FAQ

(Arm Lift)

**What is an arm lift?**

Arm lift surgery, or brachioplasty, is used to remove loose hanging skin from arms usually after weight loss or as the aging process occurs.

**Where will the incisions be for this procedure?**

The incision will generally extend from the axilla (underarm) to the elbow on the underside of the upper arm. Sometimes smaller incisions may be used.

**What are the risks associated with an arm lift?**

Some of the risks include infection, swelling, seroma, skin contour irregularities, asymmetry, change in skin sensation, and scarring. Please check with The doctor for specific concerns.

**What should I expect after my arm lift procedure?**

Usually The doctor uses surgical glue to close your external skin; therefore you would not need to have sutures removed. You may have surgical drains in place. You will be placed in a compression garment to minimize swelling following the procedure. You could experience some pain, bruising, and swelling for about a month following the procedure. You will not be able to participate in strenuous activities for about 6 weeks following this procedure. Normal activity can be resumed within a couple of days. It is important to begin light walking within a day to prevent blood clots. You will have intermittent follow up visits depending on your individual recovery.

**What will prepare me for surgery?**

If there are medical issues such as high blood pressure or diabetes, these should be well controlled prior to surgery.

**How long will my results last?**

Your results will be permanent given that you do not gain or lose a significant amount of weight. Your body will still undergo the normal aging process, which could result in some changes.

**Where is the incision made?**

The incision will depend upon how much tissue needs to be removed and whether the tissue is near the armpit or lower down on the arm. The traditional vertical incision goes from the armpit to the elbow. If the excess tissue is limited to the top of the upper arm, you may be a candidate for a short-scar arm lift with a crescent-shaped incision in the armpit area.