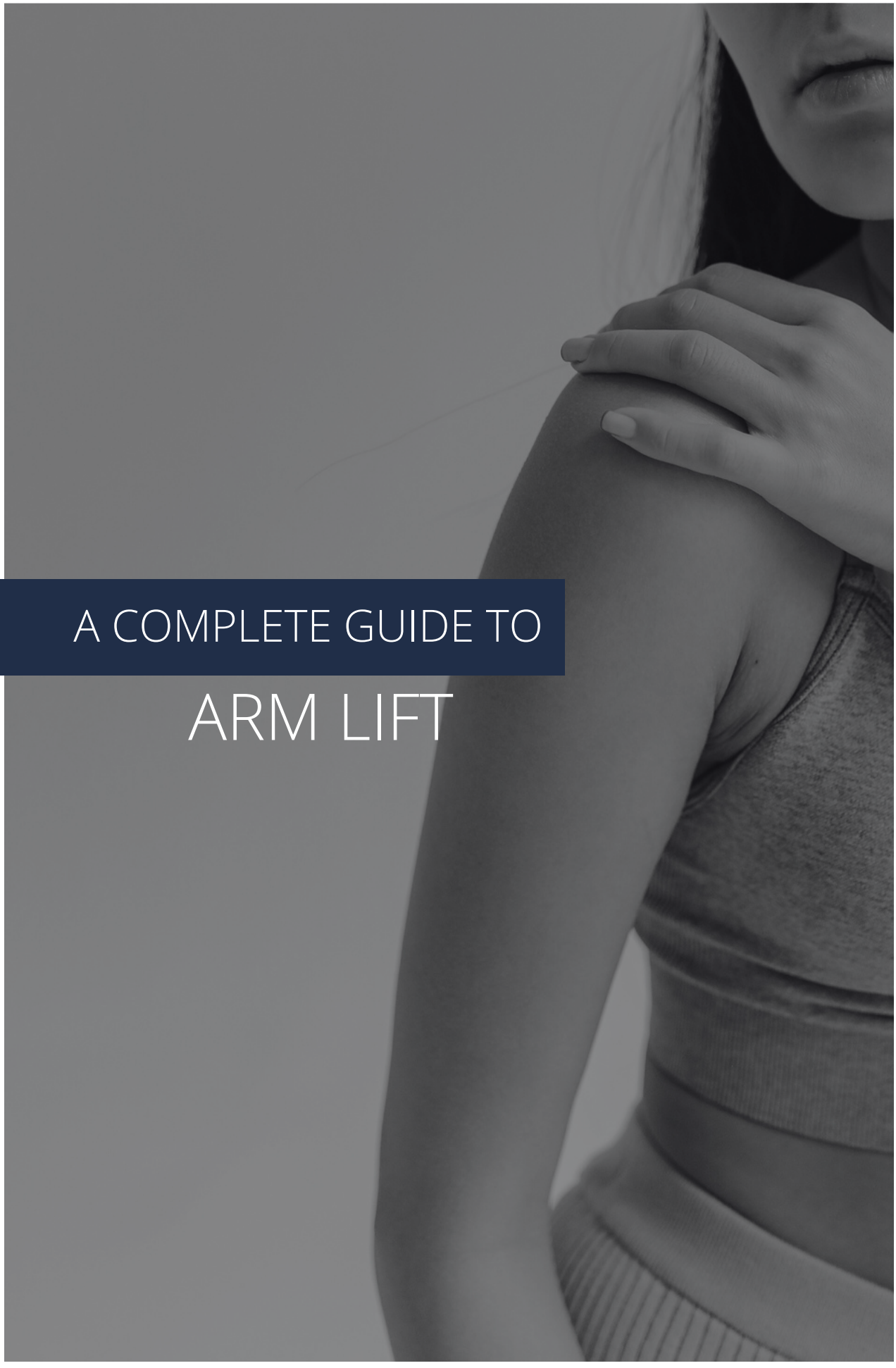

A COMPLETE GUIDE TO

ARM LIFT

CosMediTour

WELCOME

Welcome to CosMediTour, Australasia's leading Plastic Surgery group. Since 2009, we've helped countless clients find the beauty of self-confidence. We partner with the finest Plastic Surgeons, renowned for delivering a premium standard of care & exceptional results, so you can rest assured that you're in expert hands with us.

