



Arm Lift

What is an Arm Lift

An Arm Lift is a surgical procedure to remove loose skin and excess fat deposits on the upper arm in order to create a more sculpted, aesthetically pleasing arm.

Excess fat or skin distribution in the arm can be:

- Natural, and a function of genetics
- Caused by weight gain (excess fat deposits)
- Caused by weight loss (excess skin)
- Caused by ageing as the upper arm skin becomes loose and flabby

An Arm Lift procedure aims to tackle these conditions via liposuction and skin excision to leave a tight and smooth skin appearance.

Why do people have it

The benefits of an arm lift are both cosmetic and psychological, and include:

- Firmer, leaner, more slender arms
- Tightened arm skin and elasticity
- Restored, redefined figure
- Sculpted, shapely arms
- Ability to wear tighter cut clothes/swimwear
- Improved sense of emotional wellbeing

Who is suitable

Cadogan Clinic considers individuals fit for the procedure, if all of the following are true of them:

- You are in good psychological and physical medical health
- You are at your ideal body weight
- You have a positive outlook and realistic expectations of what can be achieved via surgery
- You are seeking to remove excess fat deposits and cellulite in your arms
- You are seeking to remove excess skin (or 'bingo wings') in your arms
- You are seeking to improve the shape and contours of your arms
- You are looking for long lasting results

What to expect



PHASE 1: CONSULTATION

The first step for all of our arm lift patients is to meet with the surgeon we feel is best placed to perform your procedure for a consultation. At the consultation you will be able to discuss with your surgeon what your hope to achieve from the procedure, as well as discuss in detail what may or may not be possible given your existing anatomy.

Your surgeon will take you through the options available to you, and which is the most preferential for you given your stated ambitions. Having established this, several key measurements will be made and standard clinical photography will be taken.

Some questions you may want to ask your surgeon include:

- Am I a good candidate for this procedure?
- Can I achieve the results I am asking for?
- What will be expected of me to get the best results?
- Do you have before-and-after photos?
- How long of a recovery period can I expect, and what kind of help will I need during my recovery?
- What scars will I be left with?
- Will I be in pain after the surgery?
- How soon after an arm lift can I return to work?

Finally a comprehensive discussion regarding risks and complications will take place, alongside a discussion regarding what to expect in the post procedure and recovery phase. Your previous medical history will also be recorded (including previous surgery, medications, allergies etc.) and an assessment of your fitness for surgery.

If your surgeon feels you are a good candidate for surgery, you are then invited to consider whether you would like to proceed for surgery or otherwise following a two week 'cooling off' period.

Within this period you are welcome to come in and discuss your potential surgery with your surgeon as many times as you like.

What to expect



PHASE 2: PRE-PROCEDURE

If you choose to proceed with surgery, the next time you come into the Clinic after your final consultation will be the day of your procedure. Before admission the following behavioural changes are recommended / required:

- In the 6 weeks before your procedure we recommend smoking is discontinued as patients who smoke have a higher risk of healing more slowly and complications (see FAQs)
- In the 6 hours prior to surgery you must not consume food or any drink, other than small sips of clear fluid (e.g. still water, black coffee, black tea) which are allowed up to 2 hours before admission
- In the week before your procedure you must cease taking Aspirin or any medication that contains Aspirin

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PHASE 3: DAY OF THE PROCEDURE

On the day of your procedure we ask that you arrive for your admission an hour before the agreed start time of surgery. At this point a nurse will come and record blood pressure and other relevant vitals, you will meet with your anaesthetist and your surgeon who will make the final mark-ups.

Before surgery, the surgeon will measure up the arms to assess how much fat and/or skin needs to be removed. The arms are then photographed, with the skin markings, in various positions, front and back. The procedure can be carried out under local anaesthesia, but more usually under our form of general anaesthesia called T.I.V.A. (Total Intravenous Anaesthesia) and takes between one and two hours.

The arms are bandaged after surgery to reduce bruising and you will feel stiff and mildly uncomfortable as you bend your arms. Most of the sutures used are dissolving to avoid stitch marks, but there may be a few to remove, particularly in the armpit, a week after surgery. Bruising lasts about 3 weeks.

What to expect



PHASE 4: POST PROCEDURE & RECOVERY

You should not feel much pain during the procedure, but you may have some for a few days or weeks afterwards. You'll be given painkillers if you need them.

Following the procedure, you will recover in our ambulatory recovery rooms for between two to three hours, dependent on the scale of the procedure. Once our specialist nursing team are happy that your initial recovery is complete and you are safe to return home, you will be allowed to leave the Clinic accompanied by a friend or member of your family.

Once home you will have access to our dedicated on-call nursing team 24 hours a day, 7 days a week. This team of specialists are dedicated to your comfort and pain control, and are there to field any questions you may have in the immediate post operative phase.

We ask that you come in and see our nursing team 1 week after surgery to ensure your incision sites have been properly reviewed. At this juncture we also recommend you meet with one of our on site aestheticians to discuss ongoing treatment to support the healing and scarring process.

We ask that you come in to see your surgeon after 6 - 8 weeks for a final check up.

What are the risks

Arm Lift surgery is a safe procedure, but afterwards it is common to experience:

- bruising and swelling
- a small amount of scarring
- temporary numbness

As with all surgical procedures, the surgery carries some risk and it is possible that you might experience:

- Nausea
- a collection of blood underneath the skin (haematoma)
- Bleeding or Infection
- death of fat tissue (fat necrosis) or embolism
- Poor healing of incisions and scarring
- Seroma

Why Come to Cadogan Clinic for Arm Lift

- Cadogan Clinic is an award winning specialist cosmetic clinic, with a track record of delivering safe, high quality cosmetic surgery
- We were founded by Mr Bryan Mayou, the surgeon who first brought Liposuction the UK, and he has trained the next generation of specialists at the Clinic
- Unlike many of our competitors, we use the latest anaesthetic technologies to minimise your downtime, and allow you to return home on the day of your procedure
- Our nursing team provide a dedicated 24/7 oncall service during recovery – whatever your question, we can provide the answer
- We offer a complimentary consultation and treatment with our onsite team of aestheticians to ensure you heal quickly and scar well

At a glance facts



SURGERY TIME

2 hours



HOSPITAL STAY

Day case



TIME OFF WORK

1 - 2 weeks



FULL RECOVERY

6 - 8 weeks

