

Brachioplasty, or arm lift, is a surgical procedure designed to remove excess skin from the upper arm. It is a procedure that commonly is performed in patients who have lost a large amount of weight and are left with loose sagging skin on the arms.

## **What does the surgery involve and what scars will I have?**

Short scar brachioplasty, which keeps the scar in the armpit region, will not be useful for patients who have excess skin encircling the arm. Standard brachioplasty involves a long scar from the armpit to the elbow on the inner arm.

## **Complications**

A brachioplasty tightens the skin on the upper arm, but involves a permanent scar. In addition to the risks associated with anesthesia, you may experience some patches of numbness on the forearm because of the skin removal but this improves with time and does not affect the function of the arm or the hand.

Portions of the wound may be slow to heal and require treatment with gauze dressings. Infection and bleeding are uncommon with brachioplasty, but can occur. In rare cases, patients may experience prolonged or even permanent arm swelling.

## **What is the recovery?**

### *Immediate postoperative recovery*

In most cases, patients may experience pain in the arms for the first 24 to 48 hours.

### *Short-term recovery*

In most cases, patients will be able to go out in public in two or three days, and light use of the arms, is permitted immediately after surgery. Vigorous physical activity should be limited for four weeks following surgery.

Brachioplasty usually produces a tightened and more youthful and attractive appearance to the upper arm. The permanent scar may stay thick and red, but tends to fade over time and reaches its final maturity over 12 to 18 months.

We will see you one week post your surgery then subsequently at four weeks and three months.