

Liposuction (Arms)

Liposuction of the arms removes deposits of excess fat from the arms with specialized surgical suctioning equipment.

How is it done?

Treatment time will vary depending on the size of the area and the amount of fat being removed, but generally takes between one and two hours. Liposuction may be performed under a local anesthesia, which numbs the affected areas, usually combined with intravenous sedation. For more extensive procedures, a general anesthesia may be used. During the procedure the surgeon will insert a narrow tube called a cannula through a tiny incision, typically near the elbow or in the armpit crease. The cannula is pushed and pulled through the fat layer breaking up the fat cells and suctioning them out. Surgeons may use a "dry" technique, a "tumescent" technique (that introduces large amounts of fluid to the area being worked on). After surgery, you will be required to wear pressure bandages on your arms to cut down on swelling.

Why is it done?

Liposuction of the arms gives added contour and definition to the arms. The procedure may also be part of an operation to treat lipomas (benign, non-cancerous tumors of fat).

Risks & complications

Complications specific to liposuction are infrequent and usually minor. However, as with any surgery, there are risks, including the possibility of:

- Bleeding under the skin (hematoma) after the surgery
- Lumpy red scars
- Infection requiring antibiotic treatment
- Irregularities in skin contour
- Permanent changes to the color of skin and some loss of normal feeling in those areas
- Pulmonary edema
- Allergic reaction in some patients to fluid used in tumescent liposuction
- Reaction to the anesthesia

There may be significant bruising and swelling which may take several months to settle completely.

Risks can be reduced by following the surgeon's instructions before and after surgery.

Alternatives

The surgeon may discuss alternative approaches to the liposuction. However, the main alternative to liposuction is to leave the fat deposits as they are. Diet and exercise regimens may be of benefit in the overall reduction of excess fat. Direct removal of excess skin may be needed in addition to liposuction treatment in some patients. [Arm Lift]

Candidate eligibility

The best candidates for liposuction are individuals of relatively normal weight who have excess fat in particular areas. Having firm, elastic skin will result in a better final result. The surgeon will make the final determination of each patient's eligibility for the procedure after an examination and consultation with the

patient. Patients with bleeding disorders or underlying severe medical problems may not be eligible for liposuction surgery

Your Consultation

Your physician consultation is very important, because it is the moment when you can discuss your medical issues face-to-face with your doctor. If you are traveling from overseas, this will be the first time you meet with your doctor so it critical that he/she understands:

- Your medical needs
- Your expectations
- Your medical history

Most people have a good idea of what the procedure or outcome they want ("I want smaller breasts"), and the physician's responsibility is to listen and then explain what can be done, the procedures or techniques to achieve your objectives, and the risks and costs involved.

You will have a lot of questions to ask, so preparation is key to make the most of your consultation. We suggest that you:

- Write your questions down to make sure you remember them
- Come with your medical history/survey already completed
- Bring any photos or visuals aids that will help explain what it is you want or expect from treatment

Please note that this information should be used only as a guide to your treatment. All specifics will be discussed with your Physician at your consultation.