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Arm Reduction Surgery - Brachioplasty

An arm lift, or arm reduction surgery, is also known as brachioplasty, and is usually performed on patients who have lost a significant amount of weight and are left with folds of excess skin on their arms.

Potential Risks and Complications

Modern surgery is generally safe but does have the potential for risks and complications to occur.

Some possible complications and risks associated with an arm lift, or arm reduction surgery may include:

- Heavy bleeding from an operated site. This may require a blood transfusion
- Infection that may require treatment with antibiotics or further surgery in some cases
- Allergic reaction to sutures, dressings or antiseptic solutions
- The formation of a large blood clot (haematoma) beneath an incision site may require further surgery
- Complications such as heart attack, pulmonary embolism or stroke may be caused by a blood clot, which can be life threatening
- Pain, bruising and swelling around the operated site(s)
- Slow healing, often related to smoking or diabetes
- Short-term nausea following general anaesthesia and other risks related to anaesthesia
- Visible and prominent scars such as keloids and hypertrophic scars. These scars are raised, red and thickened, and may form over healed incisions. They may be itchy, annoying and unsightly but are not a threat to health. These scars may restrict the clothing you can wear
- Numbness around operated sites. In most cases this is temporary and will improve over many months
- Skin that does not heal and may require a skin graft
- Restrictive movement to the tightened skin
- Excess fluid accumulation under the skin (known as a seroma) around an operated site that may require one or more drainage procedures with a needle
- Fat that has a poor blood supply may result in a discharge from the surgical wounds or palpable lumps

Disclaimer: The above list is not exhaustive and other risks, complications, or outcomes may occur during or after your surgery. If you wish to discuss the potential risks and complications further, please do so at your patient consultation.

Dr. Turner is a member of the following professional organisations

