

Arm Lift

Q. Who is a good candidate for an arm lift?

- A. Individuals who are in good health and have relatively stable weight may be good candidates for arm lift surgery, also known as Brachioplasty. Those with health conditions or heavy smokers should see a physician prior to a consultation with a plastic surgeon. This surgery is ideal for all ages, but especially for those patients in good health, who have a positive outlook and realistic expectations.
-

Q. What does brachioplasty surgery correct?

- A. An arm lift, or brachioplasty, will remove the saggy skin that hangs below the underarm. Aging and the decrease of collagen production and the skin's elasticity causes the skin to droop. Arm lift surgery will remove the flabby skin and wrinkles, leaving the area smoother and more contoured. If individuals have an excess amount of fat, light liposuction is often prescribed.
-

Q. What can I do to achieve optimal results?

- A. Surgeons recommend that patients achieve their ideal weight before surgery and maintain a moderate level of physical activity and a healthy diet. This is so patients are better able to manage the results of their surgery. Quitting smoking may help you achieve a better outcome, because smoking negatively the appearance of the skin and slows the healing process.
-

Q. Will my doctor remove extra fat as well?

- A. The traditional arm lift technique removes excess fat from the armpit to elbow. In some cases, if there is an excess amount of fat and fatty tissues, light liposuction is recommended to sculpt the area and achieve the best contour.
-

Q. What is the recovery period like?

- A. Following surgery, dressings and bandages should be worn to minimize swelling. Patients are advised to limit themselves to minimal activity for at least 10 days, but usually may return to work and their regular routines after 2-3 days. MyLooks® surgeons recommend no heavy lifting or rigorous activity for at least a month following surgery, to allow the area to heal. Bruises and swelling diminish within the first two weeks, while scars tend to fade over a 4-6 month time period.
-

Q. Is there much scarring involved?

- A. The size and appearance of the incision depends on the amount of fat and excess skin being removed; surgeons typically try to place the scar along the underarm so it is not as visible. The inner arms is the most common place for the incision; however, some surgeons choose to make the incision along the back of the arm. It is best to discuss the placement of your incision with your MyLooks Surgeon, and they will advise which position is optimal for your particular case. Either way the final scar will be visible in certain positions of the arm.
-

Q. Will the fat come back or will my arms lose contour?

- A. Brachioplasty surgery is permanent as long as the patient does not gain an excessive amount of weight. Because the excess skin and tissues are completely removed, the area is tauter. However, sun damage, aging, smoking and gaining weight will negatively affect the skin and alter the effects of the surgery over time. Patients are advised to maintain a healthy diet and exercise, and to stop smoking, in order to maintain optimal results.