

Brachioplasty

Brachioplasty, also known as arm reduction surgery, is a procedure which involves anchoring of the superficial fascial system into the axillary fascia with permanent sutures assisting in lifting the arm tissues back into a more youthful position.



801.785.8825



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Kimball M. Crofts, MD
BOARD CERTIFIED PLASTIC SURGEON

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Brachioplasty

PROCEDURE: The operation is done by first placing markings on the arms with them extended directly out from the side and the elbow flexed at 90 degrees skyward. The patient is then placed in a supine position and anesthetized under a general anesthetic at which point liposuction may be done in addition and prior to the resection. Some patients will need liposuction in conjunction with skin excision. Once liposuction is completed, the skin resection is done according to the previously placed markings. The superficial fascial system of the arm tissue is then suspended with permanent stitches into the axillary fascia. The excess skin and fat is excised and the incision is closed.

Overall, patients are really quite pleased by the outcome of modern-day brachioplasty even though it does leave the individual with long incisions on the under portion of the arm that will always be visible. This is oftentimes much more acceptable to the individual than the large amount of fat and skin that may be present in the preoperative state. Occasionally revision surgery needs to be undertaken postoperatively either to smooth out the contour or revise the incision.

RECOVERY: Post-operatively the patient is placed in a compression garment that is typically worn for at least 2 months. Drains will be placed. These are usually in place for about 10 days. Patients should refrain from any strenuous activity or lifting over 5 lbs for 2-3 weeks. Arms need to be at a 45 degree angle while resting until incisions are closed and healed.

COMPLICATIONS: Some potential complications and risks with brachioplasty surgery are infection, bleeding, delayed wound healing, wound dehiscence, wound infection, hematoma, seroma, asymmetry, central tightening, recurrence of the problem, scar hypertrophy, widened scars, misplaced scars, persistent pain, nerve changes, vascular and/or lymphatic changes.

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