take?**

The time required varies according to the lengthening method used and the regions where the surgery is carried out. The treatment usually takes 3-4 hours.

### **Is there a rest medical report? When can I go back to work?**

The sequence of events following the extension is critical for the patients. A hospital stay of four to five days is required. It is a procedural issue because the patient must complete an extension when they return home. As a result, a rest medical report is provided upon their requests. Patients who choose the surgery should not return to their workstations if they are undertaking heavy standing work. Patients with office activities may be able to return to their workstations sooner. The earliest to return to work is 2,5 months after the lengthening is completed.

### **What is the importance of working with an experienced surgeon and medical staff?**

During lengthening surgery, it is critical to have experienced orthopedic surgeon and professional staff. Patients should choose doctors with whom they can easily communicate if necessary. Because lengthening is a long-term process, regular visits to/of the doctor are required.

### **Why does everyone go to Türkiye for surgery?**

Every year, the number of patients operated on grows, as does the reputation of Turkish doctors around the world. When it comes to the price/performance ratio, Türkiye is very



reasonable because the cost is much lower than in Europe, UK, and the United States . If you wonder about Limb Lengthening costs you can look at our blog page.

### **If there are any complications, who will cover the expenses?**

Thanks to this insurance policy, if revision surgery is needed due to the possibility of a complication for foreign patients, or Turkish patients that live in a different country, after the surgery, it is securitized. For more information, please visit [here](#).

### **Health Tourism in Türkiye**

Furthermore, the regulations in the health industry in Türkiye are highly strict and well-monitored, making Türkiye the best destination for cosmetic surgery procedures, as the regulations in Mexico, the Dominican Republic, and other low-cost countries with a reputation in the aesthetic surgery industry are not well-qualified. In a nutshell, this explains Turkey's dominant position!

### **Who We Are?**

As Wanna Be Taller Team, we decided to connect a successful doctor with prospective patients who want to lengthen their height because there is not sufficient and satisfactory information about limb lengthening surgery anywhere in the world, including in Türkiye.

Thanks to the International Health Tourism Authorization Certificate issued by the Ministry of Health of the Republic of Türkiye, we are the first official intermediary organization that operates within the scope of international health tourism.

