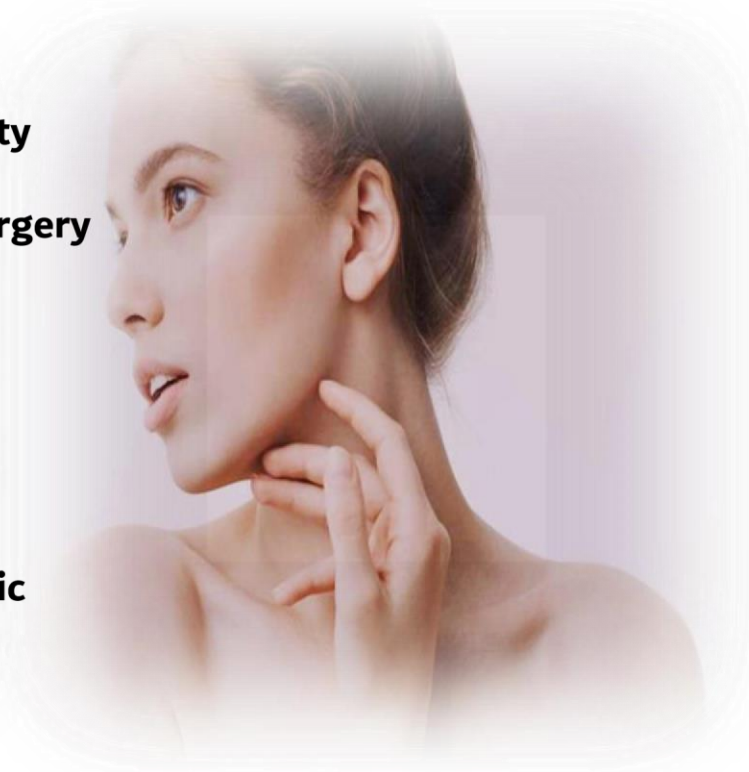


## **Dr. Ashraf Abolfotooh Khalil**

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# **Brachioplasty**

**(Arm-Lift)**

**Breast and Body Plastic and Reconstructive Surgery Clinic**

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## What is Brachioplasty?

Also known as arm lift, brachioplasty is a surgical procedure that reduces excess sagging skin that droops downwards. It tightens and smoothes the underlying supportive tissue that defines the shape of the upper arm and reduces localized pockets of fat in the upper arm region. It is a cosmetic surgical procedure to improve the appearance of the under portion of your upper arms.

Fluctuations in weight, growing older and heredity can cause your upper arms to have a drooping, sagging appearance. This is a condition that cannot be corrected through exercise. Arm lift surgery may be right for you if the underside of your upper arms is sagging or appear loose and full due to excess skin and fat.

Check the illustrative video [here](#)<sup>1</sup>.

## Before the Surgery... Preparation and Expectations

A detailed interview is conducted with our medical team covering the following:

- Review of your medical history and current health situation including a complete physical examination and results of any laboratory tests, such as blood tests.
- Examine the undersides of your upper arms to determine your treatment options.
- Photographs of your arms from different angles.
- An overview of the surgical intervention, expected risk, recovery stages as well as the expected results.
- Determining where your procedure will be performed and the date of operation.

Our medical team may advise against arm-lift if you have a medical condition that prevents blood clotting, or experiencing ongoing weight fluctuations (or if you are significantly over weight), or if you are a heavy smoker. Arm-lift surgery isn't for everyone.

## Important Instructions

- Avoid taking aspirin, vitamins, anti-inflammatory drugs and herbal supplements, one week before the surgery, as they can increase bleeding.
- Take only those medications approved or prescribed by our medical team.
- Stop smoking, for 3 weeks before the surgery.
- Arrange for someone to drive you home after the surgery.

