

## **Arm Lift**

Arm lift surgery involves the removal of excessive skin and tightening of the upper arm through a vertical scar on the inner aspect of the upper arm.

The scar ranges from the armpit to just above the elbow. This procedure may be combined with liposuction to remove any significant fat deposit in the area.

After the procedure, we recommend wearing compression sleeves for more than 6 weeks in order to achieve an optimal contour.



### **Information about the procedure:**

Duration of case: 1 hour

General Anaesthesia or Local Anaesthesia required

Post-operative recovery approximately 2-5 days

No physical activity/sport for approximately 4 weeks