

A great news, for a limited time from 1 June 2019, the package price is adjusted to USD35,000 for 1 to 8 cm lengthening. We require a deposit of USD 5,000 to be paid first to secure a place and a surgery with Dr Xia He-Tao in Kunming Orthopaedic Hospital.

In regard to the lengthening surgery, we usually lengthen the tibiae for cosmetic purposes, as most of people with short stature have relatively short tibiae, and the lengthening of tibiae will make them look more even. The surgery on tibiae is also relatively easy and risk free comparing to femurs (as there are a lot of muscles around it and special cares are needed to keep the patients comfortable during the lengthening). In most of cases, 8-10 (3-4 inches) cm tibial lengthening is sufficient to satisfy the needs.

The time for hospitalization would be around 3-4 months for 5-8 cm lengthening depending on your body's recovery ability. The new method of osteotomy has eliminated potential risk of non-union or poor bone formation, we have performed more than 100 cases, all are successful. After the planned lengthening (e.g. 8 cm) is achieved, the external fixator will be removed and at the same time your leg will be fixed by the internal fixator (intramedullary nail) through locking screws. A few weeks after the second surgery, you can return to work and be discharged from the hospital. At early stage of the first surgery and during the lengthening, you will need working aid to walk, but once the lengthening is finished and external fixator removed, then you can work free, but you don't do competitive sport for the next 12 months to allow bone to fully recover. You can go back to normal life with the internal nails for approx. 1 year, and then you may remove the nails (this is a simple procedure and you only need to stay in hospital for around 10 days after the nails being taken out). Added together, the total time needed for completion of the entire treatment would be around 12-16 months, but you can go back to work or normal life after 4-6 months, and resume full sport activities after 24 months.

There will be some scars along the pin tracts, which can be removed after the procedure if necessary by cosmetic surgery. We could do so at a cost of about USD2,500 for removing all the major scars at the time of removing the intramedullary nails on both legs. As far as the long term side effect is concerned, we did not predict any if the procedure is done correctly, as this is just like a fracture repair by tissue regeneration, we create a situation that stimulates your own growth potentials which has ceased early, so that we consider the LL procedure is a natural process, hence with less harmful consequences anticipated.

The cost of our service package is USD 35,000 includes a (up to) 1-8 cm lengthening on both tibiae or femurs, the costs include two surgeries (the first surgery to put external frame and nails and 2nd surgery for removing the external frame), 3-weeks hospital stay for the first surgery and 2 weeks hospital stay for the 2<sup>nd</sup> surgery. The patient has to pay extra for staying in the hospital in between the two surgeries and the meals are at their own costs (the total additional costs shall be less than USD3,000, we have reduce the package cost of to USD35,000 from the original USD40,000 to give the patient choice to pay themselves for staying in hospital or local hotel) . If any complication occurs during the procedure while you are in our hospital, we guarantee to treat it free of charge till the complication is completely settled.

How to pay:

The package price (e.g. USD35,000) needs to be paid in two installments. First you need to pay a deposit of USD5,000 (non-refundable once paid this) to secure a place; then at your arrival in Kunming, you need to pay the rest of USD30,000 at the time of admission. Payment can be done in cash or bank transfer. No credit card payment or personal check is accepted at present. We can send you our bank details for you to set up a bank transfer arrangement with your home banks and you can transfer the fund once you are in Kunming, just before the surgery.

Our surgery team is headed and performed in person by Dr. Xia He-Tao, who is a very experienced orthopaedic surgeon specialized in leg lengthening cosmetic surgery, has carried out more than 1,000 cosmetic leg lengthening procedure with great success. We will explain everything clearly to patients, and we will sign an agreement with patient to clearly outline the responsibilities and risks of each party.

#### Summary of our clinical experience

Till now, we have performed leg lengthening surgery for more than 2,000 plus cases. Patients were from USA, Italy, Canada, Singapore, Hong Kong, Taiwan and all over China. Most of the patients are suffers of short stature and 80% of the patients have postgraduate degrees, aged between 14-52 years, (average age: 22.6 years). The height before surgery was between 117-175 cm (average 152 cm); the average increased height was 8.6 cm (3-33 cm). Among the patients, there are three cases of serious complications, bone nonunion 2 cases (1 case was caused by fast lengthening rate; another was due to diet problem, lack of nutrition), ankle joint deformity 1 case (the patient was 52 years old and has other medical conditions). All the three cases were treated by secondary surgery with satisfactory outcomes. Overall, 99% of the patients were very satisfied with the outcome of their treatment. At present, serious complications such as bone nonunion have been completely avoided by using Xia's leg-lengthening technique, only minor complications such as mild pinhole infection (in less than 0.5% patients) are occasionally seen and are dealt with easily.

It is not necessary to have a pre-surgery consultation and checks, as we can do this one go before the surgery when you are here in our hospital. Please check if you meet the conditions for cosmetic leg lengthening on our website: <http://www.leg-lengthening.com/advice.html> and if you are, then you can decide a time and book your flight and let me know in 2-3 weeks advance, then we can arrange your hospitalization and treatment accordingly, we can also assist with your visa application and arrange your airport pickup (these are all included in the price of the package). Of course, you can visit our hospital in Kunming first, to see in your own eyes and then decide from there. Please let me know if you need more information.

For Chinese visa, please go to nearest Chinese embassy to apply for a tourist visa, and it is easy to get and you can stay for up to 3 months. Once you are in China, we can help to extend the visa for you if needed. Once you got the visa and booked the flight, please let me know so that we can arrange airport pickup, your hospital stay and surgery time accordingly.

Many interesting patients would always request to have one to one telephone consultation or speak to our in-patient. Although we understand your feeling and concern, but it is not possible for us to give telephone consultation due to medical legal reason, and we have signed contract

with every single patient that we are not in a position to dishcloth patient's private information, let alone to allow strangers to talk to our patients. We have tried our best to address the frequently asked questions and these can be found at our website under FAQs and Answers at: <http://www.leg-lengthening.com/faq.html>

If you are still unsure and want to have a private visit prior to making up your mind, then you are welcome to visit our hospital for a one to one consultation with Dr. Xia and see the hospital facilities, and you may have a chance to talk to the patients in our hospital there. For such visit, the cost is USD1,000 including consultation with Dr. Xia Hetiao and guided hospital tour. If you have decided to come to our hospital for a surgery within 3 months of the consultation, then the fee is refunded from the total package cost.

Don't hesitate to get in touch with me if you need further clarification.

All the best wishes

Dr. Roger Li, MD, PhD  
Senior Consultant  
Beijing Institute of External Fixation Technology  
Kunming Orthopaedic Hospital  
[www.leg-lengthening.com](http://www.leg-lengthening.com)