Cited in : – American Society of Plastic Surgeons: <https://www.plasticsurgery.org>

– Mayo Clinic: <https://www.mayoclinic.org/>

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<sup>1</sup> <https://youtu.be/8UoW0vASmBc>

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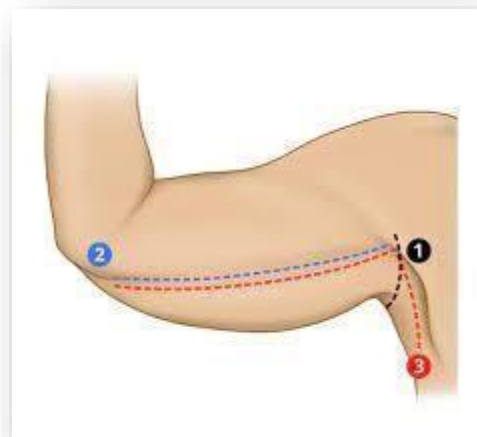
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## During the Surgery

- **Anesthesia:** Type of anesthesia will be discussed and determined with our medical team before the surgery. In most cases local anesthesia with sedation is applied, however, in certain cases general anesthesia is more recommended.
- **Procedure Steps:** We will make incisions on the undersides of your arms. The length and pattern of the **incisions** depends on how much skin will be removed. Then the underlying tissues will be tightened and secured with stitches. A suction technique may be also used to remove fat (liposuction).
- The surgery lasts for 2-3 hours depending on the surgical details and patient's situation.

## After the Surgery

- In most of the cases, you can leave the hospital later the same day of the operation, or else as needed.
- Your incisions will be covered in bandages and your arms will be wrapped in elastic bandages to minimize swelling.
- Small tubes might be placed in your arms to drain any excess blood or fluid.
- The bandages and tube are removed in a week after the surgery.
- You may need to wear a compression sleeve for a few weeks to keep swelling down.



**Arm-Lift Scars**

1. Transverse 2. Vertical 3. Extended

## Post-Procedure Precautions

1. Avoid lifting your arms above the shoulder level for 3-4 weeks.
2. Massage 1-3 weeks after the surgery. You can do it yourself at home or ask our clinic for support. Check massage and related videos [here](#) and [here](#)<sup>2</sup>.
3. Avoid physical and athletic activities with your arms that might stretch the incisions for 4-8 weeks after surgery.
4. Stop smoking. Smoking slows the healing process and may make you more likely to get an infection.

<sup>2</sup> [https://www.youtube.com/watch?v=CIB\\_nqi2u04](https://www.youtube.com/watch?v=CIB_nqi2u04) - <https://www.youtube.com/watch?v=mhpWAECfMPw> - <https://www.youtube.com/watch?v=4QmpXFd1KWl>

5. Limit your dietary salt intake to help faster swelling recovery.

## Recovery and Results

- The smoother, tighter contours that result from arm lift surgery are apparent almost immediately following your procedure. Initial results will be obscured by swelling and bruising, and a scar will remain where the incision was made.
- The bruising and swelling will generally fade within 10-21 days.
- The results of arm lift surgery will be long-lasting, provided that you maintain a stable weight and general fitness. As your body ages, it is natural to lose some firmness. Sometimes additional surgery may be required after a period to reach the desired result.

## Follow-up

In the first month after the surgery, follow-up is done by visiting the clinic once or twice a week. In the following month, a visit is made every two weeks. Then monthly follow-up visits (once a month) during the next 6-12 months.

## Risk

The decision to have plastic surgery is extremely personal. You will have to decide if the benefits will achieve your goals and if the risks and potential complications of brachioplasty are acceptable.

Our medical team will explain in detail the risks associated with surgery. As with any surgical procedure, you will be asked to sign consent forms to ensure that you fully understand the procedure and any risks or potential complications. Photographs are taken before and after the surgery and at different periods to follow up the progress achieved.

Generally, the possible risk associated with arm lift includes:

- Scarring. Incision scars from an arm lift are permanent, but are typically placed in areas that aren't easily visible. Rarely, incisions can result in raised, red scars. Injections of a corticosteroid medication or other treatments might be used to improve the appearance of scars.
- Asymmetry in the shape of your arms. This could occur as a result of changes during the healing process. Also, while the surgeon will try to make your arms look as symmetrical as possible, perfect symmetry isn't always possible.
- Changes in skin sensation. During an arm lift, the repositioning of your arm tissues can affect superficial sensory nerves. You'll likely feel some temporary numbness.

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## Medication

<b>R/Tavanic 500mg</b>	One tablet daily for 5 days
<b>R/Ketolac SR</b>	One tablet every 12 hours - after meals – till pain is gone
<b>R/Panadol 500mg</b>	Two tablets every 8 hours
<b>R/Alphintern</b>	Two tablets every 8 hours – half an hour before meals – for 2-3 weeks
<b>R/Controloc 40mg</b>	One tablet 30 minutes before breakfast for 10 days
<b>R/Neurontin 300mg</b>	One tablet before sleeping for 5 days