

INCREASE your Height **2 to 6 Inches SAFELY**



India's Trusted Centre for Cosmetic Limb Lengthening

- ✓ 3000+ Success Stories
- ✓ Up to 15 CM Gain
- ✓ Complete Surgical + Recovery Care

Dr. HIRDESH KUMAR

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Limb Lengthening Rehabilitation Expert
Director – height Increase Info



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What is Limb Lengthening Surgery?

Cosmetic Limb Lengthening is a procedure in which the major bones of legs (either femur or tibia) are surgically cut (Osteotomy), then metal fixators (Ilizarov/ Monorail) are attached to legs and Intramedullary Nails are embedded in the bone canal. With the help of these devices, the growth of the bones is achieved on a daily basis.

Who **WE** Are?

Height Increase Info team has been in Limb Lengthening field for almost 15 years. Our team not only offers affordable prices for Limb-Lengthening but also presents a less pricy offer for orthopedic surgeries compared to other agents/hospitals with medical specialists and expert teams.

Why **Choose Us?**

We understand the journey, and we're with you at every step —from surgery to complete recovery.

- ✓ 15+ Years of Experience
- ✓ 3000+ Success Stories
- ✓ International Patient Support
- ✓ All-Inclusive Medical + Stay Packages
- ✓ Expert Orthopedic Surgeons
- ✓ 24/7 On-Site Care & Recovery Management

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The Journey

Your Height Increase Timeline:

- Initial Consultation & Tests
- Surgery & Hospital Stay (3–5 days)
- Stay at Our Recovery Guesthouse (90–180 days)
- Daily Progress Monitoring (X-rays, Meds, Physiotherapy)
- Frame/Implant Removal Surgery
- Final Rehab & Discharge

You'll never be alone in this journey
— we provide everything you need, every step of the way.

Recovery Timeline (Distraction Phase)

Height Gain	Duration (Approx.)
5 cm	60 days (2 months)
6 cm	70 days (10 weeks)
7 cm	80 days (11–12 weeks)
8 cm	90 days (3 months)

✚ Bone Healing Phase (After lengthening): Add 2–3 months

✚ Rehab & Strengthening: Continues as per doctor's advice

🦴 Bone grows at 1 mm per day — slow and steady for safe, permanent results.

▶ “Your total recovery time is unique, but we ensure you're guided every day with expert care and physiotherapy.”

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Methods for Limb Lengthening

- There are 4 options available for Lengthening:



LON - Tibia



LON Monorail- Femur



Precice - Internal



Length Gains

Method	Use	Length Limit
LON Tibia	Tibia	6–8 cm
LON Monorail	Femur	6–8 cm
Cross Lengthening	Tibia + Femur	12–15 cm
Fitbone	Femur or Tibia	6–8 cm

- Your doctor will recommend the best method based on your goals, body type, and medical fitness.

Limb Lengthening Procedure –

Key Instructions & Recovery Guidelines

- **Safe Lengthening Limit**

Lengthening of the tibia or femur by any method has a safe limit of 6–8 cm (approximately 3 inches).

Bone is distracted at a rate of 1 mm per day without complications.

Timeline Example:

If you plan to lengthen 5 cm, the distraction phase will take about 2.5 to 3 months, followed by another 2 to 3 months for complete bone formation.

👉 Recovery duration is subjective and may vary by individual.

- **Can You Lengthen Both Segments Together?**

Many patients ask if they can undergo femur and tibia lengthening at the same time. However:

- It is always safer to do one segment at a time.
- Only after full recovery of the first segment should you consider lengthening the second.
- All lengthening procedures are complex on their own; doing both together increases the risk of major complications.
- Therefore, we do not recommend combining both segments in a single phase.

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Limb Lengthening Procedure –

Key Instructions & Recovery Guidelines

- **For Height Gain Over 8 cm**

If your goal is more than 8 cm, you have two advanced options:

- ✓ **Cross Lengthening (Diagonal)**

Two surgeries: one on the femur and one on the tibia.

Can achieve a maximum of 12–15 cm of height gain.

- ✓ **Quadrilateral Lengthening (Sequential)**

First: Tibia lengthening

Then: After a 1–3 month gap, femur lengthening

Note: The cost of Cross or Quadrilateral Lengthening is a combination of two surgeries or two methods.



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Limb Lengthening Procedure -

Key Instructions & Recovery Guidelines

- **Post-Surgery Stay at Guesthouse**

After surgery, you will stay at our on-site guesthouse until your lengthening process is completed.

Once distraction is finished, you can return home using a wheelchair or elbow crutches, depending on your condition. You may also extend your stay at the guesthouse if needed. (Charges apply after the included period.)

- ♦ Example: Stay Duration

If you plan to gain 7 cm, you must stay at the guesthouse for at least 90 days (3 months).

We provide:

3 months of accommodation for single-segment procedures

6 months of accommodation for Cross or Quadrilateral (2-surgery) methods

After the included stay period, additional days will be chargeable.

- **Supervision & Support**

This procedure requires high-level medical supervision.

- External frames are heavy and complex, and most patients require 24/7 assistance.
- That's why we strongly recommend staying under our expert care for the entire distraction period.