Our dedicated Client Support team will be with you all the way—from your free assessment, throughout the planning stages, into your recovery & beyond.

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

We do hope you find this guide useful in planning your procedure. If you have any questions at all, our friendly Client Support team is here to help on 1300 000 633.

As Australasia's most trusted Plastic Surgery group, we're passionate about client care.

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INTRODUCTION

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.

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

VIEW GALLERY

THE PROCEDURE

WHAT TO EXPECT BEFORE YOUR PROCEDURE

ENQUIRY & ASSESSMENT

Connect with our friendly Client Support Specialists to understand if you're a suitable candidate for surgery & receive your personalised surgical recommendation.

SURGEON CONSULTATION

Meet with your Plastic Surgeon to discuss your desired outcome & together, plan your procedure.

YOUR SURGERY | 2 - 3 hours

Arm Lift surgery takes between 2 to 3 hours. During which time, clients are placed under general anaesthesia.

> We're with you all the way. From your free assessment, through the planning stages of your surgery & even following your results.

WHAT TO EXPECT AFTER YOUR PROCEDURE

Recovery periods vary from person to person; however, we advise clients to allow 4 - 6 weeks for post-surgery 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:

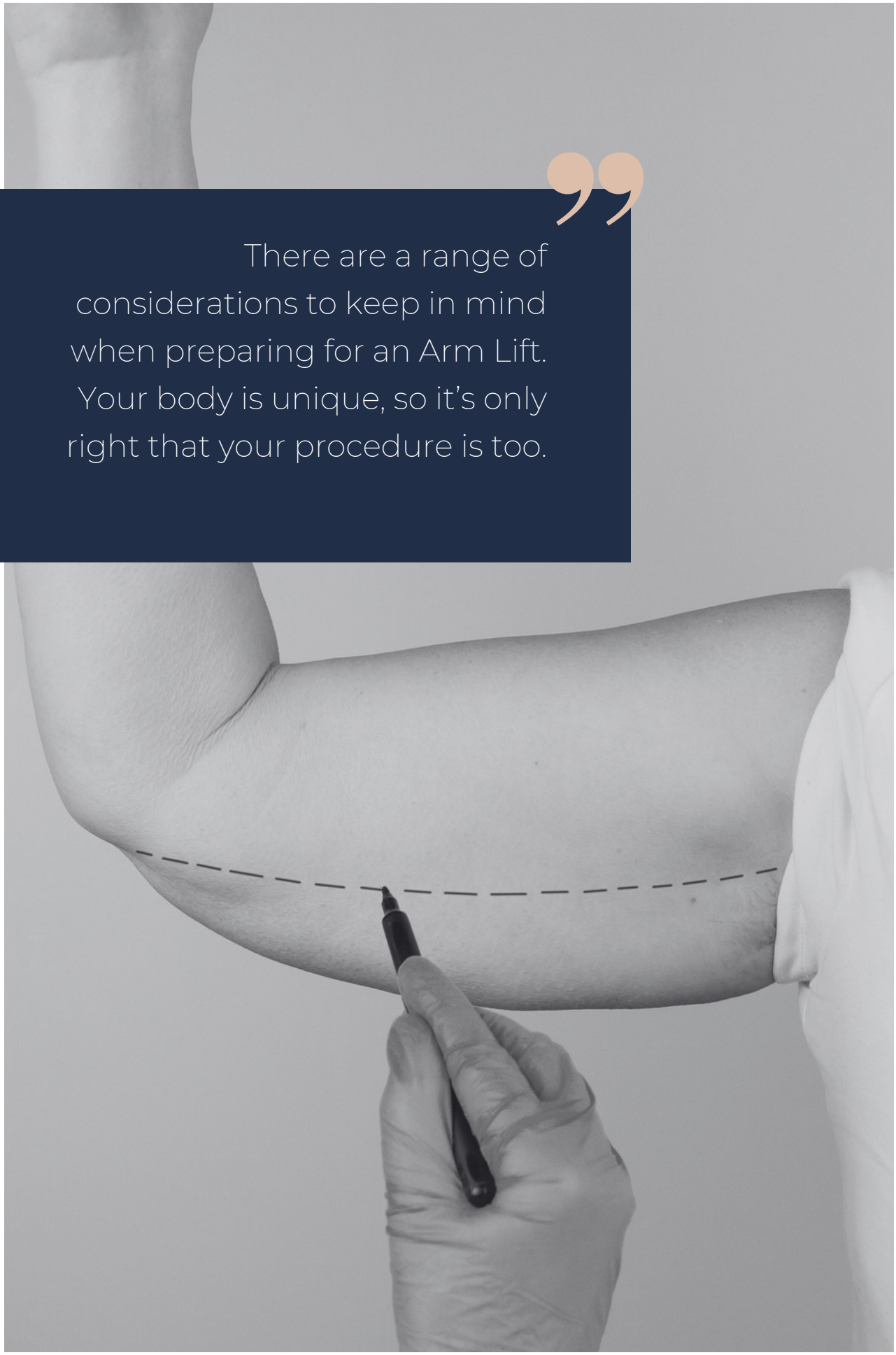
- ☑ Use ice packs & pain medication to manage pain.
- ☑ No driving, work or exercise in the 1st week.
- ☑ In the 2nd week, clients can ease into light, lower body exercise & in most cases, return to work.
- ☑ Avoid heavy lifting, strenuous exercise & swimming until your Surgeon advises.

