

Limb Lengthening Surgery Questions

Why don't we do a little chatting before the interview.

Can you tell us a little about yourself?

People's voices cut out and come back. Keep the mouth and voice relatively constant and at the same level.

How tall are you before the operation?...and how tall are you now after the operation?

For how long have you wanted to become taller?

Did your desire start in your teenage years or before, at an even earlier age?

Did you try anything else to grow taller before the operation, or did you know straight away that you wanted the operation?

So it wasn't just about the money or anything. It was that you came in too late, so you can't get the therapy right?

Did any of your friends or family members know what you decided to go through?

Now most people who decide to go through with the surgery might be hesitant to tell other people about their choice to go through with their decision.

How did your mother/father/family react when she/he/they first found out?

So they were not supportive of your decision.

Did they eventually turn around in their opinion? Did they eventually finally support you on what you wanted to do?

Obviously something like this, getting cosmetic surgery of this type, is a very big decision.

What was the primary reason for going through with this?

Was this just to improve your self-image? To improve confidence? To improve some other part of your life?

Right, height is one of those things that is much more permanent, something that is not supposed to be malleable. It is one of those things that you really can't do much about.

So it took you about 4 years for you to gather all the information and make a final decision on who you wanted to go with for doing the actual operation, right?

Everytime we read any type of article about cosmetic surgery for height gain, the journalists and reporters always try to make it sound so gruesome and scary. So for most people in the public, the surgery is a horrible, painful process to go through.

Okay, so you experienced some complications during the process. We are going to get to that part later.

After the operation, what happened? Did you notice any changes in life immediately?

Did you notice any changes in the way people interacted/reacted to you or the way they treated you?

Did your confidence increase?

That's right. One of the reasons that the fashion industry chooses tall models is that apparently clothing just seems to look better on their specific body type.

They might say something like "These clothes won't fit you properly" or "They are not for your body size" or something.

It makes sense. Everyone wants to feel good about themselves. Sometimes the way to feel good about oneself is to compare yourself to others and say "They are not as good as me" and say something along those lines. And it is something that we all do.

So my next question is....

Which method did you choose? Did you choose the internal or the external method?

So you went to the Betz institute? And would you recommend Dr. Betz to someone else who wants to get the surgery like you?

So you said that you were part of the MMT, or Make Me Taller online forum group for a long time.

Did you actively participate on the MMT forum & have discussions with the other members?

What was your username or the diary's title under?

Well, that's okay. We were all cocky and full of ourselves at some point in our lives. I was too.

So how much did entire thing cost? If you include the consultation, rehabilitation, pain medication, actual surgery, room & board. How much did the entire thing cost?

70,000 Euros.

So did you save the money through the years from working part time jobs and stuff?

So what did you do? You did currency trading? Is that what you still do these days, is trade currencies?

Can you break down the cost of the surgery a little bit more? How much was the actual implantation of the rods?

Oh, so there was two surgeries, one to put it in, and the other is to take it out. Ohhh

Can you tell me about the pain you went through. From a scale of 1 to 10, with a 1 being nothing, and 10 being the worst possible pain,

How would you rate the pain your felt throughout the process? Was it really bad? Or was it just not as bad as you thought it would be?

Was the pain from the tightening of the muscle, or was it from the lengthening of the bone?

Because they are two different things

I personally have not looked into all the techniques and devices used in the limb lengthening surgery community.

Is there a name for the technique or method you decided to use?

So it is called Betz Bone.

Since you chose Dr. Betz, that was the method that he recommended?

I'm only familiar with the external method.

Was there a saw used in the initial bone cut? Or was it a hammer and chisel to purposely induce a fracture through the long bone?

Now, I know for a fact that bone marrow transplantation is extremely painful.

Do you remember whether there was a lot of pain when they put the rod implant into the bone marrow?

Now, what you got was called the Bilateral Femur Lengthening, right?

I'm not a surgeon. You say that they would make an incision in the butt cheek area. They would make a cut over the top of the femur, right before the next of the hip joint.

You said that the bones can be lengthened at one single time to almost any length but it would be the muscles that are causing the limitation. The elastic tensile ability for the muscles to stretch out decreases and decreases as you stretch out the bone.

Most resources I've read says that you should not go past 7-8 cm. How did you get 9 cms?

At least for the surgical side and the biology side, I don't have any more questions. I wanted to get into the more psychological aspect of what you did. Obviously most people who goes through with the surgery want to keep it private. They want to move on with their life.

What was the reason you were willing to record all of this information and put it on

the internet?

Since this is the internal method, the scarring is minimal, except for the couple of holes in the back upper thigh area.

Have you reached the point in your life where you can finally accept you are and you can finally move on with your life?

So these people got 8 inches? Wow

I've been reading a lot from Dr. Dror Paley's website and he says that he does not recommend doing the surgery on people who are over 5' 11". What do you think is the moral issue with surgeons who choose not to put a limit to the height on who they plan to treat? They say "We don't care how tall you are. We are still willing to do the surgery". Is it okay to just give the patient what they want, even though they probably don't need it?

So you keep talking about all these people you've met while going through your journey.

Would these other patients of Dr. Betz that come in and out of his clinic come to you and share their stories on their personal life and why they chose to go through with it?

You've talked about this network in Germany. I would assume that they would have their own forum and websites where people come together to talk about this type of stuff. Is the network there as big as the one in the US, or as the english based website?

I'm looking at the list of the database of doctors on the MMT forum. There is only about 2 dozen doctors listed there.

Would you agree that there is probably more than just these 2 dozen doctors in the world who do this specific type of cosmetic surgery right?

So how come they don't advertise their practice?

Did Dr. Betz do your surgery personally? So he was the one?

