

ARM LIFT (BRACHIOPLASTY) PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice.)



Information For Patients

This booklet provides information to help you decide whether to have an arm lift (brachioplasty). It explains how the procedure is performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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What is an Arm Lift?

An arm lift, also known as brachioplasty, is a surgical procedure designed to remove loose or excess skin and, in some cases, excess fat from the upper arms.

The procedure reshapes the area between the armpit and elbow to create a firmer and more proportionate arm contour.

Loose upper-arm skin may develop due to ageing, reduced skin elasticity, or significant weight loss. In some cases, liposuction may be combined with brachioplasty to improve the overall shape of the arm.

Why Consider This Procedure?

An arm lift may be considered if you:

- Have loose or hanging skin on the upper arms
- Have experienced significant weight loss
- Feel that exercise has improved muscle tone but not excess skin
- Experience irritation or discomfort due to excess tissue
- Feel self-conscious about the appearance of the upper arms

The procedure is intended to improve contour rather than replace weight-loss methods.



Preparing for Surgery

Before surgery you may be advised to:

- Stop smoking several weeks before surgery
- Avoid blood-thinning medications or supplements unless approved by your doctor
- Disclose all medical conditions and medications
- Maintain a stable weight before surgery
- Arrange help at home during the early recovery period

Fasting may be required if general anaesthesia is used.

Your Treatment Journey (International Patients)

Initial Assessment

Your medical history, photographs and treatment goals are reviewed.

Travel Arrangements

Airport pickup and accommodation are arranged through the treating hospital.

Pre-Operative Appointment

You will attend a consultation for examination, surgical planning and consent confirmation.

Surgery Day

The procedure is usually performed in a hospital environment and may take approximately one to two hours depending on the extent of surgery.

Post-Operative Stay

Many patients are discharged on the same day or after a short observation period.

Return Travel

Patients are typically advised to remain abroad for several days to allow for early follow-up before travelling home.

The Procedure

During an arm lift, the surgeon removes excess skin and may remove or reshape underlying tissue to improve arm contour.

An incision is typically made along the inner or back part of the upper arm. The length of the incision depends on how much skin needs to be removed.

In some cases, liposuction may be used to remove excess fat before the skin is tightened.

Anaesthesia may be general or another suitable form determined by the surgical and anaesthetic team.

After the Operation

Following surgery you may experience:

- Swelling
- Bruising
- Tightness or pulling sensation
- Temporary numbness in the upper arms

Dressings and compression garments are usually applied to support healing and reduce swelling.



Recovery and Expected Results

First 1–2 Weeks

Swelling and bruising are common. Arm movement may be limited during early recovery.

Weeks 3–6

Swelling gradually decreases and normal daily activities can slowly resume.

Longer Term

Final results become clearer as swelling resolves. Scars will fade over time but do not disappear completely.

Aftercare Instructions

You may be advised to:

- Wear compression garments as instructed
- Avoid heavy lifting for several weeks
- Keep surgical wounds clean and dry
- Sleep in a comfortable position that avoids pressure on the arms
- Attend follow-up appointments

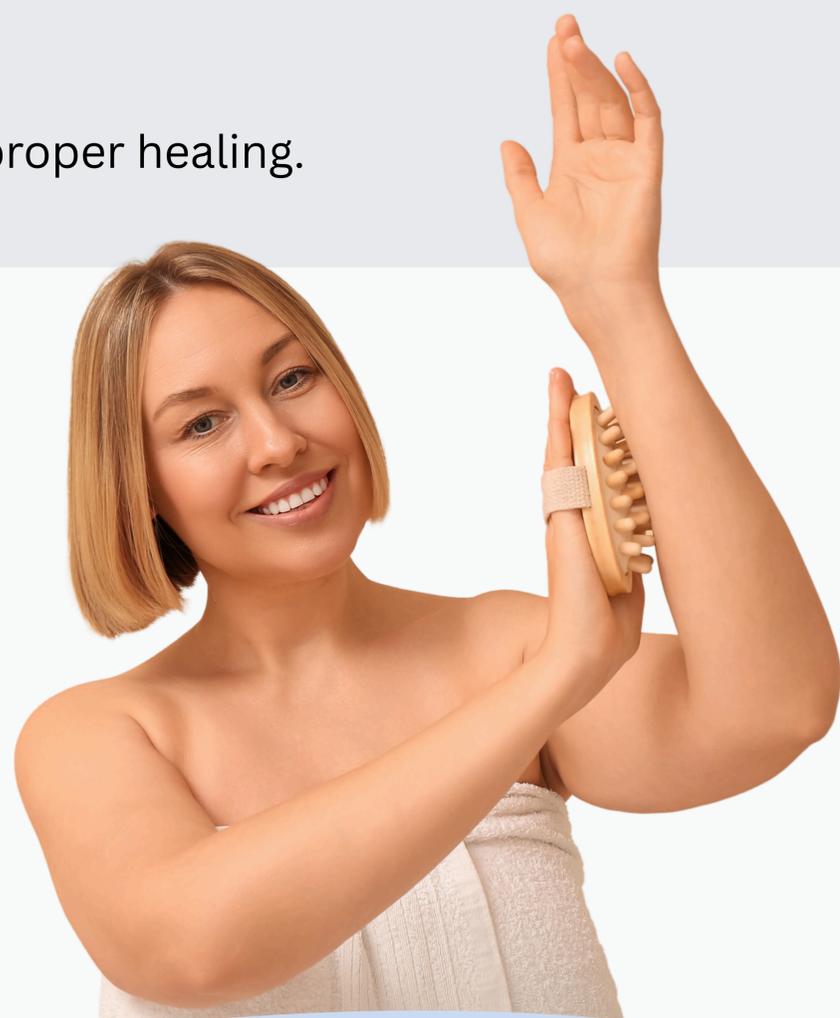
Following aftercare instructions helps support proper healing.

Potential Benefits

An arm lift may:

- Improve the contour of the upper arms
- Reduce excess hanging skin
- Improve clothing fit
- Increase comfort and confidence

Results vary between individuals.



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Risks and Complications

All surgical procedures carry some degree of risk. Outcomes and recovery times vary between individuals.

Possible complications may include:

- Infection
- Bleeding
- Fluid accumulation
- Poor wound healing
- Numbness or altered sensation
- Asymmetry or contour irregularities
- Visible scarring
- Need for revision surgery



Procedure-Specific Considerations

Scarring

An arm lift results in a permanent scar along the upper arm. The appearance of scars varies depending on individual healing and skin type.

Weight Stability

The best results are usually achieved when body weight has stabilised.

Skin Elasticity

Skin quality and elasticity influence the final contour achieved with surgery.

Combination Procedures

Some patients combine brachioplasty with other body contouring procedures.

When to Seek Medical Advice

Seek medical attention if you experience:

- Increasing redness or swelling
- Fever
- Excessive pain
- Sudden shortness of breath
- Unusual discharge from the surgical site

Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for an arm lift?
- Will liposuction also be required?
- Where will the incision be placed?
- What type of anaesthesia will be used?
- What results are realistic for my situation?

Further Information and Consent

Before proceeding with surgery, you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.



Contact Information

If you require further clarification before your consultation or treatment, please contact:

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