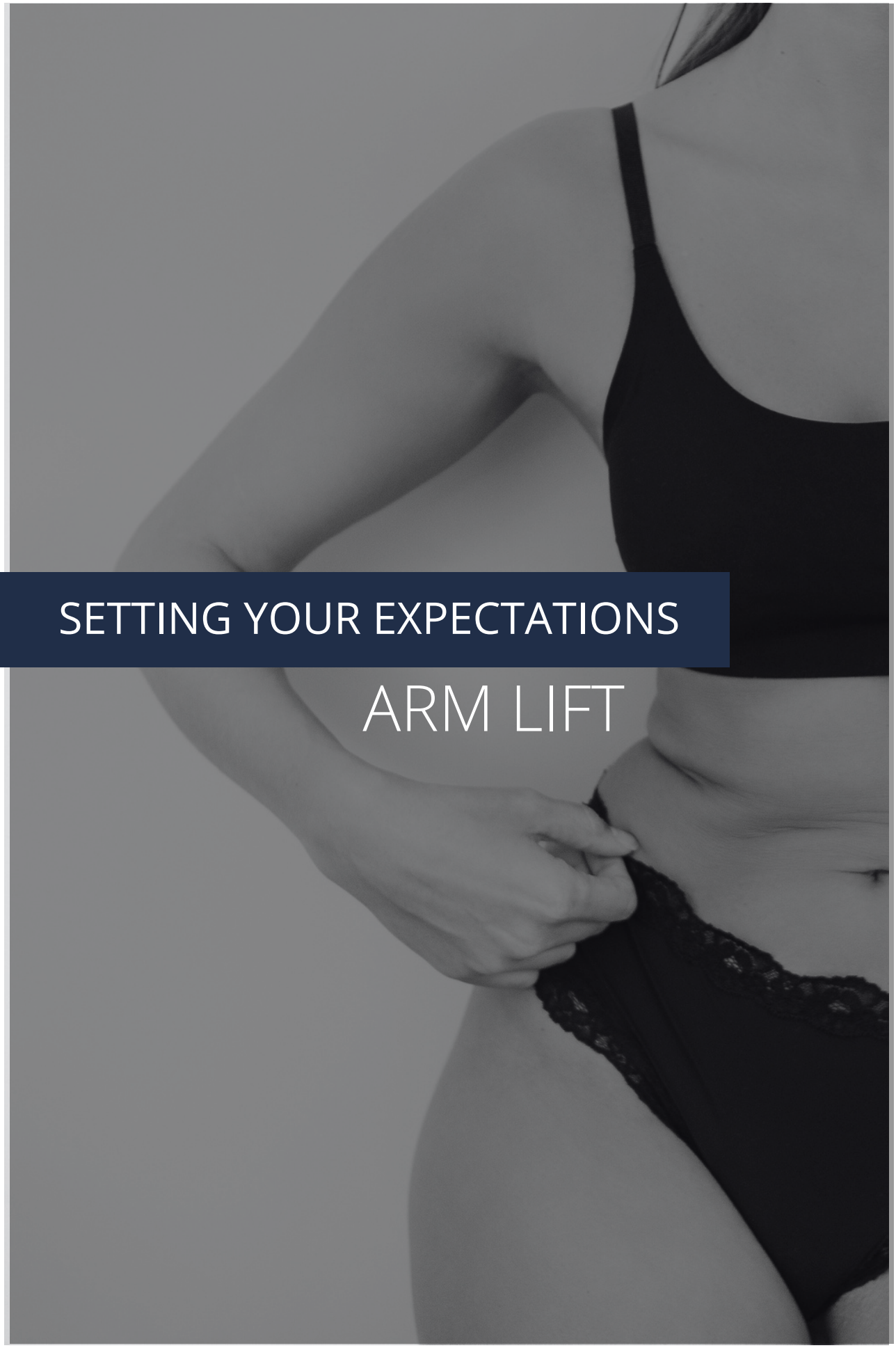

SETTING YOUR EXPECTATIONS

ARM LIFT

CosMediTour

WELCOME

Welcome to CosMediTour, Australia's leading Plastic Surgery Group. We're so excited you've entrusted us to guide and support you throughout your journey.

Helping you confidently prepare for your procedure is a privilege we take very seriously. This includes ensuring that your expectations and assumptions around your procedure are realistic.

