

Katherine Hein MD

PLASTIC SURGERY | RECONSTRUCTIVE SURGERY | AESTHETIC SURGERY

Upper Arm Lift (Brachioplasty)

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, upper arm skin can become loose and flabby. Plastic surgeons will discuss brachioplasty with patients who want to tighten this skin and look as good as they feel. 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.



Sagging skin in the upper arms is treated with an incision from the underarm area extending along the inside of the upper arm. Additional incisions on the arms and legs may be necessary anywhere excess skin has formed sagging pockets. The smoother, tighter contours that result from upper arm contouring are apparent almost immediately, although initially obscured by swelling and bruising. In addition, skin quality is dramatically improved in both appearance and texture.

For more information about Upper Arm Lifts visit:

<http://www.plasticsurgery.org/Cosmetic-Procedures/Arm-Lift.html>

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