

# ARM LIFT

Arm lift is one of the most popular procedures in cosmetic surgery.

If you consider having this surgery, you need to know a few things about it.

1) What happens during the initial consultation?

- You will meet your surgeon and will tell him exactly what you want, why you want it and for how long.
- You will be asked to give information about your previous operations (cosmetic and non cosmetic), your health condition, your current medications, your allergies to medications, if you are a smoker or not..
- Your surgeon will examine you, and will take some measurements.
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- Then, the whole operation will be explained to you in details, including:
  - the type of anesthesia (general) or sedation
  - the incisions (length (10 cms), position (inside the arm, all along the biceps), and outcome)
  - the necessity to have an extensive liposuction at the same time,
  - the amount of skin excess that can be removed
  - the outcome of this scar
  - the type of sutures used, the type of dressing

As you are usually staying 1 night, your big dressing will be changed for a smaller one,

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before you are discharged. Then, you are supposed to wear a support garment and to keep it on for 3 weeks, day and night

## 2)What happens when you decide to go ahead with yours surgery?

You call the office ;we book the hospital for you.

You will have to do a blood test( usually in a private lab),mostly to check your red and white cells and your coagulation.

Before the operation, you are not supposed to take aspirin or similar tablets.

You will have to stop eating, drinking and smoking 6 hours before the operation.

You will see your surgeon before going to theater and have time to ask him any question you forgot to ask before. He will ask you to sign a consent form ,where all the possible risks are mentioned. He will then do some markings on your skin and take some before photographs (they will stay in your file and are totally confidential)

-Then, you will meet the anesthetist and you will be taken to theater.

Your operation takes about one hour.You will spend half an hour in recovery, before being taken back to your room. You will be discharged 2 days later, before 12 noon

## 3)Can all the loose skin of the arm be removed?

If the skin excess is mostly located on the upper third of the arm ,then the scar can ,sometimes , be hidden in the armpit. Otherwise, the scar goes all along the inner part of the arm, from the armpit down to the elbow

## 4)What happens after the surgery?

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- Back home you are supposed to take it easy: no sport, no heavy lifting for 3 weeks
- Your dressing needs to be changed every day by a nurse , for 2 weeks
- You cannot shower your scar for two weeks, you cannot drive for two weeks
- You might be in pain and will need to take some painkillers. You will be told to take some antibiotics for one week
- You are supposed to come back to the clinic after one week for the first wound check (but you can contact the office anytime in between), and then you will see your surgeon on the second week. After this first post operative consultation, you will see your surgeon, one month ,3 months and 6 months after the surgery. Then, it will only be once a year

Your stitches will be trimmed after 3 weeks.

The initial swelling will disappear within 3 weeks, which is the time you need ,before seeing how slim you are going to be. The rest will take another couple of months

5)What are the risks of this operation?

Apart from the usual side effects (pain (3-5 days), swelling, numbness), there are some potential risks ,which are still very rare:

-scar: its quality varies according to your way of healing

-bleeding: you will have to go back to surgery to have it stopped.

-bruising

-infection (this is why you have the antibiotics)

-asymmetry

-Wound opening

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-limits of the operation (you can just treat the inner part of the thigh with this procedure)

-skin necrosis (this can happen if you are a heavy smoker and there is not enough blood supply to your abdominal skin)

-numbness

-blood clots

Again all these risks of complications are rare, but remember that surgery is not an exact science and there is no magic in surgery. This is why it is so important to follow the post operative instructions

**Would you have more questions, do not hesitate to ask your surgeon, who will be always pleased to see you again during a second consultation**