

Heights Plus

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Heights Plus is a modern medical centre based in Gurugram (Gurgaon), India, that specializes in helping individuals safely and effectively increase their height through limb lengthening surgery. Our clinic has become a trusted name for patients from across India and around the world, offering hope and transformation to those who have always dreamed of growing taller.

Height is often associated with confidence, self-esteem, and overall personality. Whether it's for personal satisfaction, professional aspirations, or social acceptance, many people wish they were taller. At **Heights Plus**, we believe in turning that wish into reality—safely, ethically, and with the best medical practices.

Who We Are

Heights Plus is not just a clinic—it's a comprehensive Limb Lengthening Surgery & Rehabilitation Centre. Our core mission is to help people improve their height in a scientific and medically safe manner. With more than 10 years of experience, our expert team of orthopaedic surgeons, physiotherapists, nurses, and patient care coordinators work

together to provide world-class treatment to our patients.

We specialize in advanced procedures like:

Femur Lengthening Surgery

Tibia Lengthening Surgery

Cross Limb Lengthening (Femur + Tibia)

Customized Height Increase Plans

Post-surgery Rehabilitation and Recovery Programs

Every patient at Heights Plus receives personalized care tailored to their body type, health condition, and height goals.

Why Choose Heights Plus?

Here's what makes Heights Plus the preferred destination for height increase surgery:

1. Highly Experienced Doctors

Our surgeons are pioneers in the field of limb lengthening. With thousands of successful cases, they understand both the science and art behind the procedure. They follow international standards and stay updated with the latest techniques and technologies.

2. Safe and Modern Techniques

We use Ilizarov Method, PRECICE Internal Nail System, and LON (Lengthening Over Nail) techniques depending on the case and requirement. All our surgeries are performed with precision, ensuring minimal discomfort and maximum safety.

3. Full Support - Before, During & After Surgery

From your first consultation to the final stage of recovery, our support team stays by your side. We provide complete assistance including:

4. Verified Accommodations Near Clinic

Recovery takes time, and it's important to stay in a clean, calm, and supportive environment. Heights Plus offers verified accommodations near the clinic for long-term stays. We help patients and their families find safe, affordable, and patient-friendly rooms or apartments.

5. Transparent Pricing

We maintain complete transparency about costs, duration, and results. There are no hidden charges or unrealistic promises. Your safety and satisfaction are our top priorities.

Understanding Limb Lengthening Surgery

Limb lengthening is a scientifically proven procedure that involves gradually increasing the length of the leg bones (either femur or tibia) through a carefully controlled surgical process. The body naturally fills the created gap with new bone tissue, allowing safe and natural height growth.

Here's how it works:

Surgery: The bone is cut in a specific area and stabilized using an external or internal fixator.

Lengthening Phase: The bone is slowly pulled apart (approximately 1mm per day).

Consolidation Phase: New bone forms in the gap and becomes solid over time.

Rehabilitation: Physiotherapy and exercise help restore muscle strength and joint mobility.

Most patients gain 5 to 8 cm in one limb segment, and with combined femur and tibia lengthening, they can achieve up to 12-14 cm of height increase.

Our Team

The success of Heights Plus lies in the strength of our team. Our doctors are not only skilled but also compassionate. The staff includes:

Orthopaedic Surgeons with expertise in limb deformity correction and lengthening

Anesthesiologists who ensure painless and smooth procedures

Physiotherapists to guide you through recovery

Patient Care Managers who assist in travel, accommodation, and scheduling

Mental Health Counselors to support you emotionally during the recovery journey

What Our Patients Say

We believe in real results and real stories. Here's what some of our happy patients have shared:

Heights Plus changed my life. I always felt underconfident due to my height. After the surgery, I feel more confident, walk taller, and finally feel proud of how I look."

— Ravi, 25, New Delhi

"Being a girl, I was a little nervous, but the team at Heights Plus made me feel comfortable. Everything was explained clearly. Now I have a new outlook towards life."

— Megha Arya

"I came from Dubai for surgery and stayed for 4 months. The doctors, facilities, and follow-up care were excellent. Highly recommended."

— Faisal, 28, UAE

Frequently Asked Questions

Q. Is limb lengthening surgery painful?

Mild discomfort is common, but with modern anesthesia and pain management, it is very manageable.

Q. How long does recovery take?

It depends on how much length you gain. On average, patients stay for 3 to 6 months for complete healing and rehab.

Q. What is the cost of height surgery at Heights Plus?

Cost depends on the method, length goals, and other factors. We offer customized plans. Contact us for a consultation.

Q. Is the result permanent?

Yes, the new bone is natural and permanent. Once consolidated, it is just like any other bone in your body.

Visit Us: Heights Plus – Limb Lengthening Surgery & Rehabilitation Centre

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For more details, please visit <https://www.indiafinder.in/detail/heights-plus-21652>