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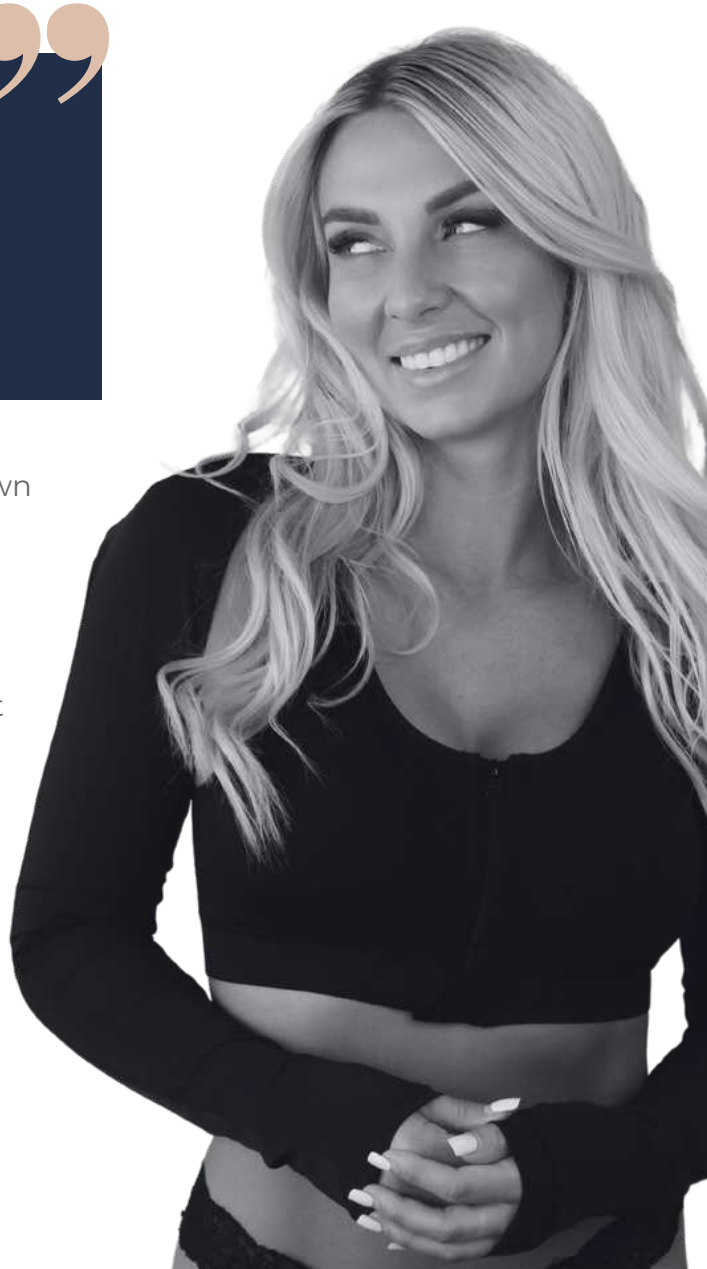
We've prepared this Guide to help inform your own Expectation setting process, particularly around scarring, your results, recovery and risks. We do hope you it useful.

If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.



Above all, we're here to ensure that you feel confident, safe & supported throughout your journey.

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INTRODUCTION

The expectations, assumptions and beliefs you form ahead of your procedure are important for a number of reasons.

Often subconsciously, your expectations:

- Guide your decision making.
- Help you to be emotionally prepared ahead of your procedure and during recovery.
- Provide a foundation for Surgeon-Patient communication and trust.
- Become a benchmark to measure your satisfaction after the procedure.
- Help you to more effectively manage your recovery.
- Help you to understand and assess your own exposure to risk.

While expectations can be beneficial, pursuing *unrealistic* expectations may result in:

- Disappointment with your results
- Emotional distress
- Surgical complications if your Surgeon's advice is disregarded.
- Strained Surgeon-Patient relationship.
- Significant financial outlay for surgery that won't meet your expectations

Your CosMediTour Plastic Surgeon will discuss your motivations and expectations in detail with you. To get the most from your consults, it is important that you are open and honest with your Surgeon and always trust their experience.

> The clients most satisfied with their results typically have three things in common. They're open and honest with their Surgeon; are realistic about their results; and they trust their Surgeon's expertise.

> Arm lift motivations vary, often driven by the desire to address saggy skin, tighten supportive tissue, reduce localized fat pockets, and enhance overall arm contours and function.

