

## **Brachioplasty ( Upper Arm Lift )**

An arm lift, also known as brachioplasty, is a surgical procedure to remove loose skin and excess fat deposits in the upper arm. With age, weight loss and gain or just as result of heredity upper arm skin can become loose and flabby. In some cases your plastic surgeon may suggest that liposuction be used alone or in conjunction with an arm lift to remove excess fat in the upper arms. There are various types of upper arm lifts depending upon the extent of the fat excess and looseness of the skin.

The best candidates for liposuction are normal-weight people with firm, elastic skin who have excessive fat in their upper arms. You should be physically healthy, psychologically stable and realistic in your expectations. Older patients may have diminished skin elasticity and may not achieve the same results as a younger patient with tighter skin.

Brachioplasty carries greater risk for individuals with medical problems such as diabetes, significant heart or lung disease, poor blood circulation, or those who have recently had surgery near the area to be contoured. You may require pre-operative medical clearance prior to surgery.

There are several Brachioplasty techniques that can be used to improve the ease of the procedure and to enhance outcome. Each technique is dependant upon the extent of excessive skin present in the upper arm. Some procedures can leave scars all the way down your medial upper arm or elbow. Liposuction can be performed as an adjuvant to the upper arm lift.

Brachioplasty & Liposuction are normally safe, as long as patients are carefully selected, the operating facility is properly equipped and the physician is adequately trained. As a minimum, your surgeon should have basic (core) accredited surgical training with special training in body contouring. Also, even though many body contouring procedures are performed outside the hospital setting, be certain that your surgeon has been granted privileges to perform these procedures at an accredited hospital.

The scars from Brachioplasty are usually strategically placed to be hidden from view. Newer techniques attempt to hide the scar in patients arm pit area. But remember, these scars are permanent. Recovery is a bit longer with the upper arm lift because the incision is in a location of motion. If you are considering a Brachioplasty and/ or Liposuction of the upper arm then consider the Iris Surgery Center and Dr. Gary R. Culbertson.