

# Arm Lifts and Arm Reduction

## (Rejuvenation of Upper Arms)

Arm lift and arm reduction surgery also known as brachioplasty is used to improve sagging upper arms (“bat wings” or “bingo wings”), reduce the fat deposits in these areas or eradicate the flabby bulges that droop when the arms are raised.

These changes are brought about by weight loss (dieting, exercise, stomach bypass), by the process of ageing or by both factors acting in combination.

Rejuvenation of the upper arms is indicated when the fat deposits or the loose, sagging skin of the arms cannot be improved through regular physical activity and or low calorie diet.

Surgical rejuvenation of the arms can be achieved by using arm liposuction, arm lifts/ arm reduction or often a combination of these procedures.

In brachioplasty (arm lift or arm reduction) incisions are made on the inner surfaces of your arm from the armpit (axilla) to the elbow. Excess skin and fat are removed and the remaining skin is stitched back together. The operation generally results in slimmer, smoother upper arms. However, there will be visible scarring that may extend from the armpit to the elbow.

Mr EL Gawad also offers the minimal scar modified axillary arm lift in which the incisions (and thus the scars) are entirely confined or hidden in the arm pit.

After a thorough evaluation, Mr EL Gawad will discuss with you the option most likely to achieve your objectives and advise you of the advantages and limitations of each technique.

As in any cosmetic surgery, there are risks as well as benefits and the final results are not guaranteed. The chance of complications following a liposuction depends on the exact type of operation needed and other factors such as your general health.

Mr A EL Gawad will explain how the risks apply to you. Detailed postoperative instructions will be discussed during consultation and a procedure-specific handout given to you.

### **Some risks of arm reduction/arm lift/arm liposuction:**

#### *Frequent*

- Bruising and swelling
- Temporary numbness: common
- Tightness and reduced arm movements: temporary & latter is advised.
- Slow healing/ wound breakdown: often due to smoking/ fatty arms.
- Sensory alterations: numbness, tingling
- Visible scars (often unavoidable): from armpit to elbow if open surgery

#### *Infrequent*

- Bleeding and haematoma: rare
- Infection ± suture boils
- Irregular or other unsatisfactory contour of the arm
- Inadequate shrinking of the skin (poor skin retraction)
- Liposuction induced / increased sagging (ptosis)
- Persistent ptosis (sagging): due to under-correction
- Scars may widen, tighten up or hypertrophy/keloid
- Asymmetry between the two arms
- Occasional need for revisional surgery

#### *Alternatives to arm rejuvenation surgery:*

- No surgery: leave the lax arm skin and fat deposits alone
- Exercise & Diet: may help generalized fat deposits but not lax skin

Long sleeved clothing: can be effective in hiding flabby or fatty arms

## WHAT YOU NEED TO KNOW (Rejuvenation of Upper Arms)

### LENGTH OF SURGERY

1 - 2 hours

### ANAESTHESIA

General (rarely under Local)

### NO. OF NIGHTS IN HOSPITAL

0 - 1 night

### RECOVERY

5 - 10 days until socialising with close friends and family

2 weeks until return to work and normal social engagements

2 - 4 weeks until bruising and swelling disappeared

2 - 4 weeks do not raise arms above shoulder level

3 - 4 weeks for wearing compression garments day & night.

6 weeks until return to gym and other strenuous activities

12 - 24 wks until final result: scars continue to improve for 1 year

### DURATION OF RESULTS

Permanent unless large weight changes