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BRACHIOPLASTY (Arm Lift)

Arm lift surgery, otherwise known as brachioplasty, is a procedure that reshapes the upper arms by reducing excess skin, and in some cases fat, resulting in smoother skin and better proportioned contours of the upper arms. It is designed to tighten the skin and improve the contour of the upper arms. The procedure tightens and smoothes the underlying supportive tissue that defines the shape of the upper arm, whilst reducing localised pockets of fat.

The Incisions

Incision length and pattern depend on the amount and location of excess skin to be removed, as well as the best judgment of your plastic surgeon. Incisions are generally placed on the inside of the arm or on the back of the arm, depending on the surgeon's preference, and may extend from the side of the chest to just below the elbow. If fat is to be reduced during your arm lift, it will be excised or removed with liposuction. Depending on your specific conditions, incisions may be more limited. Then, underlying supportive tissue is tightened and reshaped with internal sutures. Finally, the skin is smoother over the new contour of your arm.

The smoother, tighter contours that result from brachioplasty are apparent almost immediately following your procedure, although initial results will be somewhat obscured by swelling and bruising. Your new, shapely and toned upper arm is dramatically improved both in appearance and feel. Support garments are worn for up to six weeks after surgery to control potential swelling and promote healing, to provide comfort and support. Please ensure you have purchased your garment before your surgery date, ensuring you bring this to hospital with you, as this will be placed on you whilst in theatre.

Scars

Arm lift surgery will result in visible scars. Your surgeon will limit scar length and try to position each scar in the least conspicuous position. Nevertheless, scars may be more noticeable than you anticipated. It is important that you have realistic expectations of the surgery and that you discuss potential outcomes with your surgeon.

Modern surgery is generally safe, but does have the potential for risks and complications to occur. Some potential risks and complications associated with arm lift surgery include:

- Heavy bleeding from an operated site. This may require a blood transfusion.
- Infection that may require treatment with antibiotics or further surgery in some cases.
- Allergic reaction to sutures, dressings or antiseptic solutions.
- The formation of a large blood clot (haematoma) beneath an incision site may require further surgery.
- Complications such as heart attack, pulmonary embolism or stroke may be caused by a clot, which can be life threatening.
- Pain, bruising and swelling around the operated site(s).
- Visible and prominent scars such as keloids and hypertrophic scars. These scars are raised, red and thickened, and may form over healed incisions. They may be itchy, annoying and unsightly but are not a threat to health. These scars may restrict the clothing you can wear.
- Numbness around operated sites. In most cases, this is temporary and will improve over many months.
- Skin that does not heal may require a skin graft.
- Restrictive movement to the tightened skin.



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- Excess fluid accumulation under the skin (known as a seroma) around an operated site that may require one or more drainage procedures with a needle.
- Fat that has a poor blood supply may result in a discharge from the surgical wounds or palpable lumps.

Photographs

Pre-operative photographs may usually be taken. These do not show your face. They are important aids in planning and performing surgery and become a permanent part of your patient record. Intra-operative photographs may be taken during your surgery if we are required to do so by Medicare. Post-operative photographs may also be taken.

Should you not understand any of the foregoing, or should you want further information, please ask. Occasional questions will arise after you have left your consultation. Feel free to call for additional information. If necessary, additional consultation visits can be scheduled. Find out all you need to know. It is our desire that all patients are fully informed.

This information included in this sheet is general information only. Please contact the surgery on (08) 9380 0333 or alternative phone numbers as shown on your appointment card if you have any concerns regarding your post-operative recovery.