

Arm Procedures

Even if you do everything you can to take care of your arms — hair removal, moisturizing sunscreen, exercise — you may find yourself considering surgical solutions as well. As you age, the skin over your triceps loosens and sags, no matter how often you go to the gym.

If your goal is to address excess fat on the upper arms that will not respond to exercise, [liposuction](#) is an excellent option for fat removal. Liposuction leaves only a small scar directly under the joint where the arm connects to the shoulder. This scar can be reduced with laser resurfacing and silicone gel treatments, though it will also fade somewhat on its own over time. Since this area is where many of the sweat glands are located, you have the drawback (or benefit) of excising these as well, making you less sweaty. Liposuction is a highly effective way to reshape the upper arm to a smooth cylindrical shape.

Liposuction is often combined with an [arm lift](#) (brachioplasty) or mini arm lift. Skin gradually loses its elasticity as part of the natural aging process, sagging into folds and wrinkles. If your problem is loose skin caused by aging or weight loss, brachioplasty can tighten and smooth skin in your upper arm area. Every year, thousands of people undergo successful upper arm lift surgery and are pleased with the results, even though regular brachioplasty leaves a long scar between the elbow and the underarm. You might decide the scar isn't worth it for tightening up only a little loose skin, but if you have a lot of hanging, crêpe-y skin, you may decide it's well worth it.

Not all types of brachioplasty treat the same conditions or have the same results. It's important to consult with a board-certified plastic surgeon to assess what kind of surgery is right for your skin and body type. A mini (limited incision) brachioplasty pulls up and tucks excess skin into the armpit, so your scars will be hidden in your underarm area. Extended brachioplasty is essentially the same as a regular brachioplasty, but the incision extends up along the arm and down to the body to remove loose skin and fat along the side of your chest. This has the most dramatic results, but also a more visible scar.

The best candidates for brachioplasty include people who have lost a significant amount of body mass and are now at a relatively stable weight, and those with sagging upper arm skin caused by aging. As with any aesthetic surgery, you should be in good overall health (including not smoking).

Keep your arms beautiful



The recovery time for any surgery will vary from patient to patient, but with brachioplasty, it's especially important to follow your doctor's post-operative instructions in order to get the best results. You will need a compressive dressing on the area for about two days, and will need to keep sterile strips on the incision for five to seven days. Most plastic surgeons use dissolvable sutures, but your doctor may also insert a few "anchor" sutures that will be removed after ten days. Obviously you'll need to avoid doing any heavy lifting or strenuous exercise during this time. Don't underestimate just how much you use your arms in the course of a regular day, and don't push yourself! Within a few weeks, you'll be feeling like your old self again... and looking better than ever!