

ARM LIFT (BRACHIOPLASTY)

ABOUT THE PROCEDURE

An arm lift is a widely used procedure that typically involves using a combination of liposuction and surgery to remove excess fat and loose skin and restore a firm, toned, youthful appearance to the upper arms.

This area of the body can be difficult to target with weight loss and exercise alone and, indeed, if you lose weight, it often makes the problem of loose skin worse.

ARE YOU A GOOD CANDIDATE?

If you are self-conscious about your upper arms because of loose skin and/or stubborn fat deposits, you may benefit from an arm lift. This procedure is particularly beneficial for women or men who have lost a lot of weight and/or have lost elasticity due to aging and want to restore the firmness and overall appearance of their upper arms.

Although small amounts of fat can be removed along with excess skin, an arm lift is not intended as a weight reduction technique. For best results, you should at or near a good body weight before having surgery

POST-OPERATIVE INSTRUCTIONS

- Time off work 2-4 weeks.
- If your dressing is leaking or heavily soiled before 2 days after surgery, you can replace with new dressing if needed (e.g. a maxi pads or gauze work well for replacement dressings).
- Shower 2 days after surgery and remove bandages in the shower.
- Apply antibiotic ointment and light Band-Aid and then put garment back on – do this daily.
- Wear the garment 24 hours a day for 6 weeks.
- Don't do any activity that increases your blood pressure for 4-6 weeks.
- Massage scars postoperatively to help minimize scarring (see general post-op instructions scar management).
- All the stitches are dissolving.
- Call my office to make an appointment 1 week after surgery.

COMMON POST-OPERATIVE EXPERIENCES

- Scars can take up to 1 year to complete heal.
- Burning or itchiness around surgical site is normal.
- Bruising and swelling are normal and may spread down arm or chest but will settle in a few weeks.

OUTCOME

- See general post-op instructions.