An Arm Lift, or Brachioplasty, is a restorative procedure designed to reshape the contour of the upper arm. It can:

- ☑ Correct ptosis (saggy skin)
- ☑ Tighten underlying supportive tissue
- ☑ Reduce localised fat pockets
- ☑ Improve arm function

Excess upper arm tissue develops when the skin loses its ability to 'bounce back' or retract. This can be a result of significant weight loss or gain, genetics, or a reduction of elastin and collagen that causes the skin to lose its elasticity—a natural part of the ageing process.

The best Arm Lift results are seen on clients who:

- ☑ Can maintain a stable weight
- ☑ Are physically and mentally healthy

The procedure cannot correct weakened muscles, but the removal of excess tissue (skin and fat) can improve a client's ability to exercise and strengthen their muscles post-recovery.

PLANNING YOUR PROCEDURE

When planning your Arm Lift procedure, surgeons will first consider the amount and type of tissue to be removed (fat, skin, or a combination). This will determine the type of Arm Lift to be performed and the corresponding incisions required.

Types of Arm Lift include:

- Standard Arm Lift
- Extended Arm Lift
- Liposuction Add On

THE INCISIONS

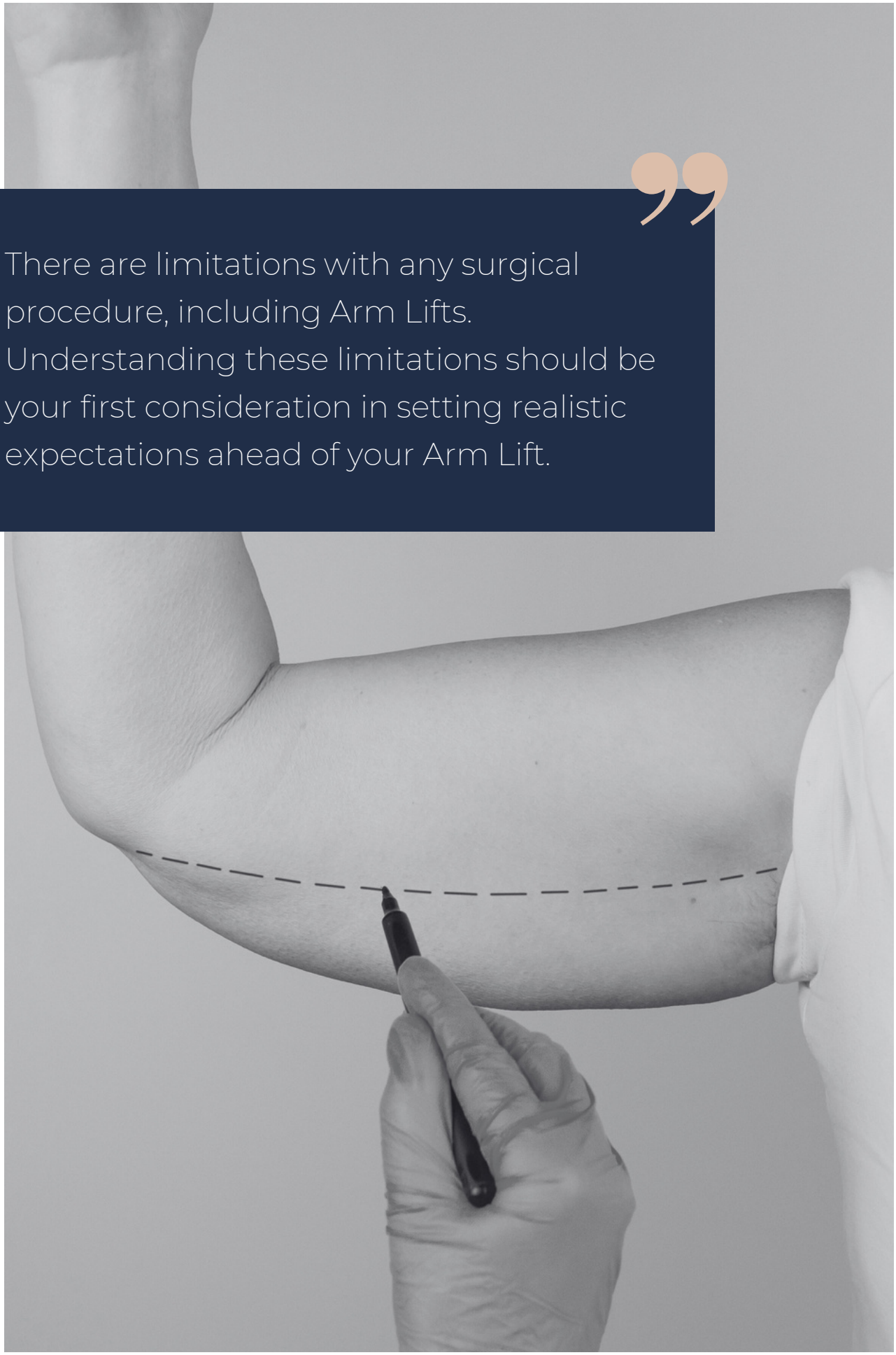
STANDARD INCISION

In a Standard Arm Lift, incisions are made on the inside or back of the arm. They extend from the axilla (underarm) to just above the elbow. To complete the procedure, surgeons start removing unwanted tissue at the elbow end, and work back up toward the underarm. The remaining tissue is pulled taught and closed with sutures. This creates a smoother, rejuvenated upper arm contour.

EXTENDED INCISION

When excess upper arm tissue extends through the armpit, reaching toward the bottom of the arm, an Extended Arm Lift technique may be necessary. This involves an extended incision along the length of the armpit. Your surgeon will assess whether you require these techniques and discuss the approach with you in detail.

> Our experienced Surgeons will ensure that together, you choose the right treatment plan to meet your surgical goals.



There are limitations with any surgical procedure, including Arm Lifts. Understanding these limitations should be your first consideration in setting realistic expectations ahead of your Arm Lift.

BE REALISTIC ABOUT YOUR RESULTS

INDIVIDUAL RESULTS VARY

Being at your goal weight before surgery is crucial. It allows your Surgeon to remove the maximum amount of excess skin, resulting in an overall better outcome.

While Arm Lift surgery can effectively address excess skin and fat in the upper arms, it's essential to understand that it is not a comprehensive solution for weight loss or muscle definition. Clients should anticipate improvements in the contour and appearance of their arms, but it's equally important to recognise that the surgery cannot prevent the natural aging process or entirely eliminate the possibility of future sagging.