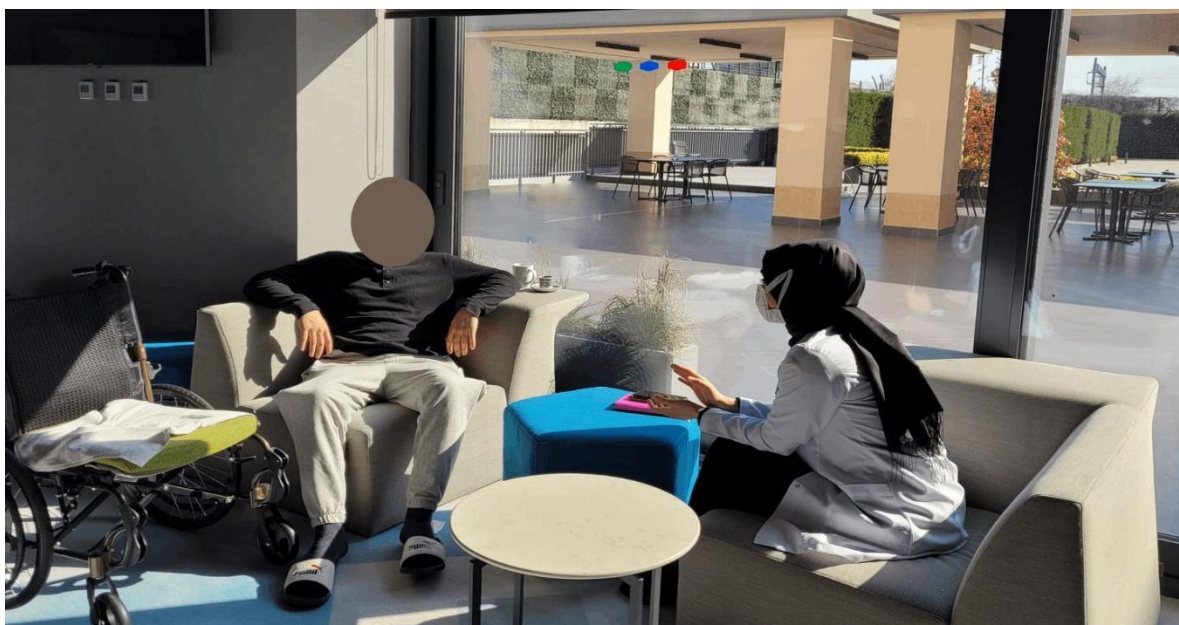
### **Our Services after the Surgery**

We as the Wanna Be Taller team, first and foremost with our founder Ibrahim Algan, are working for our patients to have the best possible limb-lengthening experience. Our founder himself, Ibrahim Algan has had 2 limb-lengthening surgeries and he is the first person who had cosmetic limb-lengthening surgery in Türkiye. With his personal experience and our own hundreds of patients' experiences, we are working every day to better our all services.

Dr. Yunus Öç, who has 10 years of experience, is our surgeon that does limb-lengthening surgeries. Alongside his hospital duties, he engages in academic research, contributing to both undergraduate and postgraduate. Also, you can check [Op. Dr. Yunus Öç's](#) website for more information from the doctor.

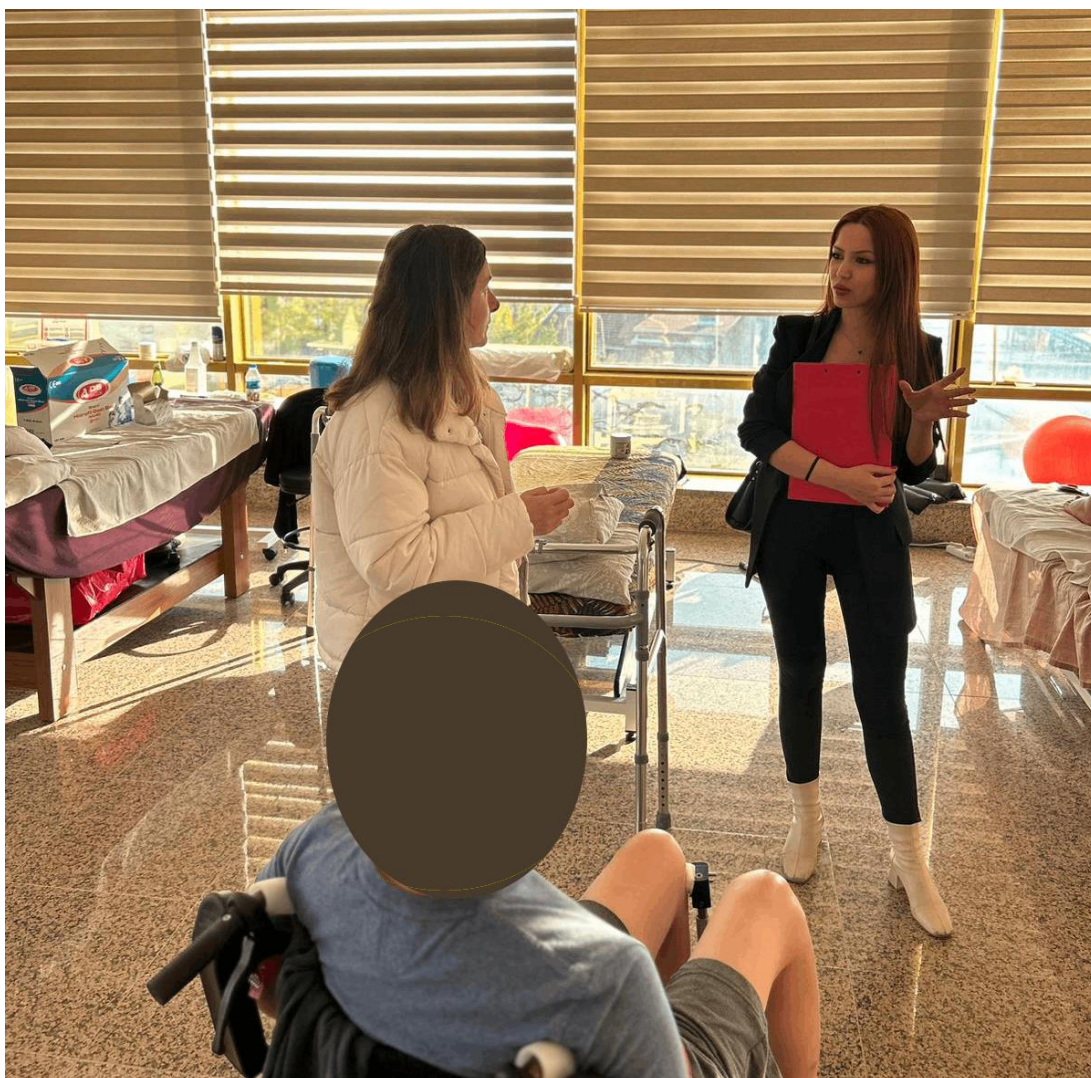
Visit Google Scholar to see the academic studies and publications of [Dr. Yunus Öç](#).