Your safety and successful recovery are our top priorities.

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Surgery Packages & Inclusions

“We provide complete transparency with no hidden charges — just honest care, expert treatment, and full support during your transformation journey.”

Method	Lengthening Limit	Cost
LON Tibia (Lengthening Over Nail)	6–8 cm	₹900,000
LON Monorail Femur	6–8 cm	₹950,000
Cross / Quadrilateral Lengthening	12–15 cm	₹1,800,000
Fitbone Internal (German Implant)	6–8 cm	₹4,000,000

What's Included in the Cost

✓ Accommodation

- 3 Months (Single Procedure)
- 6 Months (Cross/Quadrilateral)

✓ Meals

- 4 fresh, nutritious meals per day

✓ Medical Care

- Hospital stay (4–5 days)
- Surgery (Frame insertion & removal)
- Daily physiotherapy sessions
- X-rays every 15 days to monitor progress
- All prescribed medications
- Frame management
- Walking aids provided
- Full-time nurse and caretaker support
- Doctor consultation anytime during the stay
- Management of any complications during the lengthening phase

✓ Patient Comfort

- Private/ Twin-sharing room with TV, Wi-Fi & refrigerator
- Airport pickup & drop (for international patients)

Note:

Costs are all-inclusive for the services listed above. Any other personal expenses beyond medical care and stay will be borne by the patient.

Booking & Payment Information

Payment Information

- **Booking Amount: ₹50,000**
 - Non-refundable under any circumstances
 - Payable 15–20 days prior to admission
 - Valid for 3 months from date of payment
- **Remaining Balance:**
 - To be paid in full at the time of hospital admission
 - Total cost must be cleared before surgery begins
- **Payment Modes Accepted:**
 - ✓ Credit/Debit Card
 - ✓ Online Bank Transfer (NEFT/IMPS/RTGS)

"We believe in complete transparency. Your booking secures your surgery date, accommodation, and pre-op planning."

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Pre-Operation Formalities

Before scheduling your limb lengthening surgery, the following evaluations and clearances are required:

- ✓ **Medical Assessments:**
 1. Scanogram (X-ray) – From hip to ankle
 2. Body Measurements – Height & weight
 3. Blood Investigations – As prescribed
 4. Age Requirement – Minimum 18, maximum 45 years
 - For minors, written parental consent is mandatory
 5. Medical History – Disclose any existing or past health conditions

Consultation & Location

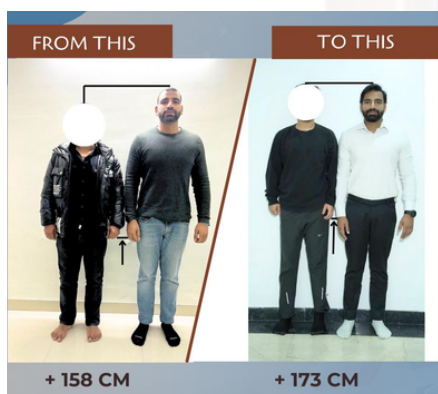
Consultation Fee: ₹2,500
Prior appointment required

Clinic Address:

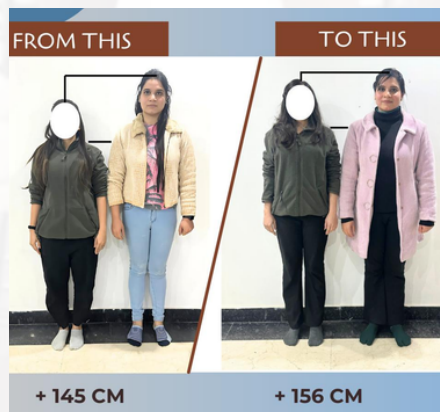
D-30, Sushant Lok III Extension, Sector 57,
Gurugram, Haryana 122011 (Delhi NCR)

 **For appointments or queries:**
+91 9560806022 (Call or WhatsApp)

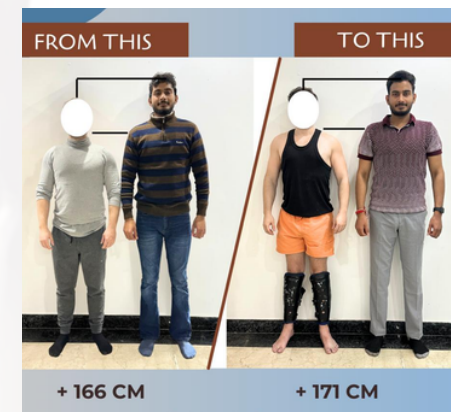
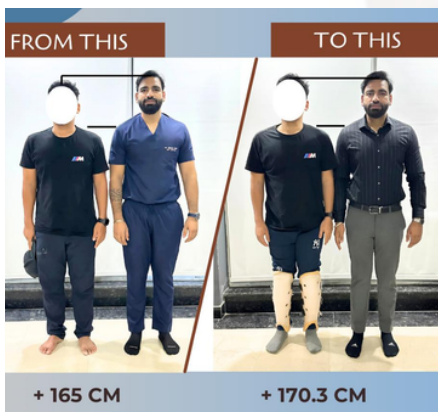
Patient Success Stories



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