

Arm Lift Surgery

Sculpted Back, Confident Posture!

ARM LIFT OVERVIEW

An Arm Lift, also known as Brachioplasty, is a cosmetic surgery designed to remove excess skin and fat from the upper arms, resulting in a firmer, more toned, and youthful appearance. This procedure is ideal for individuals who experience loose, sagging skin due to aging, weight loss, or genetics.

Many people struggle with flabby arms ("bat wings"), which can make them feel self-conscious when wearing sleeveless clothing. Exercise may help tone the muscles, but it cannot tighten loose skin. An arm lift is the only effective solution for significantly improving arm contours.

TYPES OF ARM LIFT PROCEDURES



1. Mini Arm Lift (Limited Incision Brachioplasty)

A Mini Arm Lift is ideal for patients with mild to moderate sagging near the armpits. The surgeon makes a small incision in the armpit, allowing for a less invasive skin tightening without a long scar. This procedure is best suited for patients with minor skin laxity who want subtle improvements.

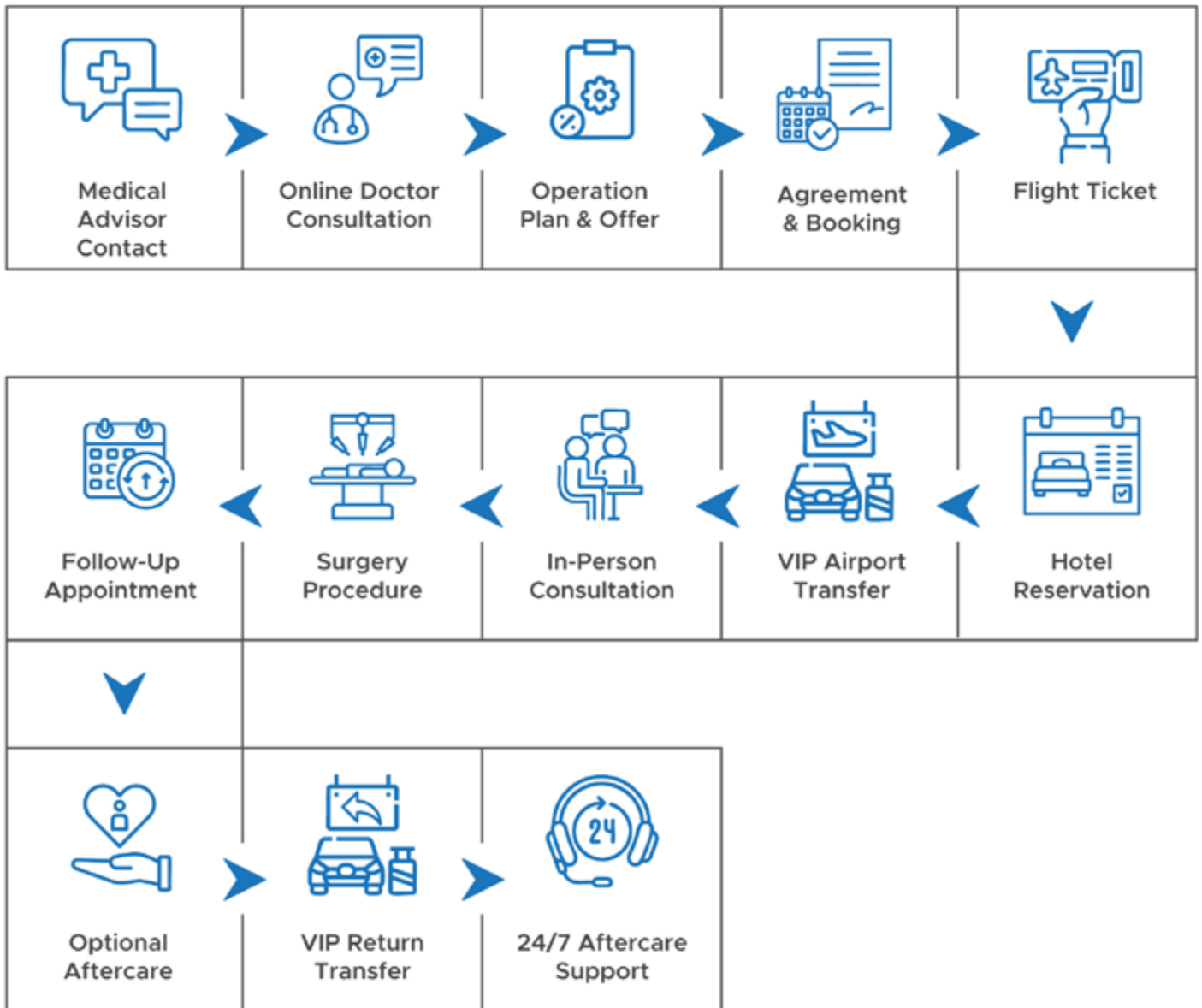
2. Traditional Arm Lift (Full Brachioplasty)

The Traditional Arm Lift is recommended for patients with significant excess skin along the upper arms. This procedure involves an incision along the inner side of the arm, running from the armpit to the elbow. It effectively removes loose skin and fat, resulting in dramatic contouring improvements.

3. Extended Arm Lift

An Extended Arm Lift is for individuals who have excess skin and fat extending from the upper arms to the chest area. This procedure involves a longer incision, allowing for comprehensive contouring for those who have lost a significant amount of weight.

STEP-BY-STEP OPERATION GUIDE



OPERATION PROCESS

| | | | |
|---|---|--|---|
|  |  |  |  |
| Total Stay 7 Nights | Operation Duration 3-4 Hours | Anesthesia Type General | Options Short Scar, Long Scar |

STEP-BY-STEP ARM LIFT PROCEDURE



Pre-Surgery Consultation & Preparation

Before undergoing an arm lift, patients meet with a plastic surgeon for a detailed consultation. The surgeon:

- Evaluates skin laxity and fat distribution in the arms.
- Discusses surgical options and expected results.
- Provides pre-operative instructions, such as stopping smoking and avoiding blood thinners before surgery.

Anesthesia Administration

An arm lift is performed under general anesthesia to ensure patient comfort throughout the procedure.

Making the Incisions & Removing Excess Skin

The type of incision depends on the chosen arm lift technique:

- **Mini Arm Lift:** A small incision inside the armpit.
- **Traditional Arm Lift:** An incision along the inner side of the arm, from the armpit to the elbow.
- **Extended Arm Lift:** A longer incision extending toward the chest for greater skin removal.

The surgeon removes excess skin and fat, tightens the underlying tissues, and smooths the remaining skin for a firm, natural contour.

Closing the Incisions & Bandaging

Once the desired shape is achieved, the incisions are closed with sutures, and a compression garment is applied to minimize swelling and support healing.

Post-Surgery Monitoring & Discharge

Patients are monitored for a few hours after surgery and can usually go home the same day. Before discharge, the surgeon provides detailed post-surgery care instructions.

RECOVERY AFTER ARM LIFT SURGERY



First Few Days: Patients should rest and keep their arms elevated to reduce swelling. Pain is manageable with prescribed medications.

First 1-2 Weeks: Patients must wear a compression garment to reduce swelling and support healing. Most return to work within 10-14 days, depending on their job.

4-6 Weeks: Light exercise can be resumed, but strenuous activities should be avoided.

3-6 Months: Final results become fully visible as swelling subsides, and scars begin to fade.

ARM LIFT SURGERY BEFORE / AFTER





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