



**PETER
CALLAN**

PLASTIC SURGEON

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 "batwings" or "tuck-shop lady arms". However liposuction alone will work if your skin is fairly firm.

Is Mr Callan experienced at this procedure?

Mr Callan has many years of experience at this procedure. He performs arm lift and keeps up to date with the latest techniques. As a fully trained plastic surgeon, Mr Callan performs this procedure to the highest standard available.

Can I see photographs?

You can see photographs of people who have had this procedure when you have your consultation. As Mr Callan performs this procedure frequently, we have a large number of photographs of those you have had the type of arm lift you may be suitable for.

Who has arm lift?

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

Am I suitable?

You need to be sensible and honest about your reasons for wanting an arm lift and happy with your informed decision. You should also 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?

Smoking, being outside the BMI (body mass index) range of 18-28, under stress when making your decision, or having a medical condition that would make surgery unsafe.

How is it done?

Mr Callan performs all his surgery at St John of God Hospital in Geelong, 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?

What you get out of surgery is entirely a personal matter. If the weight and volume of the excess arm tissue distresses you, then removing it may be a great relief and may make you feel better about your appearance in general.

What are the risks?

All surgery carries some element of risk. You can minimise your risk by being as healthy as possible and as psychologically prepared as possible, by selecting an experienced and qualified surgeon, and by giving yourself a stress free time during which to recover. The particular risks and complications of this surgery will be discussed at your first consultation. 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 will be made aware of these.

Will I have scars?

The incision lines for the surgery are always present but fade over the first six to 12 months. As a rule the incision lines become relatively inconspicuous in most people and can be covered by clothing. In short sleeves scars are difficult to see because of their position on the inside of the arm.

How long will I be in hospital?

Arm lift can be a day procedure but occasionally involves an overnight stay depending how you are after the anaesthetic. Someone will need to take you home from hospital and should stay 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 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 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 out from more strenuous activities so you don't prolong your recovery. The same guidelines apply to exercise, with mild to moderate exercise allowable early on and full aerobic activities after six weeks. You can shower after surgery. You must not drive until you are fully recovered from both the anaesthetic and the discomfort of surgery. 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 process 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 and at three months. You are of course welcome to call or visit any time with any concerns.