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PATIENT INFORMATION

Arm lift

Brachioplasty

For loose skin of the upper arms

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The Ü Clinic

Sevenoaks & Oxted

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This booklet explains an arm lift, from deciding whether it is right for you to your recovery.

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01 Why you have this booklet

You've been given this booklet because you've talked to Mr Kumar about an arm lift (brachioplasty), or you're about to.

It explains what the operation involves, the scar, and the risks and recovery.

It won't answer every question, and it isn't a substitute for talking things through with Mr Kumar, so please note down anything you want to ask and bring it to your next appointment. There is space for your questions at the back.

02 What an arm lift is

After weight loss or with age, the skin of the upper arms can hang loosely. An arm lift removes the excess skin and fat through an incision along the inner arm, and tightens what remains. Liposuction is often used as well.

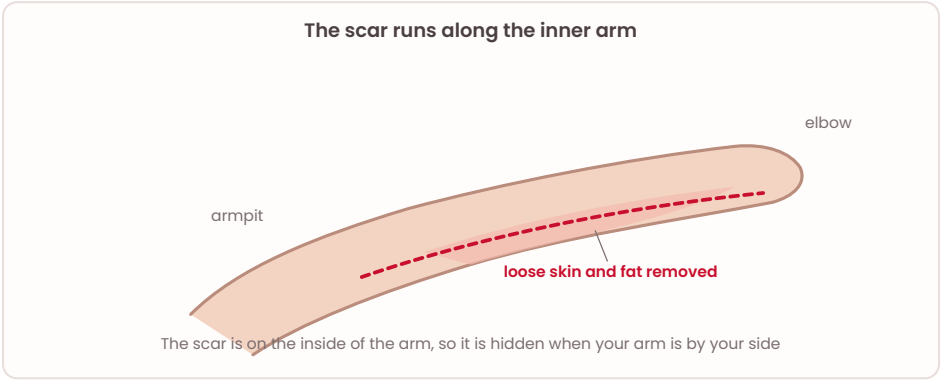


Figure 1. Where the scar runs in an arm lift. A simplified drawing for guidance only.

The trade-off is a scar along the inner arm, which is visible when your arms are raised. A short-scar version near the armpit can suit people with only a small amount of loose skin.

03 Is it right for you?

You're likely to be a good candidate if:

- you have loose, hanging skin on the upper arms
- your weight has been stable for at least 6–12 months
- you accept the scar
- you don't smoke

What the operation won't do

- **It won't leave the arm without a scar.**
- **It isn't a weight-loss operation.**

Please tell Mr Kumar if you have, or have had

- a blood clot in the leg or lung, or a family history of clotting problems
- the contraceptive pill or HRT, which raise the risk of blood clots
- plans to lose a lot of weight, or you use weight-loss injections
- previous weight-loss (bariatric) surgery
- swelling of the arms or hands (lymphoedema)
- you smoke, vape or use nicotine replacement
- high blood pressure
- a bleeding or clotting disorder, or you take blood thinners, aspirin or supplements such as fish oil, garlic, ginkgo or vitamin E

04 Other options

You don't have to have this operation. Depending on what bothers you, the alternatives include:

- liposuction alone, if your skin is firm
- exercise to tone the muscle

- doing nothing for now.

05 What you can expect from the result

2 weeks
Initial healing

6 weeks
Back to most activities

12–18 months
Scar matures

06 Getting ready

Before your operation you'll have a pre-operative assessment, with your medical history, an examination, photographs and sometimes blood tests. You'll also be asked to:

- **stop smoking, vaping and nicotine replacement** for at least 4–6 weeks before and after surgery
- **stop aspirin, anti-inflammatory painkillers and supplements** such as fish oil, garlic, ginkgo and vitamin E, usually 1–2 weeks beforehand. Please don't stop any prescribed blood thinner without checking first.
- **follow the fasting instructions** you are given if you are having a general anaesthetic or sedation
- **arrange for someone to take you home** and stay with you for the first night
- **follow the advice you're given about the contraceptive pill or HRT.** You may be advised to stop them for a few weeks around surgery.
- **keep your weight steady**
- **have your compression garment ready**, or bring it on the day
- **avoid long-haul flights** for about 4–6 weeks after surgery

07 Anaesthetic and where it happens

An arm lift is done under general anaesthetic. Most people stay one night.

08 The operation

The operation takes about 2½ hours. Excess skin and fat are removed along the inner arm, the tissues tightened, and the wound closed in layers. You wear compression sleeves afterwards.

09 Straight afterwards

Your arms will be swollen and tight. Keep them raised on pillows when resting.

10 Recovery

When	What to expect
Days 1–3	Swelling and tightness. Keep your arms raised.
Week 1	Shower after about a week. Wound check.
Weeks 1–2	Return to desk work. Avoid lifting.
Week 6	Return to exercise. Stop the sleeves.
12–18 months	The scar fades and softens.

