Arm lift (Brachioplasty)

The Brachioplasty (Arm Lift) is a surgical procedure designed to reshape and provide improved contour to the upper arms. It removes the extra skin and tissue which gives a smoother look to the Upper Arms.

This procedure is usually carried out on those with large amounts of loose or sagging skin on the upper arms.

When loosing weight, the skin doesn’t always have the elasticity to shape back into place. This can lead to patients wanting the excess skin to be removed.

Arm Lift is a body contouring surgery which is often carried out after weight loss/weight loss surgery.

During the procedure, the incision will be made on the inside or back of your arm. The tissue that is left will be sewn back together, creating a smoother contour for the upper arms.

Post procedure, you will be advised as to how to care for your wounds/incisions. This will all be discussed after your procedure by a Nurse. You will also be given your post operative instructions.

You should expect to feel slight pain and discomfort during the first week of your recovery which will be managed by pain relief medication.

You will have a compression garment which must be worn for 6 weeks after your procedure for 24 hours per day. The compression garment will maximise your results.

You should not engage in any strenuous activity for around 6 weeks post op.

The Arm Lift procedure can last for around a decade or so, this is assuming you maintain a stable weight and healthy lifestyle.