### **Psychological Counseling**



It is necessary for the patients to prepare themselves financially and psychologically before undergoing **limb-lengthening surgery**. As Wanna Be Taller Team, we provide you with psychological counseling service before surgery by our specialist psychotherapist on request. The goal is to determine what patients expect after surgery and whether they have realistic expectations. We ensure that it is available both before and after surgery. Patients may experience psychological distress as a result of the major surgery. That is why we provide this service to ensure that the process runs smoothly.

## Dietitian Service



Nutrition is undoubtedly one of the most important factors during the lengthening process. In the process, your psychological state may lead to an unhealthy diet, which may have a negative impact on your health. As a result, as Wanna Be Taller Team, we provide our dietitian service so that our patients' nutritional routines can be monitored by our dietitian twice a month.

**BE AWARE:**



1. This manual may contain general information relating to various medical conditions and their treatment. Such information is intended for informational purposes only and is not meant to substitute for advice from a doctor or any other qualified medical health care professional.
2. Patients should not use the information provided herein, as the basis of treatment or diagnosing a health or fitness problem or disease.
3. Patients should always consult with a doctor or other health care professional for medical advice or information about diagnosis and treatment.
4. All opinions expressed by authors and quoted sources are their own and do not necessarily reflect the opinions of the Wanna BeTaller Team.
5. Readers are encouraged to confirm the information provided herein with other sources and their medical health care providers.
6. Wanna Be Taller will not be liable for any direct, indirect, consequential, special, exemplary, or other damages arising therefrom.

## **PRICES FOR LIMB LENGTHENING and OTHER ORTHOPEDIC SURGERIES**

Surely, you wonder how much limb lengthening and other procedures cost. Since our job is to guide our patients through a thought-provoking process so they may make the best decision possible, we'd like to invite you to our official website and social media accounts to get more insights regarding the process. For customized consultation, we are one click away from you. You can either get in touch with our patient consultation expert via a social platform or by booking free online consultation. You will receive the quotes by reaching out to the consultant for sure.

**Website:** <https://wannabetaller.com/>

**Facebook:** <https://www.facebook.com/wannabetaller>

**Instagram:** <https://www.instagram.com/wannabetaller>

**Youtube:** <https://www.youtube.com/c/LimbLengtheningSurgery>

**Whatsapp/Telegram:** +90 531 869 83