

## **Patient information sheet – Brachioplasty**

### **Why is Brachioplasty done?**

Brachioplasty is a surgical procedure done to get rid of excess fat and loose skin in the arms, sometimes combined with liposuction. This area is especially frustrating because the fat and loose skin persists despite dietary and lifestyle modification. Some people who undergo weight loss surgery also have loose skin here which can be tackled with this procedure.

### **How many days of hospital admission is required?**

It is a daycare procedure and you will be discharged from the hospital on the same day of surgery.

### **What does the surgery involve?**

You will be seen by our anaesthetist before surgery and then admitted on the day of surgery. The surgery is conducted under general anaesthesia and takes about 1-2 hours. Elliptical piece of excess skin is removed and wound stitched vertically to leave a scar in the inner aspect of the arm so that the scar is hidden. Absorbable stitches are used to close the wound. Liposuction is done through tiny stab incisions which are not noticeable. You will have waterproof dressings over these wounds. You will be given some pain killers and antibiotics and discharged on the same day evening. You will be advised to wear compression garments after surgery.

### **What happens after surgery?**

There will be a follow up appointment after 1 week to check the wound. Most of the swelling goes down in a week, but final results can be usually seen after 6 weeks of surgery when the swelling and bruising completely recedes.

### **What is the downtime after surgery?**

You will be able to go back to normal activities from the next day. Strenuous activity like jogging, gym and sports can be resumed after 6 weeks.

### **What complications can I expect?**

Infection, bleeding, swelling, bruising and pain are common complications that can happen. The pain will be managed by our acute pain service team while in the hospital. Some asymmetry can still persist and you might require multiple sittings to correct these occasionally. Scar is usually well hidden, but you might require some scar treatment for 3-6 months.

### **I have a few more questions. What do I do?**

Kindly write to us at [contact@drvvybhavderaje.com](mailto:contact@drvvybhavderaje.com). We will be happy to reply to any of your questions and concerns.

Disclaimer: This information sheet is for you to get a general idea about the condition and surgery. This is in no way a substitute for a formal consultation with your doctor.

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