

BRACHIOPLASTY

PROCEDURE DESCRIPTION

WHO IS A CANDIDATE?

- ❖ Patients with loose or sagging upper arm skin secondary to aging or excess weight loss.
- ❖ Patients who have full and shapeless upper arms.
- ❖ Patients who are unable to tighten the excess arm skin and muscle with exercise.

INTENDED RESULTS

- ❖ A smoother and more attractive appearance to the upper arms.
- ❖ More confident and comfortable in clothing, especially dresses, swimsuits, and tank tops.
- ❖ Natural and presentable appearance after a couple of weeks that continues to improve over the next three to six months.

PROCEDURE DESCRIPTION

- ❖ The procedure is done on an outpatient basis and it may be performed under general anesthesia at a hospital/surgery center or under local anesthesia with oral sedation in our office surgical suite.
- ❖ The surgery does leave an incision/scar on the inner/posterior aspect of the arm. It is placed in a location to keep the scar as inconspicuous as possible.
- ❖ Liposuction may be used to help reduce the overall thickness of the upper arm as well.
- ❖ At times only liposuction may be necessary to shape the arms.

RECUPERATION AND HEALING.

- ❖ Initial discomfort is controlled with prescription medication.
- ❖ There are no sutures to be removed.
- ❖ A compression garment must be worn. This is provided for you.
- ❖ Aerobic activities can be restarted in about 4-6 weeks.
- ❖ You may need help at home for the first couple of days.

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ADDITIONAL OPTIONS

- ❖ **Additional procedures that may enhance the result: abdominoplasty (tummy tuck), breast reduction, breast lift (mastopexy).**

INSURANCE GUIDELINES

- ❖ **This procedure is considered cosmetic and therefore is not covered by your private health insurance.**
- ❖ **The patient is responsible for payment.**

NOTE

- ❖ **The specific risks and the suitability of this procedure for a given individual can be determined only at the time of consultation. All surgical procedures have some degree of risk. Minor outcomes that do not affect the outcome occur occasionally. Major complications are unusual.**

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