11 Risks and complications

Most people recover without any serious problems. But like any procedure it carries risks, and you should understand them before you decide. Where reliable published figures exist, we've given an approximate, rounded figure. Where they don't, we've used these standard terms:

COMMON	UNCOMMON	RARE	VERY RARE
more than 1 in 100	1 in 100 to 1 in 1,000	1 in 1,000 to 1 in 10,000	fewer than 1 in 10,000

Your own risk may be higher or lower depending on your health, whether you smoke, and the details of your procedure. Mr Kumar will talk through what applies to you.

What almost everyone experiences

These aren't really complications. They're a normal part of healing.

- Swelling and bruising of the arms, sometimes to the hands.
- Numbness near the scar.
- A long scar on the inner arm.

Other complications

- **Wound-healing problems** COMMON
  Small areas of the wound may open, especially near the armpit or elbow, and heal with dressings.
- **Noticeable, stretched or thickened scar** COMMON
  Arm scars are more prone to widening than many others.
- **Fluid collection (seroma)** UNCOMMON
  A soft, fluid-filled swelling. It is usually drained with a needle in clinic, sometimes more than once.
- **Numbness of the forearm** UNCOMMON
  From injury to a skin nerve on the inner arm. Usually improves but may be permanent.
- **Asymmetry or remaining loose skin** UNCOMMON
  A small revision may be needed.
- **Infection** UNCOMMON
  Usually treated with antibiotics.

Rare but serious complications

Please read this section carefully.

- **Swelling of the arm (lymphoedema)** RARE
  Long-lasting swelling from disruption of lymph drainage.
- **Blood clots in the leg or lung** RARE
  Deep vein thrombosis or pulmonary embolism. A clot in the lung can be life-threatening. Walking early, drinking plenty and any stockings or injections you are given reduce the risk.

Complications of the anaesthetic

Modern anaesthesia is very safe. Feeling sick, a sore throat or feeling drowsy are common for a short time afterwards. Serious problems, such as a severe allergic reaction, are very rare. Your anaesthetist will meet you before the operation and explain the risks for you personally.

12 Further treatment

Occasionally a further procedure is needed to refine the result, for example if healing leaves an area uneven or a scar needs revising. This isn't usually considered until things have fully settled, often 6–12 months afterwards. The cost of any further procedure isn't automatically included in your original fee; the clinic team can explain our policy.

13 Photographs and records

Photographs are taken before and after your procedure and kept in your medical records. They help Mr Kumar plan your treatment, record how things looked beforehand and follow your progress. This is standard good practice. If we ever want to use your photographs for teaching, publication or marketing, we will ask you separately and specifically, and saying no won't affect your care in any way.

14 Costs and time to think it over

You'll receive a written quote covering your treatment, aftercare and any follow-up included in the price, together with our deposit and cancellation policy. Self-pay consultations cost £250 and follow-ups £150.

Time to think it over

We recommend waiting at least two weeks between your consultation and your operation. This follows good practice for cosmetic surgery, and gives you time to think things over and ask more questions. You can change your mind at any point before surgery, even on the day, and you don't need to give a reason.

15 Your decision

This is your decision and you have the right to:

- take as long as you need to decide, and bring someone with you to appointments
- say no to treatment, or withdraw your consent at any stage, without having to explain why and without it affecting any other care you receive
- ask for a second opinion from another surgeon.

16 Your personal information

Your personal and medical information is kept securely and used in line with UK data protection law (the UK GDPR and the Data Protection Act 2018). It's only shared with the people directly involved in your care, or where the law requires it, unless you give your consent for anything else.

17 Who to contact, and when to get help urgently

If you have any questions or worries, please contact the clinic during opening hours on **020 3026 9695** or **info@theuclinic.com**.

Call 999 or go to your nearest A&E immediately if you have

- chest pain, shortness of breath, a fast heartbeat, or coughing up blood
- confusion, unusual drowsiness, or feeling faint or collapsing

Contact us promptly if you have

- a painful, swollen calf
- redness that is spreading, warmth, discharge from a wound, or a temperature
- swelling that is increasing quickly, is much worse on one side, or feels like a soft, fluid-filled bag
- a wound opening up, or skin that becomes dark, purple or black
- bleeding that doesn't stop with 10 minutes of firm pressure

Out of hours, your emergency contact number will be given by the treating hospital or clinic.

18 What happens next

Before your procedure, Mr Kumar will go through this information with you again and take your written consent. If anything in this booklet has raised a question, or if anything changes with your health, your weight or your medication before then, please let us know.

My questions

Note down anything you want to ask Mr Kumar and bring it to your next appointment.

Questions or worries?

Please contact the clinic during opening hours. Out of hours, your emergency contact number will be given by the treating hospital. In an emergency, call 999.

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Arm lift information leaflet. Version 1.0, October 2026. This booklet is for general information and does not replace a consultation with Mr Kumar.