

Informed Consent – Brachioplasty

General information

Brachioplasty is a surgical procedure that is used to help remove the excess skin and fatty tissue from the axilla and upper arm, Brachioplasty is not a surgical treatment for being overweight. Obese individuals who intend to lose weight should postpone all forms of body-contouring surgery until they have reached a stable weight.

There are a variety of different techniques used by plastic surgeons for brachioplasty. Brachioplasty can be combined with other forms of body-contouring surgery, including suction-assisted lipectomy, or other elective surgeries.

Alternative Treatments

Brachioplasty is an elective surgical operation. Alternative forms of management consist of not treating the areas of loose skin and fatty deposits. Liposuction surgery may be a surgical alternative to brachioplasty if there is good skin tone and localized fatty deposits in an individual of normal weight. Diet and exercise regimens may be of benefit in the overall reduction of excess body fat. Risks and potential complications are also associated with alternative surgical forms of treatment.

Specific Risks of Brachioplasty Surgery

Change in Sensation: It is common to experience diminished (or loss) of skin sensation in areas that have had surgery. It is rare to experience permanent changes in sensation in the hands and forearms after brachioplasty. Diminished (or complete) loss of skin sensation may not totally resolve after brachioplasty.

Skin Discoloration/Swelling: Bruising and swelling normally occurs following brachioplasty. The skin in or near the surgical site can appear either lighter or darker than surrounding skin. Although uncommon, swelling (including the forearms and hands) and skin discoloration may persist for long periods of time and, in rare situations, may be permanent.

Persistent Swelling (Lymphedema): Persistent swelling in the arms and hand can occur following surgery and sometimes can be permanent.

Asymmetry: One side can always be a little different from the other side and may require revisions to improve up at potential additional costs.

Poor Scar: Brachioplasties are known for producing horrendous scars. Anticipate this and hope for the best. A scar on the back of the arm may heal better but would also be more visible when your arm is adducted next to your body.