

**Arm Lift Surgery**

I want you to be as informed as possible before you choose to have surgery at the Bashioum Cosmetic Surgery Center, Ltd. Patients frequently ask the same questions about each surgery. I have compiled this list of questions from my 25 years of cosmetic surgery experience. I hope these help you understand how cosmetic surgery is beneficial and how it can make you feel better about yourself.

**What is arm lift surgery?**

**How much will it cost?**

**What can I do to make my arms look better after weight loss?**

**Will I ever be exactly the same on both sides?**

**Will there be scars after surgery?**

**What areas can be treated?**

**What are the risks of arm lift surgery?**

**I have heard about so many bad things on television, is it safe to have arm lift surgery?**

**What can you tell me about this new technique that I saw on television?**

**Should I stop smoking?**

**What other choices do I have?**

**What additional procedures can I consider that will enhance the result?**

**Am I a good candidate for an arm lift?**

**How many times can I have an arm lift done?**

**What kind of anesthesia will be used?**

**How is an arm lift done?**

**How long will I be in the operating room?**

**What is arm lift surgery?**

Arm lift surgery (AKA dermatolipectomy or brachioplasty) reduces sagging of the arms. Liposuction and skin removal techniques are combined based on the preoperative appearance. People with sagging skin particularly after weight loss or aging, turn to arm lift surgery to give a more natural appearance that matches their body proportions.

**How much will it cost?**

Please call my office for an accurate price quote or better still, come in for a personal consultation. My suggested quotes include professional fees, anesthesia fees, operating room costs, equipment fees, before care and after care. They do not include hospitalization costs, prescriptions, home nursing care, preoperative history and physical examination, laboratory costs, or pathology fees. If you compare prices, make sure that you consider all these costs and fees. In addition, arm lift surgery requires some time off work for a safe recovery.

**What can I do to make my arms look better after weight loss?**

Weight loss, aging and sun exposure stretches the skin of the arms. This leads to sagging and wrinkling of the skin. Liposuction alone does not improve this. Arm lift surgery removes the extra skin and reduces this appearance. This usually is the best choice to repair the effects of weight loss on your arms.

**Will I ever be exactly the same on both sides?**

It is normal for your arms to be different on each side. Surgery can reduce these differences but not eliminate them. It will be necessary for you to adjust to some asymmetry after your surgery.

**Will there be scars after surgery?**

Scars are part of all surgery. It is important to understand where arm lift scars will be placed. The arm lift scar extends from the armpit to the elbow generally along the inner aspect of the arm. The length of the scar is determined by how much extra skin is present. The scars will be uncovered by short sleeve shirts or blouses.

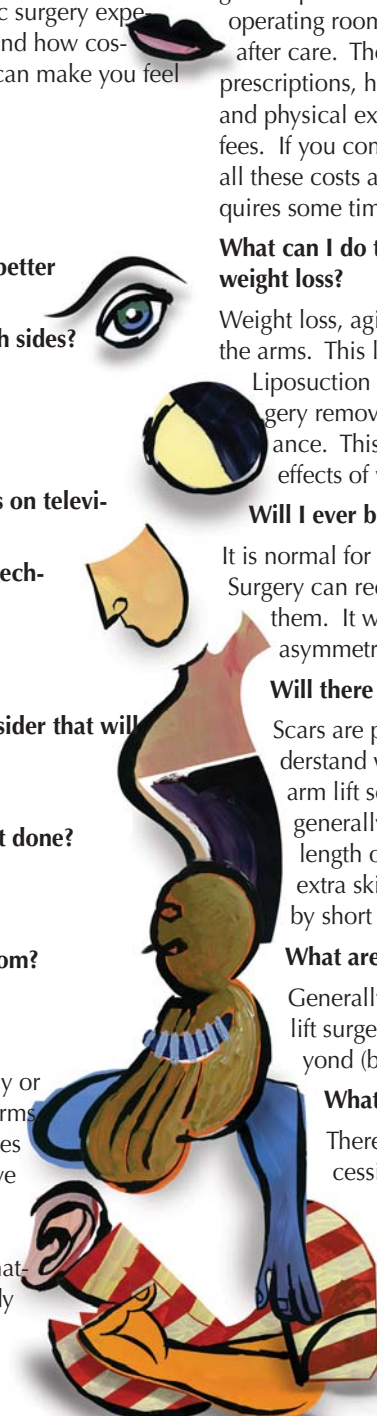
**What areas can be treated?**

Generally, the upper arm can be treated with arm lift surgery. The treatment can extend to just beyond (below) the elbow.

**What are the risks of arm lift surgery?**

There are risks with any surgery. Infection, excessive bleeding, abnormal scarring, poor

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Arm Lift Surgery

**What are the risks of arm lift surgery (continued)?**

healing, slow healing, skin loss, changes in skin sensation, muscle or nerve injury, although uncommon, can occur. Fortunately, many problems that result from such complications are correctable with additional surgery. Although very rare, there have been reported deaths as a result of blood clots in the legs, severe infections and pneumonia-like conditions. Rare nerve injuries can lead to numbness and loss of function of the lower arm and hand. You must understand your risk of complications completely before you choose to have arm lift surgery.

