

GOLD COAST

Plastic Surgery



ULTIMATE GUIDE TO A BRACHIOPLASTY

(07) 5598 0988
www.goldcoastplasticsurgery.com.au

WHAT IS A BRACHIOPLASTY OR ARM LIFT?

A brachioplasty or “arm lift” surgery is an ideal procedure for anyone who wants to reshape the undersides of their upper arms. This procedure aims to remove or reduce any excess skin on the upper arms to create a smooth and toned contour of the brachium.



As we age, gravity causes the skin to droop. This happens more dramatically on people who've previously undergone significant weight loss. While exercise can help to strengthen the underlying arm muscles, excess skin will remain and appear to hang from the arm. This is often referred to as “tuck-shop arms” or “bat wings”.

This unflattering 'sag' can be the result of genetics, but is most commonly caused by weight fluctuations and the natural ageing process. Brachioplasty surgery can help to alleviate chafing, skin rashes, and discomfort associated with excess skin around the arms. It can also improve the appearance of the arm by removing excess skin laxity, and significantly improve the patients self-confidence.

THE BENEFITS OF UNDERGOING A BRACHIOPLASTY

The common benefits of surgery are mostly physical.

- Arms appear firmer and sculpted
- Excess skin is removed
- Sagging skin is tightened
- Arms feel lighter from removed weight
- Arms appear more youthful
- You feel more comfortable wearing more clothing options
- Increased confidence due to the physical appearance achieved by Brachioplasty



AM I A GOOD CANDIDATE?

Like all surgical procedures, Brachioplasty is a highly individualised surgery and may not be suitable for everyone.

Ideal Brachioplasty surgery candidates are those who:

- Have significant soft-tissue around the underside of their upper arms
- Are in good health and have realistic expectations
- Are close to their ideal weight range and, if undergone significant weight loss previously, have been able to remain at a stable weight for at least 6 months
- Are a non-smoker

BEFORE SURGERY RECOMMENDATIONS



Your surgeon needs to know your medical history to plan your treatment. Fully disclose any health problems you have had now and in the past.

Please advise the surgeon if you have had:

- Any allergy or bad reaction to antibiotics, anesthetic drugs, any other medicines, surgical tapes or dressings
- Prolonged bleeding or excessive bruising when injured.
- Previous problems with blood clots in the lungs or a deep vein of the leg (deep vein thrombosis, DVT)
- Any recent or long term illness
- Previous surgery
- Any bad scarring or poorly healed scars after previous surgeries

WHAT CAN I EXPECT FROM MY INITIAL CONSULTATION?

At your initial consultation, you can expect to:

- Have your photos taken
- Have a physical examination
- See before and afters from past patients
- Find out more about your recommended surgical options
- Receive detailed information about your selected options
- Go through the possible risks involved with your associated surgery
- Have any questions answered that you may have with Dr Mark Doyle
- Speak with our client advisor and receive information about your surgery pricing and available dates for surgery

DO I NEED A REFERRAL FROM A GP TO BOOK A CONSULTATION?

You do not need to have a medical referral from a GP or specialist to book a consultation, however, it is recommended. Having a referral may allow you to claim a small rebate back on your initial consultation with your surgeon.

HOW IS A BRACHIOPLASTY DIFFERENT FROM LIPOSUCTION?

Liposuction aims at reducing the excess fat from the upper arm area, which will not correct the issue of excess or sagging skin in the upper arm area. Liposuction will likely worsen the sagging skin around the upper arms.

DOES A BRACHIOPLASTY INCLUDE LIPOSUCTION?

A Brachioplasty procedure commonly includes liposuction. Liposuction is used in conjunction with the surgery to reduce excess fatty tissue from the under and the outer surface of the arm. By removing additional fatty tissue in the upper arms, the skin can be pulled back tighter to achieve a firmer result.

WHAT HAPPENS DURING THE SURGERY?

A Brachioplasty procedure is a relatively straight forward operation. It is commonly performed under general anaesthetic. If there are stubborn pockets of fat, targeted liposuction can also be used to remove them from the arm first before removing the excess skin away. This is to allow for as much excess skin to be removed as possible.

To remove the unwanted skin, Dr. Mark Doyle will make an incision on the inner surface of your upper arm, from the armpit towards the elbow, and the excess skin is cut away. The remaining skin is then stitched beneath the surface using dissolvable sutures.

This is a highly effective procedure, however as with all surgical procedures, patients who undergo Brachioplasty will have some scarring. However, the site of the incision – on the inside of the upper arm – is strategically placed to hide the scar line as much as possible. And, while this will be most noticeable at first, these scars will eventually fade over time.





RECOVERY OF A BRACHIOPLASTY

Many patients go home the same day from surgery but some prefer to spend a night in the hospital with a nurse. You and your surgeon should decide this at the time of your consultation.


When you wake from surgery you may have surgical drains placed to remove fluid that accumulates within the incisions. A sterile dressing will have been applied to the incisions, and a compression garment or bandage supports your arms to promote healing and decrease post-surgery swelling and bruising. You will likely have your arms wrapped from the wrist to the armpit for the first 72 hours.

Expect bruising and swelling. These symptoms will peak within the first 36 to 48 hours after surgery and will gradually subside over the next ten to fourteen days. To minimise swelling, sleep with your arms elevated with pillows for two weeks after the surgery.

Although Dr. Doyle rarely uses drains you may have one drain from either or both arms. Your nurse and hospital staff will discuss this upon discharge and one of our nurses will schedule a time to have the drains removed after surgery.

IMPORTANT REMINDER

It is important to remind everyone that each surgical journey is different from the next and each individual's results and procedure may vary.



