

## Arm lift overview

introduction to arm lift surgery		an arm lift removes excess loose skin and fat to slim and contour the area for a better appearance in and out of clothes
often combined with...		liposuction, tummy tuck, breast augmentation, breast lift
incision placement & arm lift surgery details		incisions are on the underside of the arms, from elbow to armpit; they are placed as inconspicuously as possible
anesthesia for arm lift surgery		general, or local with IV sedation
surgical facility		usually outpatient surgery center
length of surgery		approximately 2 hours
discomfort		moderate to minimal
what to expect after arm lift surgery		discomfort, tightness, swelling, activity restrictions; back to work in 1 to 2 weeks
risks of arm lift surgery		scarring, wound healing problems, infection
variations and techniques		liposuction only without skin removal
duration of results		results may last 5 to 10 years or more, without large volume weight gain
insurance		armlifts are considered cosmetic surgery; insurance does not apply