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.



There are a range of considerations to keep in mind when preparing for an Arm Lift. Your body is unique, so it's only right that your procedure is too.

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

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 to sit on the side of the chest, an Extended Arm Lift technique may be required. An Extended Arm Lift involves an additional incision from the under arm, along the chest wall. Your surgeon will determine if you require these techniques and discuss the approach with you further.

STANDARD INCISION

EXTENDED INCISION

POTENTIAL RISKS TO CONSIDER

While you can rest assured that you'll be in the most capable surgical hands throughout your CosMediTour Arm Lift, there are potential risks to consider with all forms of surgery.

Our expert Plastic Surgeons take the utmost care to minimise the occurrence of surgical complications & work out of hospitals renowned for their high quality & practice standards. Most of the following possible risks & complications are ones associated with all surgeries.

RISKS & POSSIBLE COMPLICATIONS

- Surgical risks (infections, bleeding, allergic reactions to medical materials)
- Heart attack/pulmonary embolism/stroke
- Haematoma (collection of blood)
- Seroma (fluid accumulation under skin)
- Slow healing (often related to smoking and diabetes)
- Nausea (temporary – from anaesthetic)
- Bruising and swelling
- Visible scarring (standard or Keloid - lumpy, inflamed, and itchy)
- Numbness (temporary or permanent)
- Restricted movement from tightened skin
- Fat embolism (after liposuction)
- Asymmetry
- Need for revisional surgery

WHY CHOOSE COSMEDITOUR

COMPASSIONATE CARE

Our dedicated team will ensure you feel confident, safe & supported at every stage of your journey.

SURGERY PAYMENT OPTIONS

From layby to personal loans, we can assist you with payment options to fund your Plastic Surgery.

THE BEST PLASTIC SURGEONS

The finest & most trusted Surgeons work with you to understand your goals & deliver beautiful results.

ALL-INCLUSIVE SURGERY PACKAGES

From your surgery, anaesthetist fees & hospital stay, our packages are all-inclusive with no hidden costs.

TRUSTED BY CLIENTS

After 12 years as Australasia's most trusted Plastic Surgery group, we maintain a 5-Star Google rating.

HONEST, PERSONALISED ADVICE

We believe in authenticity & we'll always be realistic about the results you can achieve.

NEXT STEPS

GET IN TOUCH

We're here to help. Schedule a free, confidential consultation with our friendly Client Support Team today.

Phone us on 1300 000 633

Send us an online enquiry

Take advantage of our 5-minute online assessment to receive your personalised, obligation-free quote.

START NOW

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.