**I have heard about so many bad things on television, is it safe to have arm lift surgery?**

There are always risks to having cosmetic surgery. Serious problems are usually related to complications and/or undiagnosed medical conditions. I believe arm lift surgery can be done safely with a high degree of patient satisfaction.

**What can you tell me about this new technique that I saw on television?**

Everyone in America wants the latest in medical care. Unfortunately, this is not always the best medical care. At times media presentations will leave out critical information about potential complications, quality of result, and FDA regulation. I am open minded when it comes to new technology but I would rather not expose my patients to try out the newest techniques until they have been proven to be effective and safe. Arm lift surgery has recently become more popular due to the limitations of liposuction surgery and the popularity of bariatric surgery. Scars along the inner arm or on the back of the arm are choices.

**Should I stop smoking?**

For general health reasons, I recommend that all my patients stop smoking. It is clear that smoking increases your risk for developing all sorts of cancers. Breathing problems like emphysema and circulatory problems including heart attacks are also linked to smoking. Smoking can increase the risk of coughing after your surgery that may lead to unwanted bleeding. Finally, the chemicals released from burning tobacco also reduce blood

flow that can result in skin loss during the healing period. Both of these problems can ruin the results of your arm lift and lead to revision surgery. It is always best to stop smoking.

**What other choices do I have?**

There are other choices when it comes to arm lift surgery. These include superficial liposuction, weight loss, acceptance of a deformity, and changes in clothing styles. Alternate arm lift scar placement can be considered. Always understand all your options before having an arm lift.

**What additional procedures can I consider that will enhance the result?**

Surgeries can be combined to yield dramatic and complimentary results. For safety reasons, I recommend the length of surgery be limited to six hours. Except for liposuction, I suggest no more than one area of the body be treated at the same time. It is particularly advantageous to combine chest liposuction with arm lift.

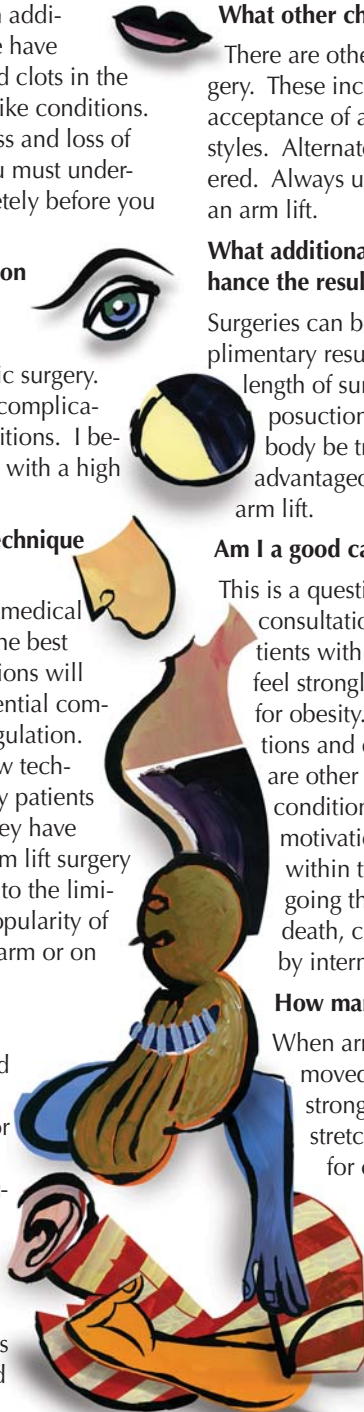
**Am I a good candidate for an arm lift?**

This is a question that can only be answered after a consultation. Arm lift surgery is suggested to patients with sagging and/or excess of the arm skin. I feel strongly that arm lift surgery is not a treatment for obesity. Obesity increases the risk of complications and detracts from the aesthetic result. There are other things to consider including psychiatric conditions, life stress, medical illness, obesity, and motivation. You should be a healthy nonsmoker, within twenty pounds of your ideal weight, not going through major life stress (i.e. grieving a death, changing jobs, divorcing), and motivated by internal desires to look better.

**How many times can I have an arm lift done?**

When arm lift is done, extra skin and fat are removed stretching the remaining tissue. I strongly discourage weight gain that would stretch this skin again. This is not a treatment for continued weight gain or obesity.

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## Arm Lift Surgery

### What kind of anesthesia will be used?

Arm lift surgery in my office is completed under general anesthesia. Patients are completely asleep during the surgery and remember little or nothing of the experience.

### How is an arm lift done?

Arm lift surgery can be separated into four parts. First, a plan is outlined on the arms. Second, the incision is placed along the inner arm so that the scar will be inconspicuous. Next, planned liposuction is completed followed by excision of extra skin and fat. Finally, absorbable stitches are placed to close the incision in the skin.

### How long will I be in the operating room?

The length of time it takes to complete an arm lift is determined by the severity of your problem. Generally, an arm lift takes three to four hours to complete. You will spend about six to seven hours in my office. Liposuction is sometimes combined with an arm lift increasing the time required to finish the operation. For safety reasons, I limit the maximum time for surgery on each patient to six hours on a given day.