Your outcome can be influenced by factors such as skin elasticity, the amount of excess skin, and your individual healing processes. Scarring is an inevitable part of the process, and while our Plastic Surgeons strive to minimise visibility, some degree of scarring should be anticipated.

Additionally, patience is key, as the full results may take time to manifest due to post-surgical healing and reduction of swelling. Consulting openly with the plastic surgeon, setting realistic goals, and maintaining a commitment to a healthy lifestyle will contribute significantly to a positive and satisfying outcome.

RESULTS ARE NEVER GUARANTEED & RESULTS VARY

Understand that results are never guaranteed and the outcomes for one patient may not necessarily reflect your results.

Every body type is different and therefore every body can expect a different result from their surgery.

To minimise the risk of disappointment, be sure to ONLY research results for:

- ☑ Those with a similar body type as you
- ☑ Those who have had the same procedure.

DO YOUR RESEARCH

Compiling photos, particularly Before & Afters, helps our clients to clearly communicate their desires to their Surgeon.

While compelling, please make sure you're not drawing your inspiration from edited sources.

Opt instead for credible sources; including Before and After images from CosMediTour or your Plastic Surgeon. Unlike the heavily edited images you may find on your socials, these are an accurate depiction of real-client results.

Each year, thousands of happy clients choose CosMediTour. Our Surgeons are exceptional & their Before & After Photos speak for themselves.

VIEW GALLERY

MAINTAIN AN OPEN MIND

While you will have done your own research, it's important to approach your consults with an open mind and be prepared to shift your expectations in light of the tailored advice from your surgeon.

A DIFFERENT APPROACH MAY BE SUGGESTED

Your Surgeon may suggest a different approach for your procedure than you were expecting. This could be due to the amount of excess skin, amount of excess fat, degree of muscle separation or any abdominal abnormalities.

We understand that in some cases, this may be disappointing. However, please seriously consider your Surgeons advice as these adjustments will ensure you achieve a safe, superior and long lasting result.

TRUST YOUR SURGEON'S KNOWLEDGE & EXPERTISE

Trust the experience of your Surgeon - they've not only had over 12 years of specialist Plastic Surgery training, but also years of experience in performing your procedure.

