

What is an Arm Lift?

An arm lift is a cosmetic body contouring procedure to address extra loose skin present in the inner arms. This is commonly seen after significant weight loss where the extra skin has lost elasticity and hangs from the arms when they are lifted.

Who Can Have an Arm Lift?

An arm lift works best to contour loose skin with minimal or stable fat. This is not a substitute for weight loss or simple fat removal.

During the initial consultation with Dr. Lee, we will discuss your goals for surgery and review your health history. She will examine the arms, hands, and chest as these are all connected, to ensure you will have a balanced outcome.

The best outcome for surgery occurs when a patient has good general health, has reasonable expectations, does not smoke cigarettes, and has a stable weight (BMI under 30). Other special considerations include past hand and arm surgeries, breast surgery, numbness or nerve issues, shoulder issues, genetic skin quality, previous weight loss, history of blood clot or swelling in the arms.

Preparing for Surgery

You will have a pre-operative appointment with Dr. Lee, where you have an opportunity to review the plan and ask questions. You will need some lab tests before surgery to review your health. Pre-operative photographs will be taken at the time to help track your progress.

To maximize your ability to recover, we recommend improving your protein intake. Blood thinners need to be stopped safely (including aspirin).

Recovery After Surgery

The usual recovery time is 2-4 weeks after surgery.

During this time, you will have swelling, bruising, and tenderness. The swelling peaks in the 3-4 days after surgery. The muscle will feel very tight, similar to a heavy workout. Occasional twinges or tingling can be felt in the arms

when they are swollen - this is expected to decrease over time. You may have a special dressing to keep the incision clean and waterproof - keep this in place until you see Dr. Lee after surgery. You will need to wear a compression garment or sleeve for 1 month. We recommend no upper body exercise during this period for best results.

There is a small amount of lingering swelling that can last for 3-6 months. The internal scarring softens and changes over a 1 year period when the result is stable.

The final result is after 1 year.

Schedule your personal consultation with Dr. Lee to talk about arm lift surgery.