

Arm Lift

Procedures

Arm Lift / Brachioplasty

To see some Arm Lift (Brachioplasty) photos, please click [here](#)

Brachioplasty or Arm Lift, is performed to remove loose skin and/or excess fat from the upper arm. It is fairly common for women to have excess fat in the upper arm that is difficult to get rid of even with exercise. Furthermore, as one ages, the upper arm skin can become loose and flabby. The upper arm can be treated with just liposuction if the primary problem is excess fat, or, with a combination of liposuction and removal of excess skin if the skin is loose. The incision for removal and tightening of the skin can be hidden in the armpit if there is only a moderate amount of excess skin. If there is a significant amount of skin to remove, the incision is placed along the inner aspect of the arm to minimize the visibility. The scar will fade to some extent over 6 to 12 months.

Brachioplasty

Photos

52
year old female after significant
weight loss with excess skin in
her upper arms. Before and 2
months after brachioplasty

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