

# B3-ARMS LIFT AND TIGHTENING



## B.3. ARMS LIFT AND TIGHTENING

Arm lift and tightening, also known as brachioplasty, is a surgical procedure designed to remove excess skin and fat from the upper arms, resulting in a more toned and contoured appearance. This procedure is particularly beneficial for individuals who have experienced significant weight loss, aging, or genetic factors that have led to sagging skin in the upper arms. Here's a comprehensive overview of arm lift surgery, including its indications, benefits, procedure, recovery, and considerations.

### Indications for Arm Lift Surgery

- **Excess Skin and Fat:** Individuals with loose, sagging skin on the upper arms, often due to aging or significant weight loss.
- **Aging:** Natural aging can lead to a loss of skin elasticity, resulting in droopy arms.
- **Genetics:** Some people may have a genetic

**predisposition to excess skin or fat in the upper arms, regardless of weight.**

### **Benefits of Arm Lift Surgery**

- Improved Contour**
- Enhanced Self-Confidence**
- Long-Lasting Results if a healthy lifestyle is followed**

### **The Arm Lift Procedure**

#### **1. Consultation:**

- o A careful consultation with a board-certified plastic surgeon to discuss goals, medical history, and any concerns. The surgeon will evaluate the arms and recommend the best surgical approach.**

#### **2. Anesthesia:**

- o The procedure is typically performed under general anesthesia.**

#### **3. Incision Placement:**

- o The surgeon will make incisions, which may vary in length depending on the amount of skin and fat to be removed. Common incision patterns include:**

**§ Inner Arm Incision: A longer incision that runs along the inner arm, which can effectively remove excess skin and fat but may leave more visible scarring, the incision goes from the under arm till the elbow.**

**§ Shorter Incisions: For minimal skin removal, shorter incisions may be made, but this may limit the amount of excess skin that can be removed, this incision is only done under arm.**

#### **4. Excess Skin and Fat Removal:**

◦ The surgeon will lift and tighten the underlying tissues, remove excess skin, and suction out any stubborn fat as needed.

#### **5. Closure:**

◦ The incisions are closed with sutures, and the procedure typically takes about 3 to 4 hours.

#### **Recovery After Arm Lift Surgery**

- **Initial Recovery:** Swelling, bruising, and discomfort are common in the first few days. Pain can usually be managed with prescribed medications.
- **Lymphatic drainage:** Patients need to schedule lymphatic drainage sessions helping to reduce the edema and the excess fluid in the body and this to help the skin conform to its new contours.
- **Downtime:** Most patients can return to light activities within 1 to 2 weeks, but more strenuous activities and lifting should be avoided for about 8 to 12 weeks.
- **Compression Garments:** Wearing compression garments may be recommended to support healing and reduce swelling.
- **Follow-Up Care:** Regular follow-up appointments with the surgeon are essential for monitoring healing and ensuring optimal results.

#### **Risks and Considerations**

- **Scarring:** While the surgeon aims to minimize visible scarring, some scarring will remain, and its visibility

can vary based on skin type and healing.

· **Complications:** Potential risks include infection, bleeding, blood clots, and poor wound healing.

· **Changes in Sensation:** Temporary or permanent changes in sensation around the incision area may occur.

· **Not a Weight Loss Solution:** Arm lift surgery is not intended for weight loss and is best suited for individuals at or near their ideal weight.

