

## **Aspire Procedural Information Guide Brachioplasty – Arm Lift**

Welcome to your Aspire Experience. This is your informed decision informational packet. It will give you information concerning your Aspire surgical experience from the start to the completion. It is important that you read this information carefully and completely.

Whether through age or weight loss, excess skin and fat can begin to sag and loosen between the underarm and elbow. This jiggling tissue can be embarrassing or even make it more difficult to exercise and find clothes that fit properly. And while exercise can build muscle tone, it can't eliminate this extra tissue. But an arm lift can help.

With an arm lift, also known as brachioplasty, you can remove that extra skin and tissue and have more firm, toned-looking arms. You can wear the short-sleeved clothes that you've always wanted to wear. You can achieve a more youthful, proportionate look. And it will be easier to stay physically active.

### **Consultation**

If you're considering an arm lift, you'll first meet with Dr. Lee. He will take the time to get to know you and talk about your goals for your arm lift.

Be prepared to share your medical history, including previous surgeries, medical conditions, drug allergies and current medications. Dr. Lee will conduct an exam to assess the elasticity of your skin, take measurements of your arms and take photos for your records.

It is important that you be as close to your ideal weight as possible before undergoing an arm lift. If you lose weight after your procedure, your tightened skin will again be loose and sag. If you gain weight after your procedure, you will stretch your tightened skin or undo the results of your arm lift.

If you have excess fat in your upper arms, Dr. Lee may recommend liposuction in conjunction with your arm lift.

### **Before Your Brachioplasty Surgery**

Knowing what to do and what to expect before your surgery will make for the best possible outcome.

If you're a smoker, you will be asked to stop smoking well before surgery. You may need to get lab testing or a medical evaluation, to take certain medications or adjust your current medications. You will need to avoid aspirin and certain anti-inflammatory drugs before surgery, because they can cause increased bleeding. Dr. Lee will provide additional preoperative instructions.



Your surgery will be performed at the fully accredited Southwest Surgical Suites or another accredited facility. They will contact you prior to your procedural date to review medical history and instructions. Do not eat or drink anything after midnight the night before your procedure for a morning surgery; including water, mints, chewing gum, and vitamins. For an afternoon procedure, obtain specific instructions during your pre-operative call. Having an empty stomach is extremely important for your safety.

Your surgery likely will be performed with general anesthesia; local anesthesia and intravenous sedation are available as well. Dr. Lee will recommend the right anesthesia for you.

Be sure to arrange for someone to drive you home after surgery and to stay with you at least the first night following surgery.

### **Your Brachioplasty Surgery**

Upon arrival at the surgical facility and after registration, you will be escorted to the preoperative area where you will be prepared for surgery. One guest may be with you until you go into the operating room. Both your physician and your anesthesiologist will meet with you prior to your procedure.

If you have minimal excess skin, your incision may be contained to your underarm. If you have significant loose tissue, your incision may extend from your elbow up through your underarm and possibly onto the side of your chest.

The underlying tissue will first be tightened and sutured into place. The skin is then reshaped, and excess tissue is removed. Small tubes may be inserted to help drain excess fluid. Finally, the surface incision is sutured closed.

### **After Your Brachioplasty Surgery**

When your surgery is complete, you'll be taken into a recovery area where you will be closely monitored. Although the time varies, most patients are discharged one to two hours after the procedure. Southwest Surgical Suites also offers overnight stays if ordered by the physician and appropriate for the procedure performed.

Your arms may be wrapped in compression garments to reduce swelling and smooth and support your arm tissue, or these may be added later. You'll receive detailed instructions for your post-surgical care, including drains if they've been used. In most cases, you'll go home in just a few hours. You will need a caregiver to drive you home and to stay with you for the first 24 hours to watch for signs of complications.

You likely will experience some tightness after your arm lift, as well as some temporary tingling in your hands. You will need to keep your arms elevated for the first few days after your arm lift. If you experience shortness of breath, chest pains or an unusual heart rhythm, seek medical attention immediately.

You will be encouraged to walk beginning the day after your surgery. After about a week, your stitches will be removed. A scar will remain after your incision heals, and it may take a year or more to begin to fade.

Even through the initial bruising and swelling, you'll see the results of your arm lift almost immediately, and the smoother, tighter appearance will continue to improve even further as the swelling subsides.



### **Important Facts About Brachioplasty Risks and Complications**

Dr. Lee is a board-certified plastic surgeon with decades of experience. But every surgery comes with risk. The possible risks specific to an arm lift include:

- Unattractive scarring
- Bleeding
- Infection
- Fluid accumulation
- Anesthesia risks
- Poor wound healing
- Skin loss
- Blood clots
- Numbness or other changes in skin sensation
- Skin discoloration and/or prolonged swelling
- Asymmetry
- Major wound separation
- Fatty tissue found deep in the skin might die (fat necrosis)
- Damage to deeper structures such as nerves, blood vessels, muscles, and lungs
- Pain, which may persist
- Deep vein thrombosis, cardiac and pulmonary complications
- Sutures may spontaneously surface through the skin, become visible or produce irritation and require removal
- Possibility of revisional surgery
- Swelling of the hands
- Seroma formation (seromas are fluid collections that can arise after surgery along the incision line)

Dr. Lee will discuss these risks with you during your consultation. Please be sure to ask him about any questions or concerns that you might have.

### **The Results of Your Brachioplasty**

Your new, more toned upper arms will offer you a younger-looking, more fit appearance that better reflects your energy. As long as you maintain a stable weight through diet and exercise, your results should be long-lasting.

Thanks to an arm lift, you can enjoy a wider range of clothing without embarrassment, engage in more activities that require upper arm range-of-motion, and relish the confidence that comes from a smooth, proportionate appearance.

The key to a truly successful arm lift is maintaining an open line of communication with Dr. Lee and adhering to his recommendations. He and his team are eager to respond to your questions and concerns and can help provide skin care to maintain and enhance your results—they are your partners in achieving the results that you seek.