



## Arm lift (Arm tuck, brachioplasty)

### What is it?

Arm lift is the tightening of the arms above the elbow in people who want a tighter arm but for whom liposuction alone will not work. Liposuction will not work if there is significant tissue laxity or sag, such as in "batwings" or "tuck-shop lady arms". However liposuction alone will work if your skin is fairly firm.

### Is Mr Callan experienced at this procedure?

This is an important question to ask. Not only is Mr Callan experienced at this procedure, but he performs arm lift regularly and keeps up to date with the latest techniques. It is also important to know that as a fully trained plastic surgeon Mr Callan performs this procedure to the high standards of Australian Plastic Surgery.

### Can I see photographs?

You can see photographs in our office when you have a consultation. As Mr Callan performs arm lift frequently, there are large numbers of photographs to look at many of which will be of patients with a problem similar to yours. We do not publish photographs on the web for a number of reasons, but the most important of these is that you need realistic photographs for the particular type of arm lift you will need.

### Who has arm lift?

Women and men who have excess tissue on the arms are suitable for a lateral arm lift. Basically, people who have arm laxity in association with excess fat for whom liposuction alone will not work are good candidates for arm lift. You can check this by pulling up the arms in front of a mirror. If it makes a big difference you need an arm lift. If it doesn't then liposuction alone may work.

### Am I suitable?

You need to be sensible, honest about your reasons, happy with your informed decision, and be as healthy as possible. A time of personal crisis is no time to be making decisions about such surgery.

### What would stop me from having the surgery?

You must not be smoking, outside the BMI range of 18-28 (although this may be a little modified in massive weight loss patients), under stress when making your decision, or have a medical condition that would make surgery unsafe.

### How is it done?

Brachioplasty surgery is done in a fully accredited hospital. Depending on the type of arm lift you have, an incision is made on the inner aspect of the arm and the arm tissue tightened while the excess is removed. The arm lift tightens the entire arm above the elbow.

### What are the benefits?

This is entirely a personal matter. If the weight and size of the excess arm tissue distresses you, then removing it may be a great relief. It will also help improve your appearance.

### What are the risks?

All surgery carries some element of risk. You can minimize your risk by being as healthy as possible and as psychologically prepared as possible, by selecting an experienced and qualified surgeon, and giving yourself a stress free time during which to recover. Despite this there are some risks that you will need to discuss. The most common of these is a fluid collection under the skin. Occasionally the incision may take a little extra time to heal, but overall this procedure usually goes very smoothly. There are other risks common to all surgery, and you should be aware of these.

### Are there scars?

The incision lines for the surgery are always present, but fade over the first six to twelve months. While always visible, as a rule the incision lines become relatively inconspicuous in most, and can be covered by clothing, and in short sleeves are difficult to see because of their position on the inside of the arm.

### How long am I in hospital for?

Arm lift can be a day procedure but occasionally overnight, depending how you pull up after the anaesthetic. Someone will need to take you home and should be with you the first night. Arm lift is not a particularly painful procedure, but can be a little uncomfortable if the tension on the skin is high. You will be given plenty of medication if it is required to keep you comfortable.

### How long will I need to recover?

This varies but usually ranges from two to four weeks depending on what you do. If your activities are sedentary, then you may only need a couple of weeks, but if you do heavy work and lifting you may need up to six weeks. It's a good idea to take some time so as you don't put pressure on your recovery. The same guidelines apply to exercise, with mild to moderate exercise allowable early on to full aerobic activities by six weeks. By the way, you can shower after surgery. You must not drive until you are fully recovered from both the anaesthetic and the discomfort of surgery so as you are fully capable. If in doubt, don't.

### Do I wear a garment after surgery?

You may need to wear a pressure garment after surgery for three weeks. This helps the healing and reduces the possibility of fluid collections.

### Will I need to be seen after surgery?

Yes. We will keep in close contact with you by telephone for the first few days and then will see you about five days after surgery, then at three weeks, then at three months. You are of course welcome to call or visit anytime with any concerns.