During the consultation, do they test you guys for any type of mental disorder, like maybe you suffer from body dysmorphia and similar types of emotional & mental issues?

Why did you choose the femur, and not the tibia? Since a lot of people choose the tibia instead of the femur?

How do they make sure that both sides are lengthened by the same amount?

(Answer: It is done by clicking. Each clicking give you 1 mm)

Can you tell me more about this complication you had? Is it a common complication to develop or is it something like a freak accident?

So obviously, you've done it. You are one of those people who actually did take the plunge, and went through with it. I'm sure there are millions, if not billions of people in the world who would love to be taller, if they could take a pill. But I don't think it would be that simple. You did it.

If someone said that they really, really wanted it. Would you recommend it to them, and say "yeah, go ahead, do it, it's worth it"?

So, you did have a little bit of complication, but eventually everything worked out for you. You did it very young. The younger body can heal faster.

Is there an age limit on how old you can be, before they refuse you based on age for being too old for your body to take that type of remodeling?

(They say "you can't go through with it.")

So you are now 5' 10", almost 6' 0", and you said somewhere, I think I read somewhere that you call yourself "6 foot" if you are meeting a girl. They do indeed lie slightly about their height on online dating websites, to make themselves more attractive. If you are 5' 11", you just say you are 6' 0".

The interview is almost finished, so I'll ask just a few more questions. They will not be technical questions.

Would you tell your future wife, or your future husband, assuming you are of the opposite sexual orientation?

They like it. Well, if they like you, I don't think you telling them about this would change the situation in any way.

Here is my last question. Do you think that over time, in the next decades or the next two decades, there will be more and more people who will be interested doing the surgery to increase their height, or will the demand and surgeries performed decrease?

I think that insurance would not cover any type of cosmetic surgery. You will have to pay everything from your own pocket.

So I guess, now, you are comfortable with who you are, and how tall you are now, and moved on with your life.

Is it okay if other people got in contact with you? Or would you prefer that they don't contact you and you feel that it was your past and you don't want to associate with that issue anymore?

If you have an alternative email, it would be a good time to tell them right now. So what is your email? How do you spell that last name?

So overall your experience with the surgery and the lengthening is a positive one?

I agree. 4 Inches is enough to change a person's life. You would gain more respect from other people more easily. You would become more attractive to the opposite sex.

This is the end of the podcast guys. I hope you guys enjoyed this talk I had with Andrew. He has answered some of the big questions we have. Obviously right now there is not much we can do after our growth plates are fused, except go through with the surgery. He's done it. He said that overall, it was a positive experience. So I hoped this podcast helped you guys.

Bye.

As for the outline, I plan to start out with a general introduction for the podcast, and introduce you (only on a first name basis). No last names to keep the person's identity safe.

so it would go like....

1. So tell me about yourself. (ex. where are you from, how old are you, etc)

2. So how tall are you exactly before the operation and how tall are you now with the operation?
3. For how long have you wanted to become taller?
4. For how long have you wanted to go do the operation?
5. Does any of your friends or family members know what you decided to go through. If yes, how did they feel about it? Were they supportive of your decision?
6. What is the primary reason for you to go through with this?
7. How has the operation changed your life? Is it just your self-image and confidence improve, or have you seen real changes in the way people react to you or treat you?
8. Which method did you choose, the internal or external? which doctor or medical clinic did you use? Would you recommend this person to someone else wanting to get the surgery like you?
9. How much did the entire thing cost? Include the consultation, rehabilitation, pain medication, actual surgery, room and board, etc.
10. Can you break down the cost a little more? How much was the actual surgery, of the implantation?
11. Just how much pain did you go through? - from 1 being nothing to 10 being the worst possible, how would you rate the pain?
12. Exactly which method did you use? Internal or external? If internal, what is the name of the technique or device that you chose?
13. Why did you choose that method?
14. Who did you choose to go with? Why did you choose that surgeon?
15. Was a saw used for the initial bone cut or was it a hammer and chisel to purposely induce a fracture?

16. We realize that the limitation on how much the bone can be lengthened at one single time is due to the elastic tensile ability of the muscle to stretch out. How did you go over 7-8 cm? -

17. Was the pain the result of the muscles being pulled or the bone being pulled? (or both?)

We will probably banter a little bit about the social and cultural aspects of how height and stature affects our daily lives. I'm not sure what type of questions I would ask here but they are not going to be too hard.

Special Q: So I found your YouTube profile. Your name is TheAndrewshizzles. You went from 168 cm and added 9 cm to a total of 178 cm which is 5' 10", you just say that you are 6 feet, which is perfectly acceptable.

You did the bilateral cosmetic femur lengthening. Watched your video and it showed that you had two large scars on the upper leg area. This suggest that you got the internal method.

Currently the most advanced method is the PRECICE method. It is the only FDA approved device of its kind as of this time. It turned out that the ISKD device was recalled by the FDA.

From the Dr. Dror Paley website, he states "The cost of surgery with physical therapy is \$80,000 for bilateral femoral lengthening and \$95,000 for bilateral tibial lengthening. For individuals who undergo femoral lengthening followed by tibial lengthening we offer a package price of \$170,000." All hospital charges relating to the operating room and recovery room. - Implant costs: Two PRECICE lengthening rods. Each Precice costs \$13,000 Therefore just the cost of the implants for bilateral implantable lengthening implants is \$26,000.

What do you think is the primary reason why you are willing to record all this information of your life online?

Have you finally been able to accept how tall you are, and been able to emotionally move on in your life?

If more people wanted to find out more about you or get in contact with you to ask some questions which I have not covered, what is the best way for them to reach you?

Then the ending is a little bit of the podcast ending monologue.