

ARM LIFT SURGERY CHECKLIST

WHAT IS AN ARM LIFT (BRACHIOPLASTY)?

- A **Brachioplasty procedure** is the surgical reduction of redundant skin and fatty tissues from your upper arm area, sometimes referred to as 'bat wings' or 'bingo wings.'
- **Arm Lift Surgery** can be beneficial for women and men who have lost weight or skin elasticity and firmness in the upper arm area, which has left unsightly floppy skin or 'wings'.
- This procedure may involve liposuction prior to or during the same procedure.

AM I A GOOD CANDIDATE?

- Have you been left with excess, loose skin around your upper arm area after losing weight?
- Do you have excess hanging skin from your upper arms as a result of ageing and changes to skin elasticity?
- Are you suffering from reduced self-confidence due to excess skin around your upper arms which cannot easily be hidden by clothing?
- Do you find that you often have limited clothing choice as many items of clothing, including tops, singlets and bathing suits, expose the loose skin around your upper arm area?
- Would you like to balance out your physique and overall body shape?



PRE-SURGERY CHECKLIST

- Am I choosing to have surgery for the right reasons and at the right time?
- Am I able to undergo an initial recovery period of approximately 2 weeks?
- Do I have someone (a friend, partner or relative) who can assist me during my recovery; and am I patient to wait until all the swelling goes down before I see my final results?
- Have properly researched my surgery and I am ready for my first surgery consultation?



Before you decide on your Surgeon or proceed with Arm Lift Surgery, there are a few important questions to consider:

- Is my preferred Surgeon a highly skilled, FRACS qualified & experienced Plastic Surgeon?
- Is my Arm Lift surgery going to be performed in a fully accredited Hospital?
- Am I in good health and do I maintain a nutritionally healthy lifestyle?
- Do I have realistic expectations about what Arm Lift surgery can actually achieve?

PREPARING FOR YOUR FIRST CONSULTATION

What can I expect at my initial surgical consultation?

You will typically:

- Have a physical examination
- See before & after photos from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected surgery options
- Have your photos taken
- Go through the possible risks and complications associated with your surgery
- Find out about surgery pricing and available dates
- Have your questions answered

How should I prepare?

- Ask a friend or family member to come along with you for extra support
- Do your research - if there is anything that you can't find out about your surgeon online, be sure to make a note so that you can ask during your consultation.
- Prepare a list of questions you would like to ask your surgeon so that you don't forget



General Disclaimer - Results depend on individual patient circumstances and can vary significantly. Results may also be impacted by a variety of factors including your lifestyle, weight, nutritional intake and overall health. Consult your Specialist Plastic Surgeon for details. This information is general in nature and is not intended to be medical advice nor does it constitute a doctor-patient relationship. Surgery risks and complications will be covered in detail during a consultation with your Surgeon. Note that results can vary from patient to patient and that all invasive surgery carries risks. Be sure you do your research before proceeding.

WHAT ARE MY OPTIONS?

There are different types of Arm Lift procedures that your chosen Surgeon may perform, these include:

- Standard Brachioplasty** - A standard Bilateral Brachioplasty includes the surgical reduction of excess hanging skin from both arms.
- Extended Brachioplasty**- An Extended Brachioplasty includes a slightly larger section of the body in addition to the arm itself. This procedure includes the upper side of the chest wall and the underarm region, as well as the arm itself.
- Limited Incision Brachioplasty** - A Limited Incision Brachioplasty has an incision located in the armpit only. This type of Brachioplasty procedure is for patients who have a smaller amount of hanging skin around their upper arm and is rarely performed.

Your chosen **Specialist Plastic Surgeon** will be able to help you determine which procedure will work best for you to achieve the results you want.

FIND OUT MORE - FREE SURGERY GUIDE!

Are you considering Arm Lift Surgery but would like to find out more? Our **FREE** downloadable Surgery Guides have you covered.

Our Arm Lift Surgery Guide covers:

- Arm Surgery explained
- How to plan for your Arm Lift Surgery
- The surgical process and recovery tips
- Answers to some of our FAQs

[DOWNLOAD THE FULL GUIDE HERE](#)



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