Rest assured. They want the best possible outcome from your surgery, which of course includes ensuring your safety.

> Importantly, if your Treatment Plan is adjusted, then your Surgical Quote will also need to be adjusted.

EXPECT SOME SCARRING

Your highly skilled Plastic Surgeon will do everything possible to minimise scarring. However, no matter how skilled your Surgeon is, you should expect a level of scarring after your surgery.

SURGICAL INCISIONS

Your Treatment Plan will outline the surgical technique that will be used during your Arm Lift. There are two primary Arm Lift procedures: Standard and Extended.

STANDARD INCISION

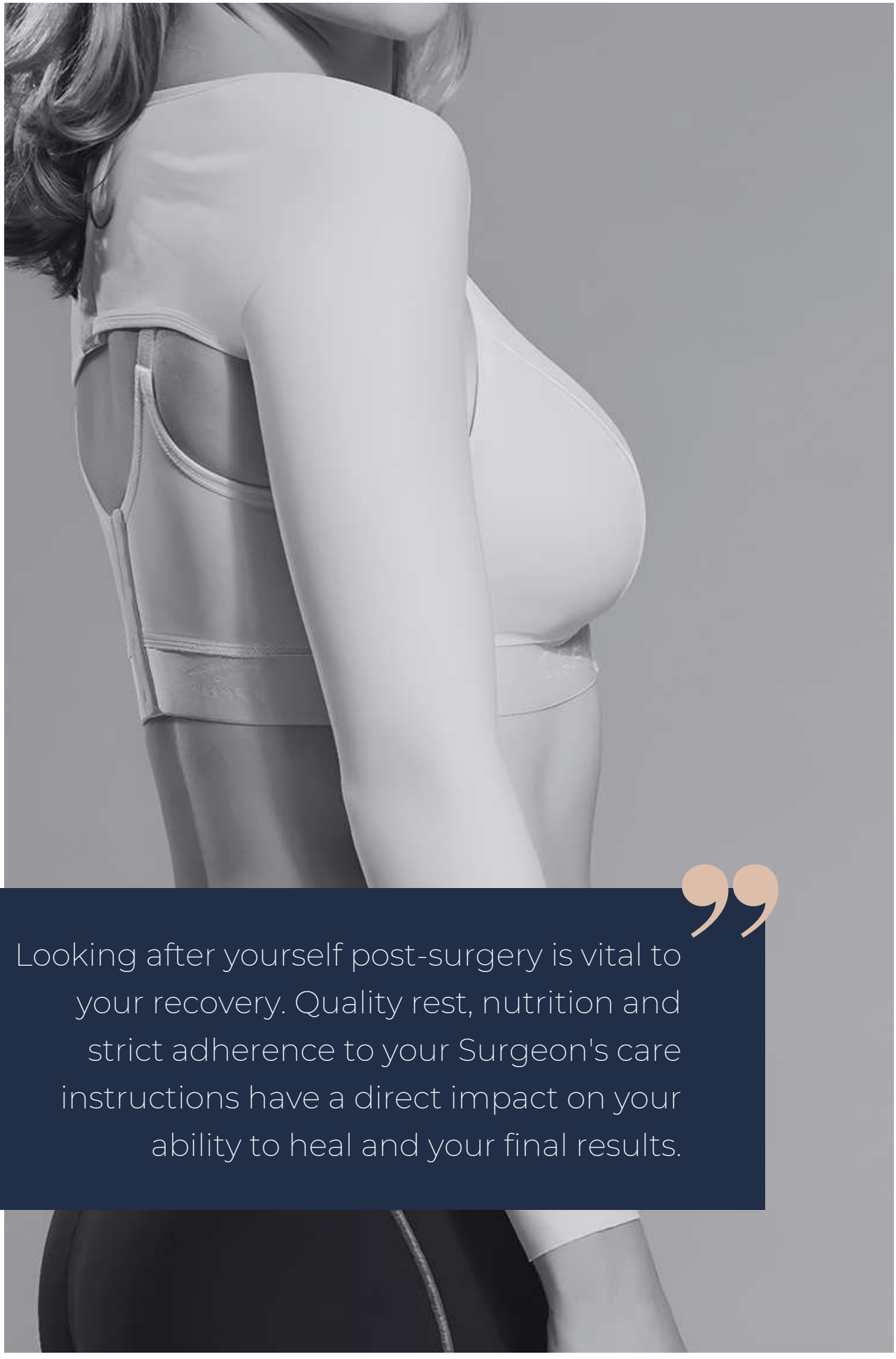
EXTENDED INCISION

UNDERSTANDING SCARRING

Scarring is a natural part of the healing process and all clients will have visible scarring, to some extent after their procedure. Everyone's scar management journeys are different and we encourage you to be prepared for this.

