

## Arm Lift

As years pass by, our skin loses elasticity and will gradually start to sag. Ageing and Weight loss is also a contributing factor for sagging skin. One of the areas that is commonly affected by this body change are the upper arms, where loose skin can develop. But there's nothing good about this excess skin, it can lead to loss of self-esteem and limit the type of clothing you feel comfortable wearing. If you have excess skin on your upper arms there is only so much exercise can do. It cannot restore skin elasticity or reduce the volume of skin.

Therefore, many men and women undergo an arm lift to improve size and shape. This is a surgical procedure that will lift and tighten the loose skin that has appeared over time, and will help to provide a more youthful-looking contour.

An upper arm lift or brachioplasty reshapes the underneath of the upper arm. It results in a smoother, more toned appearance, and you'll feel more confident about your body. You can also have liposuction at the same time, if you have fatty deposits, for an overall firmer look.

A consultation with Dr. Dilip Gahankari will help you understand more about the arm lift procedure, and whether or not it will meet your expectations. He can answer any questions you may have and address all of your concerns.

The effect of brachioplasty is immediate, although the full benefits may take a few months to be seen. You will have a scar. The standard brachioplasty incision extends from the underarm to the elbow. This leaves a long scar that usually heals very well but is always present. A full-length incision is not always necessary.

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