

MS
Dr. Mesut Sançmış
Limb lengthening surgeon · Antalya

Patient guide · 10 pages

The limb lengthening guide

What to expect, step by step: who it is for, how the surgery works, the timeline, the risks, the cost and life in Antalya while you recover.

For patients from the UK & Europe

About 4 hours from London

One surgeon, start to finish

01 · Your surgeon

One surgeon. One plan. No hand-offs.

Limb lengthening takes months. The person adjusting your lengthening should be the person who planned it. With Dr. Sançmış, the surgeon you speak to first is the surgeon who operates and signs off your recovery.



Op. Dr. Mesut Sançmış

Orthopaedic and trauma surgeon in Antalya, Türkiye.

- Medical degree, Dokuz Eylül University, 2006
- Specialist in orthopaedics & traumatology, Akdeniz University, 2015
- Antalya state hospitals, 2015–2022
- Founder of MSM Klinik, 2022
- Faculty member, Alanya University

CONFIRM

11+
years as an orthopaedic surgeon

+8 cm
femur lengthening in one stage (3.1 in)

1
surgeon from first consultation to final check-up

02 · Candidacy

Is limb lengthening right for you?

Cosmetic limb lengthening is a major, elective operation. A good candidate is healthy, well informed and ready for several months of structured recovery.

You may be a good candidate if you

- are an adult whose growth plates have closed
- are in good general health
- have realistic expectations about the height you can gain
- can commit to daily physiotherapy during lengthening
- can stay in Antalya for about three months
- are ready not to smoke during treatment, as smoking slows bone healing

We may advise against surgery if you

- are still growing
- have a condition that affects bone healing or circulation
- have an active infection
- cannot set aside time for recovery and physiotherapy
- expect a result beyond what your bones can safely allow

How we decide: Dr. Sançmış reviews your standing X-rays and your medical history himself before your consultation. If surgery is not right for you, he will tell you. CONFIRM: criteria

03 · The method

How lengthening works

Your body can grow new bone in a small, controlled gap. Lengthening uses this natural healing process, one millimetre at a time.

1 · Surgery

The bone is carefully divided and an internal lengthening nail is placed inside it. There is no external frame.

2 · Lengthening

After a short rest, the nail slowly extends, about 1 mm a day. New bone forms in the gap as it opens.

3 · Consolidation

Once you reach your target, the new bone hardens over the following months while you rebuild strength.

Why an internal nail?

The nail sits inside the bone, so there are no pins through the skin and no external frame to care for. Most patients find daily life, sleep and hygiene easier as a result.

Dr. Sançmış checks your progress on X-ray and adjusts the rate himself.



04 · Your timeline

Your journey, step by step

Everything is planned before you book a flight, so you know what happens and when.

1

Before you travel

Remote assessment

Send standing X-rays and your height. Dr. Sançmış reviews them himself.

2

Week 0

Consultation

A 30-minute consultation to plan your target length, answer your questions and agree a written quote.

3

Day 0

Surgery

About one hour per side, with an internal lengthening nail. You stay in hospital for the first days.

4

Day 7–90

Lengthening

About 1 mm a day, with daily physiotherapy in Antalya and regular X-ray checks.

5

Month 3–6

Consolidation

The new bone hardens. You return home and follow-ups continue remotely.

6

Month 12–18

Nail removal

A short procedure once the bone has fully healed.

Durations are typical and depend on your plan. CONFIRM: all durations

How much height can I gain?

The safe amount depends on your bones, muscles, nerves and joints, not only on the nail. Your plan is set after your X-rays and consultation.

up to 8 cm

Femur (thigh bone) lengthening in one stage, about 3.1 in. Most cosmetic patients start here.

up to 5 cm CONFIRM

Tibia (lower leg) lengthening, usually as a later stage once the femur has fully healed. About 2 in.

Real patient results





+8.4 cm (157 → 165.4 cm) and +5.5 cm (172 → 177.5 cm). Shared with written patient consent. Results vary between patients. CONFIRM: consent

06 · Risks

Risks, and how we manage them

Every bone operation carries risks. Knowing them in advance helps you decide with confidence. Dr. Sançmış explains each one during your consultation.

Infection

Reduced by sterile surgery, antibiotics and wound checks. The internal nail avoids pin sites through the skin.

Joint stiffness

Muscles need to keep up with the bone. Daily physiotherapy and stretching are the main protection.

Nerve irritation

Nerves stretch slowly too. Any tingling or numbness is checked and the rate can be slowed or paused.

Slow bone healing

Regular X-rays track new bone. The rate is adjusted if healing is slower than planned. Not smoking helps.

Pain

Managed in hospital after surgery. During lengthening most patients describe tightness rather than sharp pain.

Blood clots

Prevented with early movement and, where needed, medication after surgery.

One surgeon matters here: the surgeon who placed your nail reviews every X-ray and decides every adjustment, so problems are spotted early. CONFIRM: risk list

07 · Your stay

Recover in Antalya, keep working

The lengthening phase takes about three months. We plan it around your life, so you can recover by the sea and keep working remotely if you wish.

Accessible apartment

Near the clinic, set up for crutches and a wheelchair in the first weeks.

Fast Wi-Fi and a desk

Many patients work remotely from about the second week.

Daily physiotherapy

Scheduled around your working hours.

Close to home

About 4 hours from London, with direct flights from across Europe. Family can visit easily.

Airport transfers and a local coordinator

Someone meets you at the airport, helps with daily logistics and is your point of contact in Antalya. CONFIRM: all stay items

08 · Your package

One package, agreed before you travel

Your personal quote covers your surgery and your stay. You receive it in writing after your consultation, before you book a flight, with no hidden hospital fees.

What's included CONFIRM: scope

- Surgeon fee
- Implants
- Hospital stay
- Physiotherapy
- Accommodation
- Airport transfers
- Local coordinator
- Remote follow-ups

- Written quote before you book a flight
- No surprise hospital fees

CONFIRM

- Payment terms agreed in advance

Final price depends on your plan and is confirmed in writing after your consultation.

09 · Next step

Start with a consultation

Three simple steps, and you will know whether lengthening is right for you, how much height is realistic and what it will cost.

1. **Send your details**
   Your height, your goal and, if you have them, standing full-leg X-rays.
2. **Dr. Sançmış reviews them himself**
   Before you speak, so your consultation is about your bones, not general information.
3. **Your 30-minute consultation**
   Your target length, your timeline and a written quote.

Book your consultation

We reply within one working day. CONFIRM

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Website
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This guide is for general education and is not a substitute for a medical consultation. Every patient is different: your suitability, plan, timeline, risks and results can only be assessed after a personal review by your surgeon. Results vary between patients.