Due to the length of the Arm Lift incision and its position on a very mobile part of the body, scarring tends to be more severe than other procedures. Generally, your scars will always be visible after surgery to some degree, and quite possibly be very evident.

Keloid or hypertrophic scarring is very common for this procedure, so it's important to prepare for further scar treatment with a dermatologist post-surgery. E.g. Steroid Injections or laser.



Looking after yourself post-surgery is vital to your recovery. Quality rest, nutrition and strict adherence to your Surgeon's care instructions have a direct impact on your ability to heal and your final results.

RECOVERY TAKES TIME

Recovery periods vary from person to person; however, we advise clients to allow 4 - 6 weeks for post-surgery recovery. During this time, it's important to closely follow the tailored advice provided by your Surgeon. CLICK HERE for more information on Arm Lift Recovery.

HOSPITAL STAY | Half Day - Overnight

In Australia, Arm Lifts are typically regarded as day surgery. So, assuming good general health, clients can leave hospital 2 to 3 hours after they wake. Clients undergoing the procedure in Thailand are required to stay overnight.

REST TIME | 2 Weeks

Bruising will start to emerge in the first few days. Clients must keep their arms elevated for 3 days and should restrict their arm movements as much as possible. To aid recovery:

- ☑ Use ice packs & pain medication to manage pain.
- ☑ No driving, work or exercise in the 1st week.
- ☑ In the 2nd week, clients can ease into light, lower body exercise & in most cases, return to work.
- ☑ Avoid heavy lifting, strenuous exercise & swimming until your Surgeon advises.

RECOVERY TIME | 6 Weeks

To ensure optimal healing, post-surgery support garments must be worn for 6 weeks.

SETTLING PERIOD | 3 - 6 Months

Swelling and scars will begin to fade after 3 months.

KNOW THE RISKS

It's important to be aware that all surgical procedures carry risks. Understanding these risks and taking precautions to minimise them will be key to your recovery.

CLICK HERE for more information on Surgical Risks & important ways you can minimise your own risk.

UNDERSTANDING THE RISKS

Despite choosing a skilled Plastic Surgeon, receiving care in a premium hospital, and following recovery protocols, complications and risks can still occur. What's more, just like recovery timeframes, risk varies from person-to-person.

Prior to providing surgical consent, your Plastic Surgeon will thoroughly assess and explain your exposure to risk and discuss your individual recovery.

For further advice or clarification on surgical risk and your recovery, please consult your Plastic Surgeon, GP or other appropriately qualified health practitioner.

MINIMISE YOUR OWN RISK

- ☑ Closely read all documentation from your Surgeon/CosMediTour.
- ☑ Precisely follow all advice from CosMediTour and your Surgeon.
- ☑ Disclose your full medical history, medications, vitamins, supplements and smoker status.
- ☑ Be in great physical health prior to surgery.
- ☑ Ensure you have realistic goals.
- ☑ Prepare questions for your surgeon before surgery to cover all concerns during consultations.
- ☑ Ensure proper wound care
- ☑ Wear post-surgery support garments as instructed
- ☑ Avoid activities that may hinder your recovery, including smoking, alcohol, exercise etc. READ MORE

Your safety is our top priority and failure to follow the above may result in your surgery being postponed or even cancelled.

WE'RE WITH YOU ALL THE WAY

We're here to help you feel confident, safe and supported throughout your journey.

If you have any questions or concerns about your procedure or your recovery, please connect with your Client Manager.

Phone us on 1300 000 633

Send us an online enquiry

JOIN OUR COMMUNITY

Follow us for inspiration & education.

Instagram

Facebook

YouTube

TikTok

CosMediTour

All surgical procedures carry risks. Before proceeding we recommend you seek a second opinion from a qualified health practitioner. This information should not be regarded as a substitute for medical, legal or other professional advice. CosMediTour accepts no legal liability arising from or connected to any material in this publication or on any linked site.