WHAT RISKS MAY BE INVOLVED?

Like any major surgery, a Brachioplasty poses a risk of bleeding, infection, hematoma, scarring and an adverse reaction to anaesthesia. Potential complications will be discussed at your consultation with Dr. Doyle.

It's also possible to have an allergic reaction to the surgical tape or other materials used during or after the procedure.

You can help minimise certain risks by following the advice and instructions of your surgeon, both before and after your surgery.

If you have any concerns about the risks involved with a Brachioplasty surgery, please consult Dr. Mark Doyle and his team at Gold Coast Plastic Surgery.

COMMON QUESTIONS



DOES MEDICARE OR MY PRIVATE HEALTH FUND COVER A BRACHIOPLASTY?

Medicare will only cover a Brachioplasty if it is deemed medically necessary due to excess skin that causes rashes or infections.

IS A BRACHIOPLASTY PAINFUL?

Most surgery involves discomfort and pain during the healing stages. It can be difficult to predict the pain levels as each individual's pain and discomfort may vary.

WHEN CAN I RETURN TO WORK?

The time to recover before returning to work or daily activities often varies depending on each person and their role at work. Typically most people return to work 1-2 weeks after the initial surgery. Avoid strenuous activities that involve arm movement, such as raising your arms over your head or lifting. A balance of rest and reduced activity will speed up your recovery.

HOW LONG AFTER SURGERY UNTIL I CAN DRIVE AGAIN?

You should not drive for about 10 days following your procedure. This is due to the decreased movement in your arms and the inability to move freely. When you can move and react without pain and are no longer on any pain medication you may recommence driving.

WILL I NEED TO STOP SMOKING BEFORE HAVING SURGERY?

It is recommended that you completely stop smoking at least 6 weeks before surgery. This is to ensure that the body can heal to the best of its ability. Smoking decreases the oxygen that is carried throughout your blood, therefore slowing the time taken for your skin to heal from a surgical incision.

WHEN WILL I BE ABLE TO GO SWIMMING AGAIN?

It is recommended that no ocean or pool swims occur before 6 weeks of surgery due to infection, as your wounds are not completely healed.

WHAT CAN I DO TO MINIMISE ANY SCARRING?

Any surgical procedure that involved an incision will result in a scar. However, after 6 weeks post-surgery you may commence using a topical scar treatment such as vitamin E or silicone gel. You will be given information regarding specific cream that will help with the healing process during your consultation. Your scars will be reddened for about 12 months after surgery, and then it should start to fade and soften. Please avoid direct sunlight on the scarring areas and wear sunscreen when in the sun.

WHEN CAN I RETURN TO DAILY ACTIVITIES?

Walking is the safest exercise, especially during the first week. Avoid exercises that directly stress the area of your surgery for a full four weeks. After a month, you can start cardiovascular activities, such as riding a stationary bicycle or brisk walking. By six weeks after your arm lift procedure, you should be able to resume your normal level of activity..

WHEN CAN I EXERCISE AGAIN?

Most patients may resume light exercise after 4 to 6 weeks. It is recommended that strenuous exercise is restricted for 6- 8 weeks as it may increase swelling and bleeding and slow the recovery process. These activities include weight lifting, push-ups and running. Avoid heavy lifting, contact sports and jogging for up to six weeks.

HOW DO I SLEEP AFTER SURGERY?

During the first two weeks following your upper arm lift, attempt to sleep with your arms elevated on two or three pillows. This ensures drainage of fluids from your upper extremities, reducing inflammation and tension on your incision lines.

HAVE A QUESTION YOU CANNOT SEE HERE?

Our team of patient care advisors can assist with any questions you may have when considering surgery. You can send in an enquiry form online or call (07) 5598 0988 between 8am - 5pm Monday - Friday.

OUR SURGEON DR. MARK DOYLE

Dr. Mark Doyle is a fully qualified Plastic and Reconstructive Surgeon and is a Fellow of the Royal Australasian College of Surgeons (FRACS).

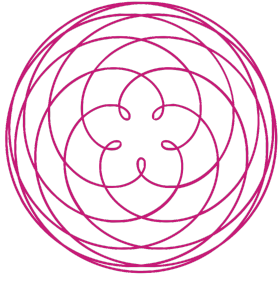
Dr. Mark Doyle and his team at Gold Coast Plastic Surgery focus on a core philosophy that everybody, regardless of their age, has the right to look and feel their best.

With over 26 years of experience to call upon, Dr. Doyle is one of Australia's finest and highly esteemed specialist plastic and reconstructive surgeons. He is driven by an intense passion for helping patients achieve a happier, more beautiful self, through advanced cosmetic treatments. His expertise in cosmetic medicine has been showcased through years of exceptional patient results.

One of the key factors behind Dr. Doyle's success has been his ability to combine experience with unparalleled compassion and understanding. Dr. Doyle has always maintained a firm commitment toward the provision of quality and optimal results. His depth of experience ensures patients receive detailed consultations, providing expected outcomes that are realistic and achievable. He regularly attends international meetings and workshops in Australia, America, and Europe to remain a leader in the latest advances and surgical techniques.

Dr. Doyle is a member of numerous professional organisations. These include the Australian Medical Association, The Australian Society of Plastic Surgeons, The Australasian Society of Aesthetic Plastic Surgery, The International Society of Plastic Surgery, The American Society of Aesthetic Plastic Surgery, The American Society of Plastic Surgeons and the International Society of Plastic and Reconstructive Surgery.





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YOUR NEXT STEPS?

Schedule a confidential consultation with Dr. Mark Doyle by phone or in person.



(07) 5598 0988



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