

## Arm Lift

An arm lift, also known as arm reduction surgery or a brachioplasty, is a surgical procedure to remove loose skin and excess fat deposits in order to improve the contour of the upper arm.

### About

Sagging and excess skin under the arms, often called 'bat wings', is usually the result of significant weight loss combined with diminished skin elasticity due to the aging process.

An arm lift is often combined with a liposuction to remove fatty tissue under the skin.

The procedure may be combined with the removal of excess skin on other parts of the body as a part of a *total body lift* procedure to improve the contour of the body as a whole by removing unsightly loose hanging skin and fatty tissue.

### Indications

This procedure is recommended to people who have tried to tone their muscles but still suffer from chubby arms or flabby skin. Arm lifts are not recommended as a weight loss procedure, and work best on patients who are not significantly overweight or obese. However the procedure may be performed after a weight loss program to address the issue of excess sagging skin under the upper arms once the target weight is achieved.

Arm lift surgery is carried out under general anaesthesia so all patients should have a thorough consultation with their surgeon where any potential health problems, current medication and past medical history will be discussed in detail.

Our experienced surgical team will also use the consultation to discuss any potential risks to a

good recovery or scar healing and how they will be managed.

**For optimal results, prior to your surgery and then as maintenance following an arm lift, we advise a health and fitness plan consisting of three steps:**

- Cardiovascular exercise to help you burn fat.
- Simple weight training and resistance exercise to tone up your muscles.
- A well-balanced diet plan and plenty of water to maintain a healthy weight.

Contact us today to arrange a consultation with one of our specialist doctors who will be happy to discuss whether you would be a good candidate for a brachioplasty, as well as answer any questions you may have.

### Surgery explained

Arm lift procedures vary somewhat based on how much skin removal and reconstruction is required to achieve the desired result.

Your surgeon will first mark the area of excess skin.

Then after the anaesthetic is administered, incisions are made on the inner arm, usually in a T-shaped or zigzag pattern depending on the technique and location of the loose skin that will be removed.

For those who also have large amount of redundant skin extending on either sides of the upper torso an **extended brachioplasty** may be performed where the scar is extended from the elbow to the armpit and then along the outer side of the chest.

In some cases, an upper arm lift may be combined with liposuction for best results. The fat is suctioned away from the area first, and then the excess skin is removed and the incision is closed in two layers for extra support.

Occasionally a drain is used to lead excess fluids from the site of incision, allowing the skin better to adhere to the underlying tissue.

### Risks and complications

Risks are inherent to any surgical procedure. The most common risks associated with an arm reduction surgery include:

- Swelling
- Bruising
- Bleeding
- Infection
- Numbness
- Scarring
- Asymmetry
- Unsatisfactory result
- Pulmonary embolism (i.e. blood clot in the lungs) - however this is very rare
- Need to repeat procedure.

### Aftercare

After surgery your arm will be covered with a compression garment designed to hold them in shape whilst the newly sculpted skin heals

to the tissue beneath. We advise the use of a pressure garment for at least 6-8 weeks after your operation.

You will have stitches, possibly with a drain inserted to help the skin and underlying tissue heal. Some of these stitches will absorb, and some may have to be removed by your surgeon during a follow-up visit. You will be required to spend the night in the hospital and specific post-operative instructions will be given to you prior to your discharge.

Following the procedure you may feel some discomfort as there may be some swelling, bruising and stiffness that will usually take 2 to 4 weeks to subside.

You should avoid strenuous physical activity for about a month after the procedure and avoid any contact sports or activities that might cause trauma to the area.

You will see a noticeable difference in the appearance and contour of your arm relatively soon after surgery. Improvement will become evident gradually as the swelling subsides.

The vast majority of our patients are happy with the results and would recommend us to their family and friends.

You should expect some permanent scarring following an arm lift although the surgeon will seek to hide the incision line within the natural contours of your arms and/or armpits. Scars will fade over time but they may still be visible, particularly when you lift your arms.

If scarring is a concern for you we recommend Mesotherapy, Medical microneedling, or Platelet Rich Plasma Therapy. The best treatment option for you will be discussed with your surgeon.