

Arm Lift

Arm lift, or brachioplasty, is a procedure used to rejuvenate the upper arm. The skin of the upper arms is particularly susceptible to weight fluctuations, gravity, and aging. Although exercise may strengthen and improve the underlying muscle tone of the upper arm, it cannot address excess skin that has lost elasticity or underlying weakened tissues and localized fat deposits.

Who needs it?

How is the procedure performed?

Risks?

Recovery?

Other procedures to consider?

Who needs it?

Good candidates for an arm lift are those that have excess skin and fat on the upper arm. An arm lift reduces excess skin and fat between the underarm and the elbow. It reshapes your arm to result in smoother skin and contours, and results in a more toned and proportionate appearance. If the underside of your upper arms are sagging or appear loose and full due to excess skin and fat, an arm lift may be right for you.

How is the procedure performed?

An incision is made from the elbow to the armpit in as inconspicuous a location as possible, usually the inter-brachial groove. In those patients who have excess fatty deposits, liposuction is then performed on the upper arm. Once liposuction has been completed, the redundant skin of the upper arm is resected, and the skin is closed with absorbable sutures. For those patients with excess skin in the armpit, this area can be lifted and reduced at the same time. Some physicians refer to this as an "axillary lift". Once the surgery is complete, dressings are placed, and a special compression garment is then placed over them. Dr. Butterfield recommends that the garment be worn for 6 weeks after the procedure. Although, an immediate improvement in appearance will be seen, it may take as long as 6 months for swelling to completely resolve.

Risks?

Any surgical procedure comes with inherent risk, such as the effects of anesthesia, infection, bleeding and swelling. Occasionally, numbness of the inner upper arm, may occur and may be permanent. It is important to realize that this procedure will leave a scar on the arm.

Recovery?

Most patients find this operation to cause minor pain and discomfort. It is important to keep the arms elevated for the first several days to help decrease swelling. You may find it helpful to have someone with you around the clock for the first couple of days after your procedure. Most patients may return to work after 2 weeks.

Other procedures to consider?

Many patients considering arm lifting are excellent candidates for other areas of body contouring. If you have lost a significant amount of weight, you might also consider a tummy tuck, body lift, breast lift, breast reduction, facelift, or liposuction.